

Bread rolls

<p>450 g of rye-flour</p> 	<p>40 g of malt</p> 	<p>1. Mise en place</p> <p>weight the ingredients</p> <p>Prepare the baking-trays</p> <p>2. Dough</p> <p>prepare the yeast dough:</p> <p>mix all the dry ingredients in a bowl</p> <p>dissolve the fresh yeast in the water</p> <p>mix the yeast-water with the yogurt</p> <p>pour the yeast-yogurt into the bowl with the flour</p> <p>knead the dough</p> <p>Let it prove</p> <p>3. form and bake</p> <p>cut the dough into 50g-pieces and form them</p> <p>Put them on the baking tray</p> <p>Spray with water and dust them with rye-flour</p> <p>bake it with steam for 15-20 minutes, temperature: 210° degree celsius</p> <p>4. Finishing</p> <p>let them chill</p>
<p>1800 g of organic wheat-flour</p> 	<p>40 g of sourdough („levain“)</p> 	
<p>450 ml of yogurt</p> 	<p>90 g of fresh yeast</p> 	
<p>900 ml of water</p> 	<p>40 g of honey /or agave-syrup</p> 	
<p>Salt, bread spice, cumin</p> 	<p>produit fini:</p> 	

Allergies: Gluten, Milk

50 portions