



米兰诺意大利比萨风味预拌粉
REX MILANO

源自于意大利的纯
正意式风味小点
Snack all'italiana




IREKS
爱焙士

小面包 Rolls



| | |
|-----------------|-----------|
| 高筋粉 | 7.500 kg |
| 米兰诺意大利比萨风味预拌粉 | 2.500 kg |
| 爱培士小麦酸粉 | 0.200 kg |
| 预拌粉专用辅助粉 V 2000 | 0.100 kg |
| 橄榄油 | 0.300 kg |
| 食盐 | 0.100 kg |
| 干酵母 | 0.130 kg |
| 水 | 5.400 l |
| 总重 | 16.230 kg |

| | |
|------------------|-----------|
| Bread flour | 7.500 kg |
| REX MILANO | 2.500 kg |
| IREKS-WHEAT SOUR | 0.200 kg |
| FORMAT V 2000 | 0.100 kg |
| Olive oil | 0.300 kg |
| Salt | 0.100 kg |
| Instant yeast | 0.130 kg |
| Water | 5.400 l |
| Total weight | 16.230 kg |

搅拌时间：螺旋式搅拌：
慢速3分钟，快速7分钟

面团温度：26° C

松弛时间：无

分割重量：1.100 kg - 1.400 kg (30份)

中间发酵时间：15 - 20分钟

最后发酵时间：50分钟

烘焙温度：220 - 230° C, 加入蒸汽

烘焙时间：14 - 16分钟

Mixing time: spiral: 3 mins slow,
7 mins fast

Dough temperature: 26° C

Bulk fermentation time: none

Scaling weight: 1.100 kg - 1.400 kg
(30 pieces)

Intermediate proof: 15 - 20 mins

Final proof: 50 mins

Baking temperature: 220 - 230° C,
giving steam

Baking time: 14 - 16 mins

福卡夏 Focaccia



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|-----------------|-----------|
| 高筋粉 | 7.000 kg |
| 米兰诺意大利比萨风味预拌粉 | 3.000 kg |
| 预拌粉专用辅助粉 V 2000 | 0.150 kg |
| 橄榄油 | 0.800 kg |
| 食盐 | 0.080 kg |
| 干酵母 | 0.100 kg |
| 水 | 6.000 l |
| 总重 | 17.130 kg |

| | |
|---------------|-----------|
| Bread flour | 7.000 kg |
| REX MILANO | 3.000 kg |
| FORMAT V 2000 | 0.150 kg |
| Olive oil | 0.800 kg |
| Salt | 0.080 kg |
| Instant yeast | 0.100 kg |
| Water | 6.000 l |
| Total weight | 17.130 kg |

搅拌时间：螺旋式搅拌：
慢速3分钟，快速6分钟

面团温度：26 - 27° C

松弛时间：20 - 25分钟

分割重量：0.300 kg

中间发酵时间：20分钟

最后发酵时间：50 - 60分钟

烘焙温度：220° C, 加入蒸汽

烘焙时间：约22分钟

Mixing time: spiral: 3 mins slow,
6 mins fast

Dough temperature: 26 - 27° C

Bulk fermentation time: 20 - 25 mins

Scaling weight: 0.300 kg

Intermediate proof: 20 mins

Final proof: 50 - 60 mins

Baking temperature: 220° C, giving steam

Baking time: approx. 22 mins

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|-----------------|-----------|
| 高筋粉 | 7.500 kg |
| 米兰诺意大利比萨风味预拌粉 | 2.500 kg |
| 预拌粉专用辅助粉 V 2000 | 0.150 kg |
| 全蛋 | 1.000 kg |
| 黄油/人造黄油 | 0.300 kg |
| 食盐 | 0.100 kg |
| 干酵母 | 0.150 kg |
| 水 | 4.500 l |
| 总重 | 16.200 kg |

搅拌时间：螺旋式搅拌：
慢速3分钟，快速3分钟

面团温度：18 - 22° C

松弛时间：无

为了使面团和黄油/人造黄油在折叠时有相同的延展性，冷藏面团1-2个小时。

分割重量：0.060 kg

中间发酵时间：无

成形：可颂

最后发酵时间：70 - 120分钟

烘焙温度：210° C, 降温至180° C,
加入蒸汽

烘焙时间：15 - 19分钟

操作说明：

将盐溶解到全蛋和水中并加入其它剩余配料，搅拌至面团变得光滑。每公斤面团中折入0.300 kg - 0.350 kg黄油/人造黄油，单折3次或者双折2次。进一步成形，按可颂通常制作手法操作。

