



# Poschiavo Rye Ring Bread

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Piece 1

Paun dal Puschlav, the traditional bread from the Val Poschiavo, is well-known far beyond the region thanks to the story of Schellen-Ursli. In the past, the ring shape allowed the loaf to be hung up to protect it from mice. This distinctive form has remained to this day.

## Preferment

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160 ml water  
40 g active sourdough starter  
160 g light rye flour

## Dough

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250 g light rye flour  
170 g half whole meal flour  
1½ tsp Muscovado sugar, or whole cane sugar  
10 g salt  
½ tsp anise, crushed  
10 g yeast, crumbled  
240 ml water

## Shaping

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a little light rye flour, for dusting





## Preferment

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Mix water and sourdough well in a small bowl, then stir in the rye flour. Cover and leave to ferment in the refrigerator for approximately 12 hours.

## Dough

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Place rye flour and all ingredients up to and including the water, together with the preferment, into the bowl of a stand mixer. Knead with the dough hook on a low speed for approximately 5 minutes. Increase to medium speed and knead for a further 5 minutes to form a smooth dough. Shape into a ball and place in a lightly greased proofing box or bowl. Insert into the cooking space and allow to rise using Professional baking proofing at 32 °C for approximately 1 hour.

**Professional baking proofing 32 °C for 1 Hrs**

**(no pause)**

## Shaping

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Turn the dough out onto a well-floured work surface and shape into a compact ball using the palms of your hands. Using your fingertips, form a hole in the centre, then carefully stretch it outwards from the inside until the hole is approximately 8 cm in diameter. Dust the ring with rye flour, place it carefully on a baking tray lined with baking paper, cover and leave to rise at room temperature for approximately 30 minutes.

## Baking

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Preheat the cooking space with Professional baking flour-dusted to 230 °C. Lightly score the dough three times at an angle with a sharp knife. Insert the tray into the preheated cooking space and bake for approximately 15 minutes. Reduce the temperature to 180 °C and bake for a further 25 minutes until done. Remove the bread and allow it to cool on a wire rack.

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

**Preheating completed. Insert cookware.**

**Professional baking rustic 230 °C for 15 Mins**

**Action**

**Hot air 180 °C for 25 Mins**

## Accessories

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Baking tray

## Additional information

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