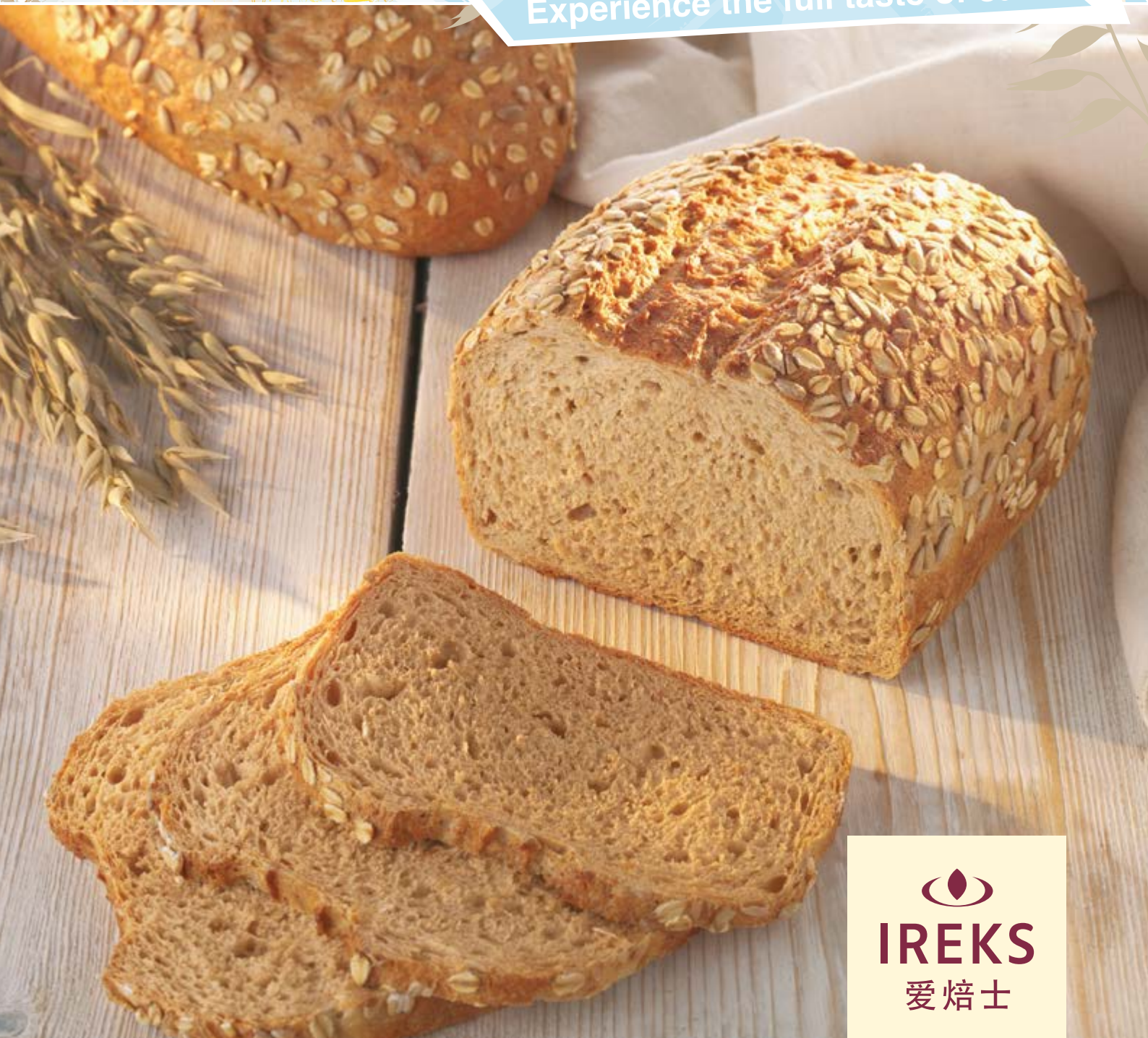


# Avena Vital

## 燕麦面包预拌粉

全新燕麦体验!  
Experience the full taste of oats!



**IREKS**

爱焙士

过去，人们就已经知道什么是美味和营养  
In the past, people already knew  
what was satisfying and full of goodness

## 长久以来燕麦始终是一种重要的粮食

早在青铜器时代，科学家就在瑞士的古人类居住遗址中发现了种植燕麦的痕迹。在中世纪，燕麦事实上成为了最重要的种植作物，只是后来逐步被土豆取代。

到了20世纪，燕麦成为了继小麦和玉米之后全球第三大粮食。在德国，它的重要性仅次于黑麦。在此之后，燕麦一度失去了它的地位，直到几年前再次风行起来，这是因为它的特殊风味和丰富的营养。而这个特点正在被越来越多的消费者认知。

燕麦片，不论厚薄，都是营养早餐麦片必不可少的主要成分。

### 为什么不把燕麦的特殊风味也加入面包中呢？

- 不仅仅在清晨享用，而是无论何时！
- 无论何地！

## Oats have a long tradition as a foodstuff.

Signs of the cultivation of oats dating back as far as the Bronze Age have been found by scientists at stilt dwelling settlements in Switzerland. In the Middle Ages, oats were, in actual fact, the most important field crop and were only later ousted by the potato.

Continuing into the 20th century, oats took third place after wheat and maize in the list of types of grain according to significance worldwide. In Germany, they were the second most important type of grain after rye.

Then oats lost ground for a time, until the turnaround came several years ago: as a result of their special taste and the numerous valuable ingredients, they are now being rediscovered by more and more consumers!

Oat flakes – no matter whether thin-rolled or thick-rolled – nowadays make up the most important basis for a delicious, healthy breakfast muesli.