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|------------------|-----------|
| Bread flour | 7.500 kg |
| REX MILANO | 2.500 kg |
| FORMAT V 2000 | 0.150 kg |
| Whole egg | 1.000 kg |
| Butter/Margarine | 0.300 kg |
| Salt | 0.100 kg |
| Instant yeast | 0.150 kg |
| Water | 4.500 l |
| Total weight | 16.200 kg |

Mixing time: spiral: 3 mins slow,
3 mins fast

Dough temperature: 18 - 22° C

Bulk fermentation time: none

Cool the dough for 1 - 2 hours to ensure that the dough and the butter/margarine have the same consistency for folding.

Scaling weight: 0.060 kg

Intermediate proof: none

Processing: croissants

Final proof: 70 - 120 mins

Baking temperature: 210° C,
dropping to 180° C,
giving steam

Baking time: 15 - 19 mins

Instructions for use:

Dissolve the salt with the whole egg and water and mix into a smooth dough with the remaining ingredients. 0.300 kg - 0.350 kg butter or margarine per each kg dough are laminated with 3 single or 2 double turns. Further processing takes place as usual for croissants.



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|-----------------|-----------|
| 高筋粉 | 7.000 kg |
| 米兰诺意大利比萨风味预拌粉 | 3.000 kg |
| 爱焙士小麦酸粉 | 0.300 kg |
| 预拌粉专用辅助粉 V 2000 | 0.150 kg |
| 橄榄油 | 0.200 kg |
| 食盐 | 0.100 kg |
| 干酵母 | 0.100 kg |
| 冷水(分两步加入) | 7.700 l |
| 总重 | 18.550 kg |

搅拌时间：螺旋式搅拌：慢速5分钟，
快速8 - 10分钟，水分两次加入
加入水分两次加入

面团温度：24 - 25° C

松弛时间：60 - 90分钟

分割重量：0.150 kg - 0.350 kg

成形：恰巴塔

最后发酵时间：约30分钟

烘焙温度：230° C, 降温至200° C,
加入蒸汽

烘焙时间：20 - 30分钟
(由分割重量决定)

操作说明：

将所有原料搅拌成光滑面团，并放入刷过油的塑料盆内醒发。面团松弛后，取出面团并放置于铺有面粉的桌上，表面撒上面粉并将其分割成需要的面块。最后放入烤盘或者撒好面粉的托盘上进行发酵。在最后发酵之后，烘焙并加入蒸汽。

| | |
|--------------------------------|-----------|
| Bread flour | 7.000 kg |
| REX MILANO | 3.000 kg |
| IREKS-WHEAT SOUR | 0.300 kg |
| FORMAT V 2000 | 0.150 kg |
| Olive oil | 0.200 kg |
| Salt | 0.100 kg |
| Instant yeast | 0.100 kg |
| Water, cold (add in two steps) | 7.700 l |
| Total weight | 18.550 kg |

Mixing time: spiral: 5 mins slow,
8 - 10 mins fast -
add the water in two steps

Dough temperature: 24 - 25° C

Bulk fermentation time: 60 - 90 mins

Scaling weight: 0.150 kg - 0.350 kg

Processing: ciabatta

Final proof: approx. 30 mins

Baking temperature: 230° C, dropping to 200° C,
giving steam

Baking time: 20 - 30 mins (depending
on the scaling weight)

Instructions for use:

Mix all the ingredients into a smooth dough and allow to rest in oiled plastic basins. After the bulk fermentation time, turn the dough out onto a table dusted with flour, dust the dough with flour and divide into the desired pieces. Subsequently, place on trays or dusted setters and allow to prove. After the final proof, bake giving steam.



