Muesli bread

Recept van V-ZUG N.V.



Bereiding	30 Mins
Rusttijd	2 Hrs
Gaartijd	45 Mins
Stuks	1
Apparaat	CombiSteamer V6000 45 vanaf 2021

Inspired by classic muesli: this bread combines mixed flakes, nuts, apple pieces, and sultanas into a flavourful breakfast bread with a crisp crust.

Dough

150 ml water

150 ml milk

90 g mixed 5-grain flakes

1 tbsp runny honey

250 g dark wheat flour

20 g sunflower seeds

15 g flaxseed

12 g yeast, crumbled

10 g salt

50 g hazelnuts, coarsely chopped

50 g dried apple rings, coarsely chopped

50 g sultanas

Shaping

20 g hazelnuts, finely chopped

20 g mixed 5-grain flakes

10 g sunflower seeds

1 egg, beaten

Dough

Add water, milk, flakes, and honey to a bowl, mix well and leave to soak for approximately 30 minutes. Add the dark wheat flour, sunflower seeds, flaxseed and yeast, then knead into a dough. Add salt and continue kneading for approximately 10 minutes until smooth. Knead in the hazelnuts, apple rings and sultanas. Place the dough in a lightly greased bowl, insert into the cooking space, and allow to rise with Professional baking proofing at 32 °C for approximately 1 hour, until doubled in size.

Profi-bakken Laten rijzen 32 °C gedurende 1 Hrs

Actie

Shaping

Mix hazelnuts, flakes and seeds on a tray. Remove the dough from the bowl and pull it across the work surface with the palms of your hands until a compact ball forms. Shape into a round or oblong loaf, brush with egg, roll in the nut mixture and place on a baking tray lined with baking paper. Cover and leave to rise at room temperature for approximately 30 minutes.

Baking

Preheat the cooking space with Professional baking glazed to 210 °C. Insert the tray into the cooking space and bake for approximately 45 minutes. Remove the bread and allow it to cool on a wire rack.

Ovenruimte tot 210 °C op Profi-bakken bestreken (voor)verwarmen

Preheating completed. Insert cookware.

Profi-bakken bestreken 210 °C gedurende 45 Mins

Accessoires

Baking tray

Aanvullende informatie

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