

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

We mix individual types of flour, add salt, add a mixture of herbs and wild garlic or other dried herbs.

We add water to the starter to a volume of half a liter. We pour it into the mixture with flour and mix everything together. We place the mixture in a plastic bag and let it rise overnight at room temperature.

We sprinkle the work surface with flour and turn out the dough. We fold the dough several times using a spatula. During folding, we incorporate part of the flour into the dough. We let the dough rest on the work surface for 15 minutes. Then we transfer the dough into a rectangular bread pan. We sprinkle it with sunflower seeds.

We place the pan in the combi oven, select the "Proofing" program and let it proof.

After proofing, we take the pan out of the combi oven and in the Baking section, we select the "Bread 800-1500g" program. After preheating, we place the bread in the pan into the combi oven and bake.