意大利香脆条 Savoury Grissinis

| | |
|-----------------|-----------|
| 高筋粉 | 8.000 kg |
| 米兰诺意大利比萨风味预拌粉 | 2.000 kg |
| 预拌粉专用辅助粉 V 2000 | 0.150 kg |
| 橄榄油 | 1.000 kg |
| 黄油 | 0.300 kg |
| 食盐 | 0.125 kg |
| 干酵母 | 0.150 kg |
| 冷水 | 5.000 l |
| 总重 | 16.725 kg |

| | |
|---------------|-----------|
| Bread flour | 8.000 kg |
| REX MILANO | 2.000 kg |
| FORMAT V 2000 | 0.150 kg |
| Olive oil | 1.000 kg |
| Butter | 0.300 kg |
| Salt | 0.125 kg |
| Instant yeast | 0.150 kg |
| Water, cold | 5.000 l |
| Total weight | 16.725 kg |

搅拌时间：螺旋式搅拌：
2分钟慢速，8分钟快速

面团温度：26 - 27° C

松弛时间：10分钟

成形：意大利香脆条

最后发酵时间：约50分钟

烘焙温度：220° C, 降温至170° C,
加入少量蒸汽

烘焙时间：约20分钟
在烘焙结束前10分钟打开风门。

操作说明：

将所有的原料搅拌成一个光滑的面团。将面团滚压成6 mm厚，并切成5 mm的宽条，做成意大利香脆条形状。入盘发酵。最后发酵之后，烘焙并加入蒸汽。在烘焙结束前10分钟，打开风门。

一般说明：

若需要，可以将香草，香辛料，坚果和种籽加入基础面团中。水可以全部或部分用啤酒来代替。

Mixing time: spiral: 2 mins slow,
8 mins fast

Dough temperature: 26 - 27° C

Bulk fermentation time: 10 mins

Processing: grissinis

Final proof: approx. 50 mins

Baking temperature: 220° C, dropping to 170° C,
giving slight steam

Baking time: approx. 20 mins
Open the damper 10 mins before the end of the
baking time.

Instructions for use:

Mix all the ingredients into a smooth dough. Subsequently, roll out to a thickness of 6 mm, cut into 5 mm wide strips and process into grissinis. Place these on trays and allow to prove. After the final proof, bake giving slight steam. Open the damper 10 mins before the end of the baking time.

General remark:

If desired, herbs, spices, nuts and seeds can be added to the basic dough. The water can be replaced completely or in part by beer.

福卡丝 (叶形烤饼) Fougasse

| | |
|-----------------|-----------|
| 高筋粉 | 8.000 kg |
| 米兰诺意大利比萨风味预拌粉 | 2.000 kg |
| 爱焙士小麦酸粉 | 0.300 kg |
| 预拌粉专用辅助粉 V 2000 | 0.100 kg |
| 橄榄油 | 0.300 kg |
| 食盐 | 0.120 kg |
| 干酵母 | 0.100 kg |
| 水, 约 | 6.000 l |
| 总重 | 16.920 kg |

搅拌时间：螺旋式搅拌：
2分钟慢速，8分钟快速

面团温度：26° C

松弛时间：无

分割重量：0.300 kg

中间发酵时间：25 - 30分钟

最后发酵时间：40 - 50分钟

烘焙温度：220° C, 加入少量蒸汽

烘焙时间：约22分钟

操作说明：

搅拌后，将面团分块并搓成椭圆形，然后让其发酵。中间发酵之后，压平面团，做成叶子形状并且在松弛之后，划上几道开口。然后进行装饰，例如，用橄榄油，晒干的西红柿或鸡尾酒西红柿，洋葱圈，大蒜，橄榄，香草，香辛料和粗盐粒，然后继续发酵。最后发酵完成后，烘焙加入少量蒸汽。

| | |
|------------------|-----------|
| Bread flour | 8.000 kg |
| REX MILANO | 2.000 kg |
| IREKS-WHEAT SOUR | 0.300 kg |
| FORMAT V 2000 | 0.100 kg |
| Olive oil | 0.300 kg |
| Salt | 0.120 kg |
| Instant yeast | 0.100 kg |
| Water, approx. | 6.000 l |
| Total weight | 16.920 kg |

Mixing time: spiral: 2 mins slow,
8 mins fast

Dough temperature: 26° C

Bulk fermentation time: none

Scaling weight: 0.300 kg

Intermediate proof: 25 - 30 mins

Final proof: 40 - 50 mins

Baking temperature: 220° C, giving slight steam

Baking time: approx. 22 mins

Instructions for use:

After the mixing time, divide the dough into pieces, mould oblong and allow to prove. After the intermediate proof, flatten the dough, make into a leaf shape and cut several times after allowing to relax. Decorate, for example, with olive oil, sundried or cocktail tomatoes, onion rings, garlic, olives, herbs, spices and rock salt and allow to prove. After the final proof, bake giving slight steam.


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