



When to Use a **SPIRAL MIXER**

Spiral mixers are designed to mix dough – most commonly bread or pizza dough. This includes very stiff dough with low absorption ratios (hydration) and high absorption ratio dough types such as ciabatta. The function of a spiral mixer is to gently mix dough, allowing it to develop the proper gluten structure (good), while not overworking the dough (bad). What they lack in versatility (dough only), they make up for in the quality and quantity of dough that can be mixed.

A spiral mixer has a permanently mounted dough hook for kneading. The bowl of a spiral mixer rotates the dough into the spiral hook which kneads the dough. A breaker bar divides the dough and allows only a portion of the dough to pass into the hook. The benefit is that the spiral hook is kneading only a portion of the whole dough mass at a given time keeping friction heat low and providing a more uniform mix of the ingredients.

Similar to their planetary counterparts, spiral mixers can also come with multiple speeds, which facilitate dough development. When mixing dough in a spiral, 1st speed (low) helps bring the mix together into a homogenous mass; whereas 2nd speed (high) is meant to develop the gluten structure of the dough.

While planetary mixers are referred to by the size of their bowl (20 quarts, 60 quarts, etc.), spiral mixers are referred to by the amount of dough they can mix (130 lb. or 175 lbs.). Additionally, spiral mixers have the ability to mix batches as small as 25% of its capacity. For example, the GSM130 can produce batches from 33 lbs. to 130 lbs. and the GSM175 from 42 lbs. to 175 lbs.



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Mixer in action!**