

# 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.