

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 %

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