

Chia con Carne

using IREKS CHIA BREAD MIX

RECIPE SERVICE

Dough:

Wheat flour	1.500 kg	03 lb 06 oz
IREKS CHIA BREAD MIX	1.500 kg	03 lb 06 oz
Margarine	0.120 kg	00 lb 04 oz
Yeast	0.120 kg	00 lb 04 oz
<u>Water, approx.</u>	<u>1.560 kg</u>	<u>03 lb 08 oz</u>
Total weight	4.800 kg	10 lb 12 oz

Filling "Chilli con Carne":

Minced meat	0.500 kg	01 lb 01 oz
Kidney beans	0.500 kg	01 lb 01 oz
Sweetcorn	0.200 kg	00 lb 07 oz
Pepper, salt, paprika, chilli powder	q.s.	
<u>Tinned tomatoes</u>	<u>0.500 kg</u>	<u>01 lb 01 oz</u>
Total weight	1.700 kg	03 lb 10 oz

Mixing time:	3 + 2 minutes
Dough temperature:	23° C
Bulk fermentation time:	30 minutes (in the fridge)
Scaling weight:	as desired
Intermediate proof:	none
Processing:	filled triangles
Final proof:	approx. 30 minutes
Baking temperature:	210° C
Baking time:	approx. 18 minutes

IREKS GmbH
Lichtenfelser Str. 20
95326 Kulmbach
GERMANY
Tel.: +49 9221 706-0
Fax: +49 9221 706-306
info@ireks.co.uk
www.ireks.co.uk
www.ireks.ie


IREKS

Instructions for use:

Fold in 0.250 kg – 0.300 kg (09 oz – 11 oz) shortening per kg dough (02 lb 04 oz) with three single turns. After the bulk fermentation time, roll the laminated dough out to a thickness of approx. 3 mm. Cut into squares, fill with approx. 0.020 kg (01 oz) of the chilli con carne filling and fold into triangles. If desired, dip into grated cheese. After the final proof, bake giving steam.

RECIPE SERVICE



IREKS GmbH
Lichtenfelser Str. 20
95326 Kulmbach
GERMANY
Tel.: +49 9221 706-0
Fax: +49 9221 706-306
info@ireks.co.uk
www.ireks.co.uk
www.ireks.ie

**IREKS**