



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

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

Dough

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

a little light rye flour, for dusting





Preferment

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

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

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

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

Baking tray

