Beer bread in a cast iron pot

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制备过程	30 分钟
等待时间	14 小时
烘烤的时间：烘烤时间取决于机器	50 分钟
电器	Combair SE 自 2015 年

Preparation

200 g white flour

230 g dark wheat flour

1 tbsp salt

1 tbsp malt extract, in powder or liquid form

100 ml beer

250 ml water

5 g yeast, fresh

Mix all the ingredients together to form a thick dough. This takes about 2 minutes as the dough is more moist than traditional bread dough.

Cover the bowl with cling film and weigh down with a plate. Allow to proof overnight at about 18 °C.

The next day take the dough out of the bowl. Using a little flour, flatten and fold the dough several times. Leave to rest under a dry, floured tea towel for 15 minutes.

Shape the dough into a ball, wrap the dough loosely in a tea towel and allow to proof for another 2 hours.

Place the empty cast iron pot on the wire shelf in the cold cooking space and preheat the pot and the appliance.

在 顶部加热/底部加热 期间为 **230 20** 分钟°C

准备

With the aid of the tea towel, place the dough in the hot pot and put the lid on. Bake.

在 顶部加热/底部加热 期间为 **230 30** 分钟°C

Remove the lid and continue to bake.

移走盖子

在 顶部加热/底部加热 期间为 **210 20** 分钟°C

After baking, immediately turn the bread out of the tin to cool.

小费

Malt extract is available from Reformhaus. It can be substituted with the same amount of honey.

配件

Cast iron pot, ø24 cm

Wire shelf

附加信息

创建时间	11.12.2019