

## Spelt and Unripe Spelt Double Knots using IREKS-DINKEL-GRÜNKERN and EISZEIT



Spelt flour type 630	6.500 kg
IREKS-DINKEL-GRÜNKERN	3.500 kg
EISZEIT	0.200 kg
Vegetable oil	0.150 kg
Salt	0.070 kg
Yeast	0.100 kg
Water, approx.	7.500 l
<b>Total weight</b>	<b>18.020 kg</b>

Mixing time: 6 + 6 minutes, spiral mixer

Dough temperature: approx. 26° C

Bulk fermentation time: retarded fermentation overnight at 5° C

Scaling weight: 0.100 – 0.120 kg

Intermediate proof: none

Instructions for use: Put the dough into oiled dough basins, lift over and subsequently allow retarded fermentation. The next day, allow the dough to temper for approx. one hour in the room. Then turn the dough out onto a table dusted with flour and divide into long-shaped dough pieces (2 x 15 cm). Place together to form a double knot, press into the topping and place on setters or trays. Allow the dough pieces final proof and subsequently bake giving steam.

Topping: mixture of IREKS-DINKEL-GRÜNKERN and spelt flour (1:1)

Final proof: 30 – 45 minutes  
Baking temperature: 240° C, dropping, giving steam  
Baking time: approx. 20 minutes

