

Wheat farmer's bread

Cuisine: **German**
Food category: **Pastry**



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Program steps

1	 Combination	 5 %	 Termination by time	 01:00 hh:mm	 42 °C	 40 %	
2	Backen 1 Kg - Brot, zuvor vorheizen auf 250 °C						
	 Hot air	 100 %	 Termination by time	 00:00 hh:mm	 210 °C	 80 %	
3	 Injection	 10 n		 120 s	 1000 ml		
4	 Pause			 120 s			
5	 Hot air	 100 %	 Termination by time	 00:12 hh:mm	 200 °C	 80 %	
6	 Pause			 300 s			
7	 Hot air	 100 %	 Termination by time	 00:29 hh:mm	 175 °C	 60 %	
8	 Hot air	 100 %	 Termination by time	 00:30 hh:mm	 180 °C	 100 %	

Ingredients - number of portions - 1		
Name	Value	Unit
wheat flour type 550	600	g
water	390	ml
salt	12	g
fresh yeast	0.5	g
brown sugar	1	pcs

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	

Directions

Place sugar, yeast and approx. 20 ml of warm water in a container until the yeast begins to ferment. Then knead all the ingredients well and let it rest, ideally for 24 hours, whereby the dough should be folded and stretched every 8 hours. The basic principle: Mix the dough, let it ripen for 24 hours at room temperature (stretch and fold every 8 hours), shape the dough, let it proof for an hour (usually in a bowl lined with a floured cloth), bake in a pot or on a tray. Note: if the room temperature is 5°C higher, the fermentation time is halved, but the absolute, clear recommendation is not to exceed the temperature of 18-22°C. Baking instructions: Final fermentation in the combi steamer at 42°C, with the fan wheel switched on and 40-50% fan speed, and max. 5% moisture. Then bake in the combi steamer: preheat to 250°C. 10 seconds at 210 degrees 80% fan speed. Steaming: 1000 ml, 10 bursts, 2 minutes. Break: 2 minutes. Then bake for 12 minutes at 200°C, 80% fan

Nutritional value of one portion	Value
Energy	2094.2 kJ
Carbohydrate	432 g
Fat	6.6 g
Protein	66 g
Water	0 g

speed. Break 5 minutes. Finally bake for 29 minutes at 175°C, 60% fan speed, clocked fan wheel.