

VOLLKORN DINKELBROT
Contributed by: Nicky Giusto

100% spelt loaf filled with sunflower and pumpkin seeds and a little honey for sweetness.

TOTAL FORMULA			SOAKER		FINAL DOUGH	
Ingredients	%	Kilograms	%	Kilograms	%	Kilograms
Total dough weight		10.000 kg	Total fermented in soaker	100.00%		
Coarse spelt	100.00	4.099	100.00	4.099		
Water	90.00	3.689	81.00	3.320	3.88	0.369
Yeast	0.35	0.014			0.15	0.014
Salt	2.60	0.107			1.12	0.107
Buttermilk	20.00	0.820	20.00	0.820		
Honey	6.00	0.246	6.00	0.246		
Sunflower	15.00	0.615	15.00	0.615		
Pumpkin	10.00	0.410	10.00	0.410		
Soaker					100.00	9.510
Totals	243.95	10.000	232.000	9.510	105.150	10.000

PROCESS – Vollkorn dinkelbrot

Preferment Mix	Type of mixer	Soaker By hand
Ferment	Time/temperature	12:00 at 77°F
Final Dough Mix	Type of mixer	Hand
	Mix style	Rough
	Dough temperature	75°F–78°F
Ferment	Time/temperature	1:00–1:15 at 72°F
	Fold	0:30
Shape	Divide	830g
	Proofing device	Loaf pan
Proof	Time/temperature	1:00 at 72°F
Bake	Oven type	Deck
	Steam	3 sec
	Time/temperature	1:00 at 500°F, drop to 450°F when loading