

Gerster bread

Description
Mixed rye bread



Yield
20 pieces of 442 g



Scheduling
Preparation: approx. 45 minutes
Proofing: 16–17 hours
Baking time: 45–50 minutes/235°C dropping



Nutritional values (100 g or 100 ml)
energy: 799 kJ/191 kcal;
fat: 0.9 g, of which saturated 0.1 g;
carbohydrates: 38 g, of which sugars 2.7 g;
protein: 5.5 g; salt 1.2 g

Ingredients

Starter dough (2'840 g)

1'510 g	rye flour 1100
1'215 g	water
115 g	wheat sourdough starter, not active

Processing (200 g)

200 g	fine semolina
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Additional ingredients (250 g)

250 g	rye meal (for sprinkling the boards)
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Main dough (mixed rye bread dough) (10'000 g)

2'410 g	rye flour 1100
1'680 g	wheat flour 1100
2'820 g	water
125 g	baker's yeast
2'840 g	starter dough, matured
125 g	table salt

Fécule pranks (200 g)

5 g	potato starch flour
195 g	water, cold

Production

1

Starter dough

Slurry the wheat sourdough starter in water. Then mix with the rye flour until a homogeneous dough is formed.

Dough temperature: approx. 27°C

Fermentation time: 12–16 hours at room temperature

2

Main dough (mixed rye bread dough)

Gently mix the mature starter dough with the rye and wheat flour, water, salt and yeast in a kneading machine for approx. 12 minutes.

Dough temperature: approx. 27°C

Proofing: 60 minutes

3

Fécule starch

Stir the potato starch flour into the cold water until smooth. Bring to the boil briefly and keep hot for processing later.

4

Processing

Weigh out 500 g pieces of dough, knead lightly and then shape into tight, elongated loaves. Place on well-floured boards. Optionally, sprinkle the boards with rye meal beforehand to prevent sticking.

5

Flaming

Flame the surface of the dough pieces evenly using a Gerster device or a gas burner – this helps to form a crust and improve the aroma.

6

Brushing and scoring

Brush the flamed dough pieces with water. Set down on loading devices.

Cut lengthwise (in the middle) with a sharp knife.

7

Piece proofing

Leave the shaped and cut dough pieces to rest for 15–20 minutes.

8

Baking

Load into a hot oven with steam, pull the vent halfway through baking time and bake.

9

Finishing

Brush the hot bread with the prepared Fécule spread immediately after baking for extra shine.

10

Notes on the traditional production method

Traditionally, Gerster bread was baked directly in the flames of an oven fired by direct heat, which gave it its characteristic rustic, strong crust and increased its shelf life. Nowadays, this effect is achieved by deliberately scorching the bread with an open gas flame before baking. Another advantage of this method is that it saves space in the oven, as the dough pieces can be placed closer together.