

# 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						
3	Hot air	100 %	Termination by time	00:00 hh:mm	210 °C	80 %	
4	Injection	10 n		120 s	1000 ml		
5	Hot air	100 %	Termination by time	00:12 hh:mm	200 °C	80 %	
6	Pause			120 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	speed. Break 5 minutes. Finally bake for 29 minutes at 175°C, 60% fan speed, clocked fan wheel.
Carbohydrate		432 g	
Fat		6.6 g	
Protein		66 g	
Water		0 g	