### Why not enjoy the special taste of oats in bread as well?

- not only in the morning, but at all times of the day!
- no matter where!

## 燕麦——一种古老并具有丰富营养的粮食作物！

- 燕麦富含蛋白质，而蛋白质是构建氨基酸的重要成分。
- 燕麦富含高质量植物油和多种不饱和脂肪酸
- 燕麦含有丰富的膳食纤维。

## Oats – a traditional grain with a vitalising effect!

- Oats is the grain which is richest in protein and therefore makes a valuable contribution to the provision of essential amino acids.
- Oats contain high-quality vegetable fat, with a high percentage of mono- and poly-unsaturated fatty acids.
- Oats have valuable dietary fibre.





燕麦所有的这些优点  
您都可以在我们的新面  
包中找到：

### 燕麦面包预拌粉：适合制作富含燕麦并具有麦芽香味的面包

- 在我们的预拌粉中燕麦的含量超过60%，用这款燕麦面包预拌粉做出的燕麦面包是同类产品无法比拟的！

- 燕麦面包预拌粉所赋予面包纯正的燕麦风味和麦芽香味的巧妙融合绝对是一种全新的体验。

这款燕麦面包预拌粉之所以出众，是因为：

- 富含燕麦全麦粉，厚燕麦片和粗燕麦颗粒，
- 葵花籽和芝麻，以及
- 由爱焙士公司自己生产的酿酒用麦芽的纯正香味。

All the positive characteristics of oats are to be found united in a new bread:

### AVENA VITAL: the malty-aromatic oat bread with lots of good oats

- With a percentage of oats of more than 60 % in the mix, the new oat bread made using AVENA VITAL is unbeatably good. So many oats in a loaf is unequalled!

- The full oat taste of the AVENA VITAL loaves gives - in perfect harmony with aromatic brewing malt - a really new taste experience.

The mix AVENA VITAL stands out due to:

- the high percentage of tasty wholemeal oat flour, thick-rolled oat flakes and coarse oats,
- valuable sunflower seeds and sesame
- the full aroma and flavour of aromatic brewing malt: a very aromatic barley malt which is made by IREKS in its own malthouse.

## 燕麦小面包

高筋粉	7.000 千克
燕麦面包预拌粉	3.000 千克
福麦2000复配面包抗氧化剂酶制剂	0.100 千克
爱焙士小麦面包预拌粉	0.200 千克
食盐	0.080 千克
干酵母	0.100 千克
水, 约	6.900 升
总重	17.380 千克

搅拌时间：	螺旋式搅拌：慢速2分钟，快速7分钟
面团温度：	26 - 28° C
松弛时间：	无
分割重量：	1.800 千克 (30 份)
中间发酵时间：	20分钟
成形：	小面包
最后发酵时间：	约45分钟
烘焙温度：	约220° C
烘焙时间：	约18分钟
表面装饰：	芝麻，燕麦片和葵花籽的混合物

## Oat rolls

Bread flour	7.000 kg
AVENA VITAL	3.000 kg
FORMAT V 2000	0.100 kg
IREKS-WHEAT SOUR	0.200 kg
Salt	0.080 kg
Instant yeast	0.100 kg
Water, approx.	6.900 l
Total weight	17.380 kg

Mixing time:	spiral: 2 mins slow, 7 mins fast
Dough temperature:	26 - 28° C
Bulk fermentation time:	none
Scaling weight:	1.800 kg (30 pieces)
Intermediate proof:	20 mins
Processing:	rolls
Final proof:	approx. 45 mins
Baking temperature:	approx. 220° C
Baking time:	approx. 18 mins
Topping:	mixture of sesame seeds, oat flakes and sunflower seeds

## 燕麦面包

高筋粉	5.000 千克
燕麦面包预拌粉	5.000 千克
干酵母	0.100 千克
水, 约	7.100 升
<b>总重</b>	<b>17.200 千克</b>

搅拌时间:	螺旋式搅拌: 慢速2分钟, 快速8分钟
面团温度:	26 - 27° C
松弛时间:	15 - 20分钟
分割重量:	0.500 千克
中间发酵时间:	约30分钟
成形:	锡模面包
最后发酵时间:	约45分钟
烘焙温度:	230° C, 降温至 210° C, 加入蒸汽
烘焙时间:	35 - 40分钟

### 操作说明:

面团松弛后, 将其分割并揉圆。然后将面团底部缝隙朝上在发酵箱内松弛。搓成模具形状, 滚上表面装饰并放入刷过油的模具中。使其充分发酵并加入蒸汽。

表面装饰: 燕麦片, 硬质小麦粗粉和葵花籽各 $\frac{1}{3}$

## Oat bread

Bread flour	5.000 kg
AVENA VITAL	5.000 kg
Instant yeast	0.100 kg
Water, approx.	7.100 l
<b>Total weight</b>	<b>17.200 kg</b>

Mixing time:	spiral: 2 mins slow, 8 mins fast
Dough temperature:	26 - 27° C
Bulk fermentation time:	15 - 20 mins
Scaling weight:	0.500 kg
Intermediate proof:	approx. 30 mins
Processing:	tin bread
Final proof:	approx. 45 mins
Baking temperature:	230° C, dropping to 210° C, giving steam
Baking time:	35 - 40 mins

### Instructions for use:

Scale the dough after the bulk fermentation time and mould round. Allow the dough pieces to relax with the seam upwards in the fermentation chamber. Mould, toss in the topping and place in oiled baking tins. Load at full proof, giving steam.

Topping:  $\frac{1}{3}$  each of oat flakes, durum wheat semolina and sunflower seeds

