

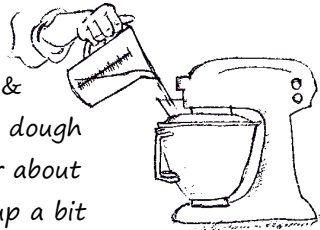


1. mixing:

put flour, dry yeast (sourdough) & spices in a bowl and mix them easy together.

2a. using the kitchen-machine:

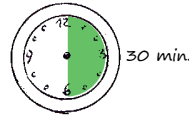
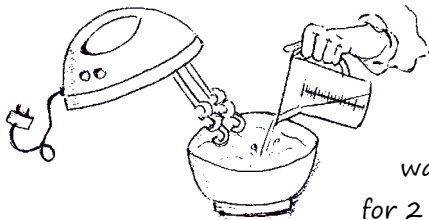
Add 500ml cold water to the mix & start kneading the dough at lowest speed for about 2 minutes; speed up a bit for another 3 minutes until the dough becomes smooth and detaches slightly from the bowl..



or

2b. using the hand-mixer:

Add 500ml cold water, knead slowly for 2 minutes and then speed up the mixer for another 3 minutes until the dough detaches slightly from the bowl.



3a. let the dough rest:

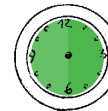
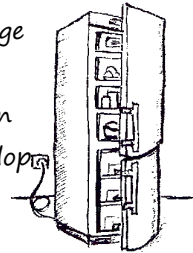
pack a foil over the bowl and close it airtight with a rubber band.

Now let the dough rest for 30 minutes at room temperature.

After that put the dough (still airtight covered in the bowl) into the fridge for 12 hours.

Doing so the dough can fully mature and develop maximum flavor.

(→ continue with step 4)



or

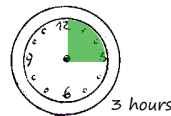
the fast version!!

3b. let the dough rest

Cover the dough with a foil and close airtight using a rubber band.

Now wait for about 3 hours leaving the dough at room temperature.

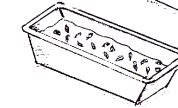
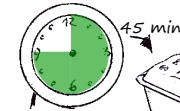
(→ continue with step 4)



4. : filling the

dough into form

after resting fill the dough very carefully into a baking form, wich is dressd up with baking paper and by using a dough spatula, smoothing the dough into the place.



5. second rest:

Now allow the dough to rest for another 45 minutes at a warm place.

Meanwhile you heat up the oven to 240°C, setting a tray in the ground of the oven.

6. baking:

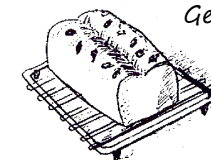
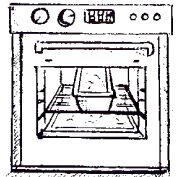
cut the preface of the bread very carefully with a knife in the middle and put it on the oven rack, on the middle rail.

Important:

bake with steam!

Pour some water (80ml) on the hot tray for steam and close the oven door immediately!!!

After 10 minutes switch temperate down to 190°C and bake for about 35-40 minutes more.



Get the bread out of the form by turning it around. Let it cool down properly!

Enjoy!!!

What you also need:

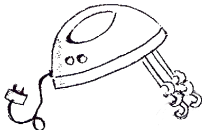


Mixing bowl

and

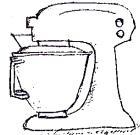


Dough spatula



Hand mixer

or



food processor



baking pan

and



cling film

and



Have fun baking by yourself!

Here we go !!!!

our organic bread mixes :

- * *Emmer-whole-grain-bread*
- * *Einkorn-whole-grain-bread*
- * *Kamut-whole-grain-bread*
- * *Spelt-whole-grain-bread*
- * *Waldstauden-rye wholemeal bread*

our organic Urkorn-Pasta :

- * *Die Ur-Bayrische*
ORGANIC Emmer-whole grain pasta
- * *Die Königliche*
ORGANIC Kamut-whole grain pasta
- * *Ötzi' s Einkörner*
ORGANIC Einkorn-Kamut-whole grain pasta
- * *Die Heilige*
ORGANIC Spelt-whole grain pasta
- * *Der Alpenländer*
ORGANIC Spelt-pasta



How to bake step by step



Bread-
premix