

CONCENTRATION

Wholemeal Spelt Bread using DINKELBERGER-VOLLKORN



Wholemeal spelt bread:

DINKELBERGER-VOLLKORN	10.000 kg
Yeast	0.180 kg
Water, approx.	7.000 l
Total weight	17.180 kg

Mixing time:	15 minutes, slow
Dough temperature:	28° C – 29° C
Bulk fermentation time:	approx. 30 minutes
Scaling weight:	0.650 kg for round paper baking moulds
Intermediate proof:	none
Processing:	tin bread
Final proof:	40 – 50 minutes
Baking temperature:	240° C, dropping, giving slight steam
Baking time:	55 – 60 minutes (core temperature: 98° C)
Instructions for use:	After the bulk fermentation time, scale dough pieces, mould round and place in the paper baking moulds. Subsequently, flour the upper surface of the dough pieces with spelt flour and allow to prove. Load at almost full proof, giving slight steam which is allowed to escape after approx. 2 minutes.

Cheese and shoots salad:

Gouda	0.300 kg
Olives	0.020 kg
Cranberries, dried	0.020 kg
Radish shoots	0.020 kg
Alfalfa shoots	0.020 kg
Balsamic vinegar, Bianco mild	0.020 kg
Orange oil	0.010 kg
Sugar	as required
Salt	as required
Pepper	as required
Total weight	0.410 kg

Instructions for use: Cut the gouda into small cubes and the olives and cranberries into fine rings. Mix the ingredients and marinate with the balsamic vinegar and the orange oil. Season to taste with the sugar, salt and pepper and allow to stand for 1 hour. Shortly before processing, lift the shoots under.

Basil pesto:

Basil	0.350 kg
Pine nuts	0.050 kg
Parmesan	0.020 kg
Vegetable oil	0.080 kg
Lemon juice	as required
Salt	as required
Pepper	as required
Total weight	0.500 kg

Instructions for use: Roast the pine nuts in a pan without fat until golden-brown. Put the pine nuts, basil, parmesan and lemon juice into a food processor and chop until the desired consistency is obtained. Gradually add the vegetable oil. Season with the salt and pepper.

Wholemeal spelt crumble:

Wholemeal spelt bread	0.080 kg
Macadamia nuts	0.020 kg
Butter	as required
Total weight	0.100 kg

Instructions for use: Cut the wholemeal spelt bread into small cubes and finely chop the macadamia nuts. Heat the butter in a pan, add the wholemeal spelt bread and the macadamia nuts and roast until golden-yellow.

Amounts for 10 pieces:

Wholemeal spelt bread	40 slices
Cheese and shoots salad	0.400 kg
Turkey ham in slices	0.450 kg
Basil pesto	0.500 kg
Apple slices, stewed	0.150 kg
Wholemeal spelt crumble	0.100 kg