

# Sourdough bread with wild garlic

Cuisine: **Czech**  
Food category: **Pastry**



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## Program steps

1	Injection	10 n		30 s	100 ml		
2	Hot air	0 %	Termination by time	00:30 hh:mm	205 °C	100 %	
3	Combination	30 %	Termination by time	00:30 hh:mm	135 °C	100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
plain wheat flour	170	g
rye flour	170	g
whole grain spelled flour	170	g
salt	20	g
pumpkin seeds	50	g
dried garlic	4	g
rye yeast	150	g
water	500	ml

## Nutrition and allergens

Allergens: 1 Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	254.7 kJ
Carbohydrate	43.8 g
Fat	3.6 g
Protein	8.8 g
Water	0 g

## Directions

Mix the individual types of flour, add salt, add a mixture of nuts and wild garlic or other dried herbs.

Fill the yeast with water to a volume of half a liter. Pour into a bowl with flour and mix everything. Put the bowl in a microwave bag and let it rise overnight at room temperature.

Sprinkle the rolling pin with flour and turn out the dough. Fold the dough several times using a spatula. Work some of the flour into the dough while folding. Let the dough rest on the roll for 15 minutes. Then transfer the dough to a rectangular bread pan. Sprinkle with pumpkin seeds.

Place the mold in the convection oven, select the "Rising" program and let it rise.

After rising, remove the mold from the convection oven and select the "Bread 800-1500g" program in the Pastries section. After preheating, put the bread in the form into the convection oven and bake.