

Wild yeast bread

Description

Wheat-rye bread made with wild yeast water



Yield

36 pieces of 440 g



Scheduling

Preparation: 50 minutes

Proofing: 105–115 hours

Baking time: approx. 50 minutes/235°C dropping



Nutritional values (100 g or 100 ml)

energy: 914 kJ/219 kcal;

fat: 1 g, of which saturated 0.1 g;

carbohydrates: 43 g, of which sugars 1.5 g;

protein: 7.9 g; salt 1.4 g

Ingredients

Yeast water starter (1'940 g)

1'765 g	water
35 g	apricots, dried
35 g	dried plums
35 g	raisins
35 g	honey
35 g	apple

Soaker (3'000 g)

1'000 g	rye meal, coarse
2'000 g	water

Additional ingredients (180 g)

180 g	fine semolina 720 (for processing and dusting)
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Yeast water, active (6'000 g)

1'940 g	yeast water starter
3'885 g	water
35 g	apricots, dried
35 g	dried plums
35 g	raisins
35 g	honey
35 g	apple

Bread dough with yeast water (18'225 g)

9'000 g	wheat flour 720
6'000 g	yeast water, active
3'000 g	soaker
225 g	table salt

Production

1

Yeast water starter

Mix the water with the dried fruit, honey and chopped apple in a clean container. Close the container tightly and leave to proof at room temperature for 72 hours.

After the proofing time, the yeast water starter is ready. Ideally, it should have a pH-value of around 3.8 and an acidity value (S°) of 3.5–6.

2

Yeast water, active

Strain the mature yeast water starter and add the fresh dried fruit, honey, chopped apple and water. Pour into a clean, sealable container and leave to proof at room temperature for 8–12 hours.

Note: During proofing, pressure builds up in the container – similar to freshly fermented apple juice – which is a sign of fermentation.

Optimum pH-value: approx. 3.8/S°: 1.8

Tip: The active yeast water can be stored in the refrigerator for up to one month. It can be refreshed regularly with fruit, water and honey.

3

Soaker

Mix the rye meal with the water. Cover and leave to soak at room temperature overnight (at least 8–12 hours).

4

Bread dough with yeast water

Mix the wheat flour, yeast water, and soaker in a kneading machine. Towards the end of the mixing time, add the salt and knead the dough until an extensive gluten structure is built.

Proofing: 14–18 hours at room temperature until the volume has doubled.

5

Processing and piece proofing

Weigh out 500 g pieces of dough and shape them into rounds. Then process them roundly and place them on cloths.

Piece proofing: Leave to proof in the proofer for 60 minutes.

Allow to dry at room temperature for half an hour before baking.

6

Baking preparation

Set the dough pieces down on loading devices and dust the top evenly with wheat flour 720.

Make five vertical cuts with a sharp knife. If desired, decorate with fine, diagonal cuts (decorative cuts).

7

Baking

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

Note: The volume of the loaves is slightly smaller than when using baker's yeast. However, the pores inside do not appear dense.