

## Savoy cabbage bread

### Description

Long-fermented dark wheat bread with savoy cabbage and flaxseed



### Yield

20 pieces of 430 g



### Scheduling

Preparation: approx. 40 minutes

Proofing: 18–31 hours

Baking time: 45–50 minutes/230°C dropping, without top heat



### Nutritional values (100 g or 100 ml)

energy: 821 kJ/196 kcal;

fat: 3,6 g, of which saturated 0,5 g;

carbohydrates: 31 g, of which sugars 1,1 g;

protein: 7,8 g; salt 1 g

## Ingredients

### Main dough (savoy cabbage bread dough, long fermentation) (9'000 g )

2'800 g wheat flour 1100

700 g wheat flour 720

3'040 g water

45 g baker's yeast

945 g Ruch bread dough, proofed

70 g table salt

350 g flax seeds, roasted

1'050 g savoy cabbage, steamed

### Ingredients for processing (850 g )

500 g savoy cabbage leaves, whole

250 g fine semolina  
(for processing)

100 g olive oil  
(for brushing)

### Steamed savoy cabbage (1'165 g )

1'145 g savoy cabbage (green leaves), roughly cut

20 g olive oil

## Production

1

### Steamed savoy cabbage

Cut the savoy cabbage leaves into coarse pieces. Heat the olive oil in a frying pan, add the savoy cabbage and sauté, stirring constantly. Add the roasted flax seeds. Allow the mixture to cool slightly before processing.

2

### Main dough (savoy cabbage bread dough, long fermentation)

Mix both types of flour with water, yeast and the fermented Ruch bread dough in the kneading machine. Towards the end of the kneading time, add the salt and knead the dough gently.

Then carefully mix the roasted flax seeds and the cooled, steamed savoy cabbage into the kneaded dough.

Dough temperature: approx. 24°C

After kneading, leave the dough to rest at room temperature for 60 minutes. Then proof the dough for 12–24 hours at 5°C.

3

### Preparation

Before further processing, allow the chilled dough to acclimatize at room temperature for 2-3 hours until it reaches a temperature of 18–20°C.

Prepare round proofing baskets (Ø approx. 16 cm, depth approx. 8 cm). Place a whole savoy cabbage leaf in each of the proofing baskets so that the insides are completely covered.

Portion the dough into 450 g pieces, work round and place in the prepared proofing baskets with the dough seam side up.

4

### Piece proofing

Cover the dough pieces and leave to proof at room temperature.

5

### Baking preparations

Turn the proofed dough pieces out onto loading devices and brush the surface of each with 5 g olive oil.

6

### Baking

Load into a hot oven with steam. Start with a high temperature (230°C), then reduce the top heat significantly after 10–15 minutes to prevent the savoy cabbage leaves from burning. Halfway through the baking time, open the vent and bake the bread until golden brown.