



# LINCOLNSHIRE PLUM MALTED LOAF

One pleasure of travelling the UK is discovering local and traditional products. This month, we remember the Lincolnshire Plum Malted Loaf using IREKS DONKER BREAD MIX and VOLTEX. The first thing to note about the traditional bread is that – other than its name suggests – it does not include plums. Instead, it contains a great deal of mixed dried fruit which is sometimes soaked in black tea for extra moistness. Although it remains unclear exactly when this regional speciality made its first appearance, it is thought to date back many centuries.

## Lincolnshire

The county of Lincolnshire is rich in history and one of its famous landmarks is Lincoln Cathedral, the construction of which started in 1072. Following multiple fires and an earthquake in 1185, the cathedral was rebuilt and extended several times. When completed, the central spire was widely accepted as succeeding the Great Pyramids of Egypt as the tallest man-made building in the world, until the spire collapsed in 1548 and was not rebuilt.



### Lincolnshire Plum Malted Loaf

using IREKS DONKER BREAD MIX and VOLTEX

**Dough:**

Wheat flour	6.000 kg
IREKS DONKER BREAD MIX	4.000 kg
VOLTEX	0.100 kg
Sugar	0.500 kg
Margarine	0.500 kg
Mixed spice	0.010 kg
Yeast	0.500 kg
Water, approx.	5.300 kg
<b>Total weight</b>	<b>16.910 kg</b>

**Mixed fruit:**

Sultanas	2.500 kg
Currants	1.000 kg
Mixed peel	0.500 kg
<b>Total weight</b>	<b>4.000 kg</b>

**Mixing time:** 3 + 6 minutes, spiral mixer

**Dough temperature:** 25° C

**Bulk fermentation time:** 10 minutes

**Scaling weight** 0.380 kg

**Intermediate proof:** 15 minutes

**Instructions for use:** As soon as the dough has developed, add the mixed fruit on slow speed until it has spread evenly. Subsequently, scale the dough and give intermediate proof. Then process and place in small baking tins, give final proof and subsequently bake.

**Topping:** sugar nibs (optional)

**Final proof:** approx. 50 minutes

**Baking temperature:** 200° C

**Baking time:** 25 minutes

**Instructions for use:** After baking, wash the upper surface with a sugar syrup solution.