

Grilled bread with arugula

Description

Pure spelt-wheat-rye bread with tomatoes, filled with arugula-lime butter



Yield

63 pieces of 400 g



Scheduling

Preparation: 170 minutes

Proofing: 17 hours

Baking time: 30 minutes/230°C dropping



Nutritional values (100 g or 100 ml)

energy: 1'130 kJ/270 kcal;

fat: 9,5 g, of which saturated 5,3 g;

carbohydrates: 38 g, of which sugars 1 g;

protein: 6.9 g; salt 1.8 g

Ingredients

Tomato-Bürli bread dough, long-leavened (25'250 g)

| | |
|---------|--|
| 3'500 g | wheat flour 1100 |
| 5'000 g | pure spelt flour 720 |
| 1'500 g | rye meal, fine |
| 6'750 g | water |
| 2'500 g | tomato pulp (canned) |
| 200 g | baker's yeast |
| 5'500 g | proofed dough |
| 300 g | table salt |
| | <i>add towards the end of the mixing time and knead the dough until a nice gluten structure is built</i> |

Additional ingredients (1'090 g)

| | |
|-------|--|
| 520 g | fine semolina (for dusting) |
| 380 g | coarse rye meal (for the surface) |
| 190 g | wheat flour 720 (for dusting the baskets) |

Arugula-lime butter (3'780 g)

| | |
|---------|--|
| 1'055 g | butter, liquid |
| 740 g | arugula <i>finely purée together with the liquid butter</i> |
| 1'585 g | butter, soft |
| 85 g | table salt |
| 20 g | tabasco red |
| 30 g | lime zest |
| 265 g | lime juice <i>beat everything in a mixer until frothy</i> |

Production

1

Tomato-Bürli bread dough, long-leavened

Proofing: Leave to proof for 60 minutes at room temperature, stretching and folding once. Then leave to proof overnight in the refrigerator at 0–5°C.

Before processing: Remove the dough from the refrigerator and allow to acclimatize at room temperature for approx. 3 hours.

2

Processing

Cut the dough into 400 g pieces and place on boards sprinkled with rye meal. Leave to proof for 20–30 minutes. Twist the dough pieces and place them in a ring shape in dusted proofing baskets.

Piece proofing: 30 minutes

3

Baking

Turn the dough wreaths onto loading devices and bake in a hot oven with steam as ready-to-bake products.

4

Arugula-lime butter

Pour the foamy arugula-lime butter into cannell molds without air pockets and freeze. Then remove from the molds and cut into 5 g slices.

5

Filling

Once cooled, make 12 vertical cuts so that the bread still holds together. Place a slice of frozen arugula-lime butter into each cut in the tomato-Bürli bread.

Tip: Pack the bread in fresh baking bags and include baking instructions for the grill/oven. Sell the bread frozen. Customers can bake the bread themselves and enjoy it warm as an appetizer or side dish with grilled food.