

irca

SINCE 1919

**BAKING WITH
PASSION**

**Classic and
gourmet recipes**



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From CLASSIC to GOURMET: bread evolution...

Both classic and gourmet breads play a vital role in the Italian culinary culture. While the classic bread guards the centuries-old traditions, the gourmet bread brings innovations that enhance and expand the consumer experience.

In recent years, Italy saw a **growing interest for gourmet bread** that represents the **combination between tradition and innovation**, merging the ancient baking art with modern creativity. Bakers try out new ingredients and techniques, creating all kinds of unique breads, from ones with vegetables, dried fruit, and semi-candied fruit to ones with chocolate and caramel. These innovations create **new and unique experiences of taste and texture**.

This trend not only celebrates bread as a food, but also as a symbol of quality, authenticity and gastronomic culture.

Do you want to bring the quality and the taste of the authentic handmade and gourmet bread right into your laboratory?

Our Mix for baking are the best solution for you!

WHY YOU SHOULD USE IRCA MIX

- **OFFER DIVERSIFICATION AND CUSTOMISATION**

Our mix are a **versatile base** to create always new products and to satisfy the most demanding and advanced costumers.

- **PRACTICALITY AND GUARANTEED RESULT**

Our mix are easy to use and you can save **time and resources**, while ensuring **consistent performance** over time.

- **SIMPLE INGREDIENTS AND AUTHENTIC QUALITY**

Our mix are blends of flour and other simple ingredients, serving **authentic recipes** that enhance tastes and local traditions.

- **RESEARCH AND FUNCTIONALITY**

Our mix are made with ingredients and formulations designed for a **balanced and functional diet**, in line with all modern lifestyles.

OUR MIX

With our **Mix selection** you can create different type of products that will allow you to **differentiate your offer**.

Classic and gourmet recipes to meet the needs of your demanding and attentive customers.



PANRUSTICO

Complete bakery mix based on rye and malted barley flours, for a crunchy and tasty crust. It contains sunflower, sesame and linen seeds, oat and barley flakes and dried sourdough from natural fermentation. This is a Clean Label mix, ideal to make rustic, dark-coloured baked goods.



SOFT BREAD 50%

Concentrated preparation for soft bakery products, suitable for savoury and sweet recipes including: sliced bread, soft bread, but also milk croissants and puff pastry, snack, focaccia and soft pizza in the pan. An extremely versatile mix that guarantees excellent performance and a long-lasting softness for medium-lasting products (7-10 days).



GRAN RUSTICO

A complete blend of low-refined flours, enriched with sesame and sunflower seeds, and spelt and oat flakes. This is a Clean Label mix, ideal for making rustic and tasty breads and baked goods.



SFIZIO CROCK

Prepared for pinsa and focaccia alla pala and, thanks to its versatility, also for pizza and classic focaccia. 50% concentrate, it allows you to personalise your own dough by adding other IRCA mix or flours of your choosing. Ready-to-use, it doesn't need a first dough, guaranteed results over time. Thanks to the long rising time, the product remains crispy for a long time and can also be eaten cold.



AMAVITA

Complete preparation based on natural ingredients with a much higher protein content than traditional bread, thanks to a mixture of vegetable proteins such as wheat, soya and chickpeas. AMAVITA is the perfect mix to make low-carb bread (6% carbohydrates), rich in proteins (26.5%) and fibre (11%).

DISCOVER THE EASY VERSION TOO!



MULTIGRAIN FIT 50%

Concentrated preparation for making multi-grain and multi-seed bread, which combines the need for a balanced, wellness-oriented diet. Easy to use for guaranteed results over time without losing the authenticity of an authentic bread. 50% concentrate, it allows you to personalise your own dough to be customised by adding flours and ingredients to meet the tastes of the most demanding palates.

THE CHEF ALESSANDRO BRESCIANI

Baker

A **bakery and pastry** teacher at **CAST Alimenti** for many years, he also has extensive experience as a teacher at major national schools. A food technician and specialised consultant, joined Team IRCA since 2017 as a **bakery teacher**.

Alessandro Bresciani created for us delicious gourmet recipes not only using our Mix but also our **Irca Sweets insertions**, our **Irca Chocolate** and the semi-candied fruit of **Cesarin**.



