Beer bread in a cast iron pot

Receta de V-ZUG AG



Preparación
Tiempo de cocción

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.

Preparar

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

Remove the lid and continue to bake.

Quitar tapa

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

Consejos

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

Accesorios

Cast iron pot, ø24 cm

Wire shelf

Información complementaria

Creado el	25.06.2024