

# Onion bread

Cuisine: **Czech**

Food category: **Vegan dishes**



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Company: **Retigo**



## Program steps

Preheating: **190 °C**

1	Hot air	80 %	Termination by time	00:45 hh:mm	170 °C	100 %	
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## Ingredients - number of portions - 2

Name	Value	Unit
plain wheat flour	1	kg
salt	45	g
fresh yeast	42	g
water	600	ml
onion	2	pcs
garlic cloves, finely chopped	3	pcs
caraway seeds	10	g

## Directions

Fry the sliced onion until brown. Mix all the ingredients together using a robot with a dough hook. Take the mix out of the mixing bowl and divide between two 1/3 GN container. Let it rise and put into the preheated combi oven set on hot air mode 170°C for 45 minutes.

## Nutrition and allergens

Allergens: 1

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1804.9 kJ
Carbohydrate	365.8 g
Fat	11.2 g
Protein	56.4 g
Water	0 g

## Recommended accessories



Stainless wire shelving