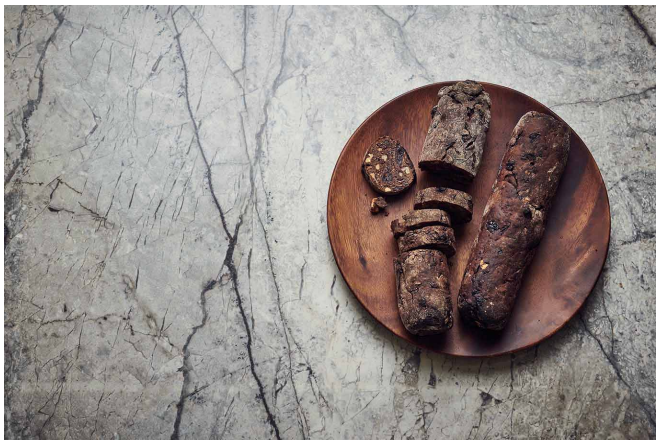
Fruit bread

Recipe by V-ZUG Ltd.



with dried fruit and cocoa

Preparation	30 Mins
Resting time	1 Hrs 30 Mins
Cooking time	55 Mins
Piece	2
Appliance	CombairSteamer V2000 from 2021

Dough

500 g dried fruit (e.g. apricots, figs, plums, sultanas)

300 ml red wine

2 tbsp maple syrup

250 g wholemeal flour

2 tbsp cocoa powder

½ cube of yeast (about 20 g)

½ tsp salt

125 g pecan nuts or walnut kernels

Shaping

Flour for shaping

Dough

Coarsely chop the dried fruit. Put in a pan, together with the red wine and maple syrup, and bring to the boil. Simmer over a medium heat for about 5 minutes. Allow the fruit to cool down.

Knead all the ingredients in a bowl to form a moist dough.

Cover and leave to rest for about 1 hour.

Shaping

On a floured work surface, halve the dough and shape each half into a 6 cm wide loaf. Place the loaves on a lined baking tray.

Leave to rest for 30 minutes.

Baking

Preheat the cooking space to 180 °C using the top/bottom heat humid mode.

Bake the loaves in the middle shelf position for 55 minutes.

Leave the fruit loaves to cool down.

Cooking steps

(Pre-)heat cooking space to 180 °C with Top/bottom heat damp

Preheating finished. Put the food in.

Top/bottom heat damp 180 °C for 55 Mins

Accessories

Baking tray

Additional information

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