

Mixed bread with spelled

Cuisine: **German**
Food category: **Pastry**



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Program steps

1	Nach-Brotgärung						
	 Combination	 5 %	 Termination by time	 01:00 hh:mm	 42 °C	 40 %	
2	Backen 1 KG Brot - Vorheizen auf 250°C						
	 Hot air	 100 %	 Termination by time	 00:00 hh:mm	 210 °C	 80 %	
3	 Injection	 10 n		 120 s	 1000 ml		
4	 Pause			 120 s			
5	 Hot air	 100 %	 Termination by time	 00:12 hh:mm	 200 °C	 80 %	
6	 Pause			 300 s			
7	 Hot air	 100 %	 Termination by time	 00:29 hh:mm	 175 °C	 60 %	

Ingredients - number of portions - 1		
Name	Value	Unit
plain flour 00	515	g
spelled flour type 630	90	g
water	380	ml
salt	12	g
fresh yeast	0.5	g
brown sugar	1	pcs

Nutrition and allergens	
Allergens: 1	
Minerals:	
Vitamins:	

Directions

Place sugar, yeast and approx. 20ml of warm water in a container until the yeast begins to ferment.

Then knead all the ingredients well and let it rest, ideally for 24 hours, whereby the dough should be folded and stretched every 8 hours.

The basic principle: Mix the dough, let it ripen for 24 hours at room temperature (18-22°C) (stretch and fold every 8 hours), shape the dough, let it proof for 1 hour (usually in a bowl lined with a floured cloth), in Bake in a pot or on a tray.

Final fermentation in the combi steamer - 42°C, fan clocked at 40-50 and a maximum of 5% moisture. Then bake in the combi steamer as follows: Preheat to 250°C, 10 seconds at 210°C, 80% fan speed. Steaming: 1000 ml, 10 bursts, 2 minutes. Break: 2 minutes. Then bake for 12 minutes at 200°C, 80% fan speed, then

Nutritional value of one portion	Value
Energy	2106.8 kJ
Carbohydrate	422.6 g
Fat	6.1 g
Protein	73.5 g
Water	0 g