

Oat bread  
using

# Avena Oat bread

## Dough:

AVENA OAT BREAD	5.000 kg	7 lb 00 oz
Wheat flour	5.000 kg	7 lb 00 oz
Yeast	0.250 kg	0 lb 06 oz
Water, approx.	6.800 kg	9 lb 08 oz
Total weight	17.050 kg	23 lb 14 oz

Mixing time:	7 + 3 minutes (spiral mixer)
Dough temperature:	26 - 27° C
Bulk fermentation time:	20 minutes
Scaling weight:	0.480 kg tin
Topping:	oat flakes
Final proof:	60 - 70 minutes
Baking temperature:	235° C dropping, giving slight steam
Baking time:	30 - 35 minutes

## Instructions for use:

Scale the dough after the bulk fermentation time and mould round.  
Allow the dough pieces to rest for a short period.  
Roll the dough pieces long, toss in oat flakes and put in oiled baking tins.  
Bake at full proof, giving steam.

## Nutritional values: per 100 g bread

Calorific value	971 kJ (230 kcal)
Protein	11.1 g
Carbohydrates	37.1 g
of which sugar	2.6 g
Fat	4.1 g
of which saturated fatty acids	0.9 g
Dietary fibre	4.5 g
Sodium	0.5 g

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Experience the full taste of oats!



  
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