

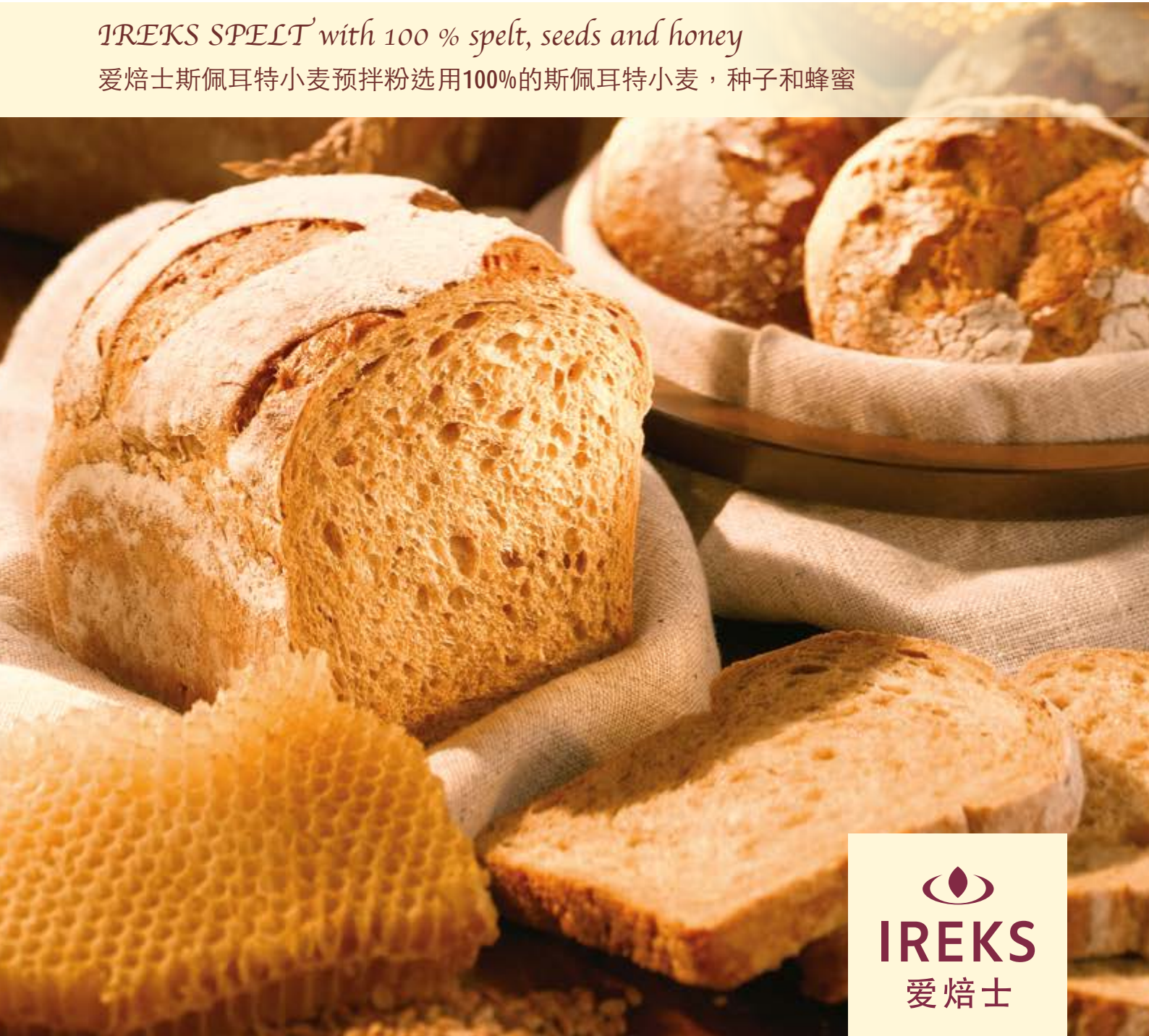
# IREKS Spelt

爱焙士斯佩耳特小麦预拌粉



*IREKS SPELT* with 100 % spelt, seeds and honey

爱焙士斯佩耳特小麦预拌粉选用100%的斯佩耳特小麦，种子和蜂蜜



  
**IREKS**  
爱焙士

## 基本配方:

爱焙士斯佩耳特小麦预拌粉	10.000 kg
干酵母	0.100 kg
水	5.800 l
总重	15.900 kg

搅拌时间: 螺旋式搅拌: 慢速3分钟, 快速7分钟  
面团温度: 25 - 26° C  
松弛时间: 20分钟  
分割重量: 0.500 kg  
成形: 锡模面包  
最后发酵时间: 40 - 50分钟  
烘焙温度: 220° C, 加入蒸汽  
烘焙时间: 30 - 35分钟  
操作说明: 松弛时间过后, 分割面团, 将面团搓成长形和圆形, 然后滚上表面装饰。将搓好的面团放于锡模中发酵。装入烤盘前将其表面划口。  
表面装饰: 爱焙士斯佩耳特小麦预拌粉

## Basic recipe:

IREKS SPELT	10.000 kg
Instant yeast	0.100 kg
Water	5.800 l
Total weight	15.900 kg

Mixing time: spiral: 3 mins slow, 7 mins fast  
Dough temperature: 25 - 26° C  
Bulk fermentation time: 20 mins  
Scaling weight: 0.500 kg  
Processing: tin bread  
Final proof: 40 - 50 mins  
Baking temperature: 220° C, giving steam  
Baking time: 30 - 35 mins  
Instructions for use: After the bulk fermentation time, scale the dough, mould round and long and toss in the topping. Place the dough pieces in tins and allow to prove. Cut before loading.  
Topping: IREKS SPELT



## 斯佩耳特小麦 一关于这种流行谷物有趣的信息:

- Spelt (英语), Dinkel (德语), farro (意大利语), épeautre (法语)
- 当今小麦的祖先 => 源于所谓的一粒小麦和二粒小麦
- 早已经被凯尔特人和古埃及人培育
- 谷物中心被坚硬的壳包裹 => 由此带来的优势: 抵抗外部环境的影响和疾病袭击的天然保护层
- 含有理想的营养成分的组合: 碳水化合物, 脂肪, 蛋白质, 膳食纤维
- 蛋白质含量很高 => 包含所有人体必需的氨基酸

## 爱焙士斯佩耳特小麦预拌粉

用于制作富含各种油性种籽, 粗磨羽扇豆籽和蜂蜜的乡村斯佩耳特早餐面包。优质葵花籽, 粗磨羽扇豆籽和芝麻加强了乡村早餐包坚果的芳香。

## Spelt - interesting facts on this trend grain:

- Spelt (English), Dinkel (German), farro (Italian), épeautre (French)
- Original form of present-day wheat => stems from early types of wheat called einkorn and emmer
- Already cultivated by the Celts and Ancient Egyptians
- Firm grain hull surrounds the kernel => Advantage: natural protection layer against external environmental influences and grain diseases
- Contains in an ideal combination: carbohydrates, fats, protein, dietary fibre
- High percentage of protein => contains traces of all essential amino acids

## IREKS SPELT

Mix for the production of rustic spelt morning goods with oilseeds, coarse lupin seeds and honey. High-quality sunflower seeds, coarsely ground lupin seeds and sesame emphasize the nutty-aromatic taste of the rustic morning goods.



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