A photograph of a loaf of bread and a stack of slices. The loaf is long and cylindrical, covered in white sesame seeds, and has a golden-brown crust. It is leaning against a stack of three slices of the same bread. The slices show a dark, porous interior. The bread is resting on a light-colored, textured burlap cloth. The background is a soft, out-of-focus light color. A large, curved red shape is overlaid on the right side of the image, containing white text.

**Discover
the recipes
with our Mix**

PANRUSTICO

Classic loaf

CLASSIC RECIPE

INGREDIENTS:

PANRUSTICO	kg 1
Water	g 550
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time approx. 13 minutes (spiral kneader)
Resting time: 15 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 25 minutes

METHOD: knead for 3 minutes at 1° speed and 9-10 minutes at 2° speed.

The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 15 minutes.

PORTIONING: portion the dough into pieces of 350 grams.

SHAPING: roll them into a round or loaf shape and place them on a baking tray.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60-70 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 25 minutes.



PANRUSTICO

Loaf with TuttaFrutta Apricot, white chocolate and chopped hazelnuts

GOURMET RECIPE

INGREDIENTS:

PANRUSTICO	kg 1
Water	g 550
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

INGREDIENTS INSERTION:

TUTTAFRUTTA APRICOT	
PELLECCHIELLA PIECES - CESARIN*	g 450
GOCCIOLONI WHITE CHOCOLATE	g 90
CHOPPED TOASTED HAZELNUTS	g 200

*drain well before use

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time approx. 13 minutes (spiral kneader)
Resting time: 15 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 25 minutes

METHOD: knead for 3 minutes at 1° speed and 9-10 minutes at 2° speed. Add the apricots and the chopped hazelnuts and mix well into the dough. In the end, add GOCCIOLONI and finish the dough. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 15 minutes.

PORTIONING: portion the dough into pieces of 350 grams.

SHAPING: roll them into a round or loaf shape and place them on a baking tray.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60-70 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 25 minutes.



GRAN RUSTICO

Classic loaf

CLASSIC RECIPE

DOUGH INGREDIENTS:

GRAN RUSTICO	kg 1
Water	g 550
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time approx. 13 minutes (spiral kneader)
Resting time: 15 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 25 minutes

METHOD: knead for 3 minutes at 1° speed and 9-10 minutes at 2° speed. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 15 minutes.

PORTIONING: portion the dough into pieces of 350 grams.

SHAPING: roll them into a round or loaf shape and place them on a baking tray.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 25 minutes.



GRAN RUSTICO

Loaf with TuttaFrutta Lemon and almonds

GOURMET RECIPE

DOUGH INGREDIENTS:

GRAN RUSTICO

Water	kg 1
Baking yeast	g 550
Extra Virgin Olive Oil (optional)	g 30
	g 30

INGREDIENTS INSERTION:

TUTTAFRUTTA LEMON	
CUBES 12x12 - CESARIN*	g 350
Peeled toasted almond sticks	g 150

*drain well before use

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time approx. 13 minutes (spiral kneader)
Resting time: 15 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 25 minutes

METHOD: knead the ingredients for 3 minutes at 1° speed and 9-10 minutes at 2° speed. Add the semi-candied lemon and the almonds and knead until well mixed. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 15 minutes.

PORTIONING: portion the dough into pieces of 350 grams.

SHAPING: roll them into a round or loaf shape and place them on a baking tray.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 25 minutes.



GRAN RUSTICO

Loaf with courgettes and aubergines

GOURMET RECIPE

DOUGH INGREDIENTS:

GRAN RUSTICO	kg 1
Water	g 550
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

FOR THE DOUGH WITH VEGETABLES:

AUBERGINES HG - CESARIN	g 110
COURGETTES HG - CESARIN	g 80
Boiling water	g 110

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time approx. 13 minutes (spiral kneader)
Resting time: 15 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 25 minutes

METHOD: knead the ingredients for 3 minutes at 1° speed and 9-10 minutes at 2° speed. Blanch the aubergines and courgettes in boiling water and let the mixture cool, then add it to the dough and knead until well mixed. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 15 minutes.

PORTIONING: portion the dough into pieces of 350 grams.

SHAPING: roll them into a round or loaf shape and place them on a baking tray.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 25 minutes.



SOFT BREAD 50%

Soft milk loaf

CLASSIC RECIPE

INGREDIENTS:

SOFT BREAD 50%	g 500
Soft wheat flour	
00 type - 240 W	g 500
Whole milk	g 500
Sunflower seed oil	g 40
Baking yeast	g 30

FINAL COMPOSITION

Products can be packed in polythene bags once they have an internal temperature of less than 25°C.

