

Ruch bread, indirect

Description

Dark wheat bread



Yield

32 pieces of 513 g



Scheduling

Preparation: approx. 30 minutes
Proofing: 2–2.5 hours
Baking time: 50–60 minutes/225–235°C
dropping



Nutritional values (100 g or 100 ml)

energy: 969 kJ/231 kcal;
fat: 1.2 g, of which saturated 0.2 g;
carbohydrates: 44 g, of which sugars 0.4 g;
protein: 9.3 g; salt 1.4 g

Recipe

Ruch bread preferment (2'505 g)

1'460 g	wheat flour 1100
1'000 g	water
15 g	baker's yeast
30 g	table salt, dissolved in water <i>mix</i>

Ruch bread indirect (20'400 g)

10'000 g	wheat flour 1100
7'300 g	water
2'500 g	Ruch bread starter dough
300 g	baker's yeast <i>mix</i>
200 g	table salt <i>add towards the end of the mixing time and knead the dough until a nice gluten structure is formed</i>
100 g	dusting flour (for processing)

Production

1

Ruch bread preferment: dough preparation

Mixing time: 3–5 minutes

Dough temperature: 23–25°C

2

Proofing

Leave to proof at room temperature for 60 minutes.

3

Ruch bread indirect: dough preparation

Mixing time: 10–12 minutes

Kneading time: 2–4 minutes

Dough temperature: 23–25°C

4

Proofing

60–75 minutes

5

Processing

Lightly round pieces of dough weighing 620 g and leave to rest briefly.

Then shape into tight, elongated loaves.

Place them on trays lined with dough cloths with the seam side down.

6

Piece proofing

Leave to rest for 10–15 minutes at room temperature, then for 20–30 minutes in the refrigerator at 0–5°C.

7

Baking preparation

Make 2–3 cuts with a flat blade.

8

Baking

Bake in a medium-hot oven with steam. After 20 minutes baking time, pull the vent and bake until crisp.

Baking temperature 225–235°C

Baking time 50–60 minutes