# Rustic bread

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Piece 2

The rustic root bread owes its name to the characteristic twist of the dough, which resembles a tree root. This gives it structure, an aromatic crust and a light, open crumb.

## Preferment

30 ml water

45 g active sourdough starter

50 g plain white flour

10 g wholemeal flour

## Dough

300 g plain white flour

100 g wholemeal flour

260 ml water

1 tsp runny honey

3 g yeast, crumbled

10 g salt

40 ml water

## Shaping

a little plain white flour, for dusting

## Preferment

Mix the water and sourdough in a bowl. Stir in the plain white flour and wholemeal flour. Cover and leave the preferment to rest at room temperature for approximately 8-12 hours.

## Dough

Place the plain white flour, wholemeal flour and water into the bowl of a stand mixer. Mix with the dough hook on a low speed for approximately 5 minutes, then cover and leave to rest for approximately 30 minutes. Add the honey, yeast and preferment, and knead on a medium speed for approximately 5 minutes. Add the salt and continue kneading for approximately 5 minutes until a smooth dough forms, gradually adding the remaining water. Transfer the dough to a lightly greased bowl. Insert into the cooking space, and leave to rise with Professional baking proofing at 32 °C for approximately 2 hours. After approximately 45 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 each side over to the opposite side. Return to the cooking space, and continue proofing. Repeat this folding process once more during the remaining proofing time.

**Professional baking proofing 32 °C for 2 Hrs**

**(no pause)**

## Shaping

Carefully turn the dough out onto a floured work surface. Divide the dough in half, dust with flour and gently twist each piece from both ends (like wringing out a towel, but gently). Place the 2 twisted dough on a wooden peel or board lined with baking paper.

## Baking

Insert the baking tray into the cooking space, preheat with Professional baking flour dusted to 220 °C. Using the wooden peel, slide the 2 twisted dough with the baking paper onto the preheated baking tray in the cooking space. Bake for approximately 30 minutes. Remove the loaves and let them cool on a wire rack.

**Insert the tray for preheating.**

**(Pre-)heat cooking space to 220 °C with Professional baking rustic**

**Preheating completed. Place the dough on the hot tray.**

**Professional baking rustic 220 °C for 30 Mins**

## Accessories

Baking tray

Wooden peel

## Additional information

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