



Maggia Valley Bread

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Piece 1

Long fermentation, plenty of time for flavour: Valle Maggia bread develops a delicate aroma, stays soft and moist inside, and has a robust, aromatic crust. A traditional Ticinese bread full of enjoyment.

Dough

475 g dark wheat flour

25 g rye flour

4 g yeast, crumbled

400 ml water

12 g salt

25 ml water

Baking

a little dark wheat flour, for dusting

Dough





Place dark wheat flour, rye flour, and yeast into the bowl of a stand mixer. Pour in the water and knead with the dough hook on a low speed for approximately 5 minutes. Add the salt and knead on a medium speed for approximately 5 minutes. Slowly add the remaining water and continue kneading for approximately 2 minutes. Place the dough in a lightly greased bowl or proofing box, insert into the cooking space, and allow to rise with Professional baking proofing at 28 °C for approximately 2 hours. After approximately 45 minutes of proofing time, remove the dough from the cooking space. Loosen it from the sides of the bowl, lift it from all sides and fold each side over to the opposite side. Return to the cooking space, and continue to rise. After a further 45 minutes, remove the dough, stretch and fold it again, then shape into a compact ball with the palms of your hands. Return it in the bowl to the cooking space for the remaining proofing time. Then remove, fold again, shape into a ball, cover and leave to rest in the refrigerator for approximately 15–18 hours.

Professional baking proofing 28 °C for 2 Hrs

Action

Shaping

Remove the dough from the refrigerator and leave to rest at room temperature for approximately 2 hours. Carefully turn the dough out onto a well-floured work surface. Shape into a compact ball, taking care not to press too much air out of the dough. Place the shaped dough on baking paper, cover, and leave to rise at room temperature for approximately 30 minutes.

Baking

Insert the baking tray into the cooking space and preheat with Professional baking flour-dusted to 230 °C. Dust the dough surface with flour and score it three times. Using a wooden peel, transfer the shaped dough with the baking paper onto the hot tray in the cooking space. Bake the bread for approximately 40 minutes until dark brown. Remove and leave to cool on a wire rack.

Insert the baking tray for preheating.

(Pre-)heat cooking space to 230 °C with Professional baking rustic

Preheating completed. Place food on the hot tray.

Professional baking rustic 230 °C for 40 Mins

Accessories

Baking tray