Stored in a cool place, packaged products will have a shelf life of 7-10 days.

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C

Kneading time approx. 13 minutes (spiral kneader)

Resting time: 5 minutes at 22- 24 °C

Leavening: 60- 70 minutes at 28- 30 °C

Baking: at 220- 250°C, steamed for 6 minutes

METHOD: knead for 3 minutes at 1° speed and 9-10 minutes at 2° speed. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 5 minutes.

PORTIONING: portion the dough into pieces of 25- 30 grams.

SHAPING: roll them into a round or loaf shape and place them on a tray with baking paper.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: bake in static oven at 240- 250°C or in fan oven at 2- 230°C with initial steam for approx. 6 minutes. To achieve the glossy effect, the loaves should be brushed with beaten egg just before baking.



SOFT BREAD 50%

Soft bread with Caramel Cubes and Fruttidor Strawberry

GOURMET RECIPE

DOUGH INGREDIENTS:

SOFT-BREAD 50%	g 500
Soft wheat flour 00 type – 240 W	g 500
Whole milk	g 500
Sunflower seed oil	g 40
Baking yeast	g 30

INGREDIENTS INSERTION:

CARAMEL CUBES	g 500
FRUTTIDOR STRAWBERRY	q.s.

FINAL COMPOSITION

Products can be packed in polythene bags once they have an internal temperature of less than 25°C. Stored in a cool place, packaged products will have a shelf life of 7-10 days.

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time: approx.13 minutes (spiral kneader)
Resting time: 5 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220- 250°C, steamed for 6 minutes

METHOD: knead for 3 minutes at 1° speed and 9-10 minutes at 2° speed. Add caramel cubes and mix well. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 5 minutes.

PORTIONING: portion the dough into pieces of 40 grams.

SHAPING: Immediately form 40 g balls and after resting for 10/15 minutes press the dough, leaving the centre part a little thicker. Place 20/30 g of fruttid'or strawberry in the centre of the disc and close the pastry tightly, making sure that the filling remains inside the portion. Place them on a tray with baking paper with the seal underneath.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 200°C per circa 10 minutes. To achieve the glossy effect, the loaves should be brushed with beaten egg just before baking.



SFIZIO CROCK

Roman Focaccia

CLASSIC RECIPE

DOUGH INGREDIENTS:

SFIZIO CROCK	kg 1
Soft wheat flour	
Medium strength 200/220 W	kg 1
Table salt	g 30
Baking yeast	g 30
Extra virgin olive oil	g 30
Water*	kg 1,4-1,5

*the quantity of water varies based on the absorption rate of the flour

METHOD:

Knead the ingredients (spiral kneader) adding 2/3 of the water at the beginning.

When the dough has run for 3 to 4 minutes at second speed, add the remaining water in 3 to 4 times, making sure it is completely absorbed before each addition.

The kneading time will be around 15-20 minutes.

Make sure that the temperature of the dough is 25-26 °C.

Place the dough in a container sprinkled with oil and bench rest it for 45 minutes at 25 °C.

Turn the container upside down onto a well-floured table and cut into pieces of 800-900g.

Shape the dough pieces by folding them and giving them an oval shape.

Place the pieces in stackable boxes sprinkled with oil and let it leaven at 28°C for 2/3 hours.

FINAL COMPOSITION

Place a piece of dough upside down on a table well floured with durum wheat semolina and sprinkle the surface with it as well. Press with your fingers to thin and lengthen the dough piece.

Place the focaccia on the baking peel eliminating the excess flour, sprinkle with extra virgin olive oil, salt and bake.

Bake for 9 minutes at 260-270 °C until it reaches a brownish colour.



WELLNESS Line

The Mix of our Wellness line have selected ingredients and the formulations are based on the principles of a **functional diet**, which aims to increase the supply of nutrients and fibre.

If you choose a Mix from the Wellness line, it means that you want to meet the needs of the costumers who consider, event the bread, a rich food that fits into a healthy and balanced lifestyle, following the traditional Mediterranean diet.

All the different types of bread of the Wellness line have iodised salt.

AmaVita

**The best choice to indulge in bread
without compromise**

**HIGH PROTEIN
RICH IN NUTRIENTS AND FIBER
LOW CARB**



AMAVITA

Braided loaf

CLASSIC RECIPE

DOUGH INGREDIENTS:

AMAVITA	kg 1
Water	g 800/820
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

DECORGRAIN

Mix of seeds and cereals flakes to add before leavening. With Decorgrain, bread is enriched with minerals and vitamins, fibre and valuable substances for the body, thus meeting the needs of those who choose a wellness-oriented diet.



TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time: approx. 13 minutes (spiral kneader)
Resting time: 15 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 35 minutes

METHOD: knead for 8 minutes at 1° speed and 3-4 minutes at 2° speed. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 20 minutes.

PORTIONING: portion the dough into pieces of 70/80 grams.

SHAPING: roll them into a round shape, wet the surface and dip them in DECORGRAIN, arrange them in a plum-cake mould alternating with some undecorated ones.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60-70 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 35 minutes.



AMAVITA

Bauletto with mixed berries and dark chocolate

GOURMET RECIPE

DOUGH INGREDIENTS:

AMAVITA	kg 1
Water	g 800/820
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

INGREDIENTS INSERTION:

TUTTAFRUTTA WHOLE CRANBERRIES - CESARIN*	g 200
TUTTAFRUTTA WHOLE BLUEBERRY - CESARIN*	g 100
TUTTAFRUTTA WHOLE RASPBERRY - CESARIN*	g 100
GOCCIOLONI DARK CHOCOLATE	g 200

*drain well before use

DECORGRAIN

Mix of seeds and cereals flakes to add before leavening. With Decorgrain, bread is enriched with minerals and vitamins, fibre and valuable substances for the body, thus meeting the needs of those who choose a wellness-oriented diet.



TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time approx. 13 minutes (spiral kneader)
Resting time: 15 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 35 minutes

METHOD: knead for 8 minutes at 1° speed and 3-4 minutes at 2° speed. Add the semi-candied fruits and mix well into the dough. In the end, add GOCCIOLONI and finish the dough. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 20 minutes.

PORTIONING: portion the dough into pieces of 450 grams.

SHAPING: roll them into a loaf shape, wet the and dip them in DECORGRAIN and arrange them in a plum-cake mould.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 35 minutes.



MULTIGRAIN FIT 50%

Classic baguette

CLASSIC RECIPE

DOUGH INGREDIENTS:

MULTIGRAINFIT 50%	g 500
Flour 240/260 W	g 500
Water	g 550
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time: approx. 13 minutes (spiral kneader)
Resting time: 20 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 25 minutes

METHOD: knead for 3 minutes at 1° speed and 9-10 minutes at 2° speed. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 20 minutes.

PORTIONING: portion the dough into pieces of 250 grams.

SHAPING: wrap and form baguette with thinned tips, place on floured sheets.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: Turn the baguettes upside down, make 3 or 4 oblique cuts and bake in a static oven at 230°C or in a fan oven at 215°C with initial steam for approx. 20 minutes.



MULTIGRAIN FIT 50%

Loaf with TuttaFrutta Annurca apple

GOURMET RECIPE

DOUGH INGREDIENTS:

MULTIGRAINFIT 50%	g 500
Flour 360 W	g 500
Water	g 550
Baking yeast	g 30
Extra Virgin Olive Oil (optional)	g 30

INGREDIENTS INSERTION:

TUTTAFRUTTA ANNURCA APPLE IGP CUBES 14x14 - CESARIN*	g 450
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*drain well before use

TIME AND TEMPERATURE:

Temperature of the dough: 26-27°C
Kneading time approx. 13 minutes (spiral kneader)
Resting time: 20 minutes at 22- 24 °C
Leavening: 60- 70 minutes at 28- 30 °C
Baking: at 220°C, steamed for 25 minutes

METHOD: knead for 3 minutes at 1° speed and 9-10 minutes at 2° speed. The times refer to spiral kneader machines, however, continue kneading until the dough is smooth and elastic.

RESTING: let the dough rest at 22-24°C for 10 minutes.

SHAPING: Roll out the dough in the shape of a rectangle to a thickness of about 1 cm and spread the apple on only half of the dough. Cover with the other half of the dough and seal it well. Bench rest the dough in bulk fermentation for 20 minutes, divide it according to the mould used and form into loaves, taking care not to let the apple come out. Let it rest in plum-cake moulds.

LEAVENING: put them in the proofer room at 28-30°C, with relative humidity of the 75/80%, for about 60 minutes.

BAKING: bake in static oven at 220°C or in fan oven at 210°C with initial steam for approx. 25 minutes.



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