St. Gallen bread roll

Recipe by V-ZUG Ltd.



Preparation	
Cooking time	
Piece	8

The St. Gallen Bürli is a very popular Swiss bread roll with a distinctively crisp crust. The high water content and the long dough resting time give it a moist, airy crumb.

Preferment

120 ml water

20 g active sourdough starter

120 g semi-white flour

Dough

250 g dark wheat flour

250 g semi-white flour

10 g yeast, crumbled

350 ml cold water

15 g salt

Shaping

a little semi-white flour, for dusting

Preferment

Mix the water and sourdough in a container. Mix in the flour. Cover the preferment and leave to rest at room temperature for approximately 2 hours. Then place the prefrement in the refrigerator and leave to rest for approximately 12 hours.

Dough

Add the dark wheat flour, semi-white flour, yeast, water and the preferment to the mixing bowl of a stand mixer. Knead with the dough hook on a low speed for approximately 5 minutes. Add the salt and knead on a medium speed for approximately 10 minutes to form a smooth dough. Place the dough in a lightly greased bowl, insert into the cooking space, and allow it to proof with Professional baking proofing at 32 °C for approximately 1½ hours. After approximately 30 minutes of proofing time, remove the dough from the cooking space. Loosen the dough from the sides of the bowl, lift it from all sides and fold it over to the opposite side. Return to the cooking space, and continue to rise. Repeat this folding process during the proofing time.

Professional baking proofing 32 °C for 1 Hrs 30 Mins

Action

Shaping

Turn the dough out on a floured work surface and divide it into 8 portions (approximately 140 g each), then shape into balls. Place them seam-side down on a floured tea towel or dough cloth, positioning two dough pieces close together. Lightly dust the dough pieces with flour, cover, and leave to rest at room temperature for approximately 30 minutes.

Baking

Insert the baking tray into the cooking space, preheat with Professional baking flour-dusted to 230 °C. Place the dough pieces seam-side down on a wooden peel lined with baking paper. Using the wooden peel, transfer them with the baking paper directly onto the hot tray and bake for approximately 35 minutes. Remove the bread rolls and let them cool on a wire rack.

Insert the tray for preheating.

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

Preheating completed. Insert cookware.

Professional baking rustic 230 °C for 35 Mins

Accessories

Baking tray

Wooden peel

Additional information

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