Bürli bread

Description
Spelt-wheat-rye mixed bread

Yield
42 pieces of 500 g

Scheduling
Preparation: approx. 55 minutes
Proofing: approx. 4 hours
Baking time: approx. 50 minutes/245°C dropping

Nutritional values (100 g or 100 ml)
energy: 920 kJ/220 kcal;
fat: 1.1 g, of which saturated 0.2 g;
carbohydrates: 43 g, of which sugars 1.0 g;
protein: 8.4 g; salt 1.3 g

Recipe

Fermented dough (5'800 g)

3'370 g	wheat flour 720
2'330 g	water
34 g	baker's yeast
66 g	table salt *mix together*

Kneading: spiral mixer
Mixing time: 3–5 minutes
Kneading time: only mixing
Dough temperature: 23–25°C
Proofing: 60–120 minutes at room temperature, then up to 48 hours in the refrigerator at 5°C

Bürli bread dough (25'580 g)

4'650 g	light spelt flour
3'500 g	wheat flour 720
1'850 g	rye flour 1100
9'300 g	water/ice
280 g	baker's yeast
5'800 g	fermented dough *mix together*
200 g	table salt *add towards the end of the mixing time and knead the dough until a nice gluten structure is formed*

Kneading: spiral mixer
Mixing time: 10–12 minutes
Kneading time: 8–10 minutes
Dough temperature: 23–25 °C
Proofing: 160–180 minutes, stretch and fold after approx. 90 minutes

Baking preparation (700 g)

700 g	wheat flour 720 (for dusting the boards)

Production

1

Portioning the dough

After proofing at room temperature, weigh out 600 g pieces of dough and place them on floured boards.

2

Proofing and shaping

After proofing for approx. 75 minutes at room temperature, loosely fold one half of the portioned dough over the other half.

3

Processing

Carefully place the dough pieces on the loading device with the seam side down.

4

Baking

Deck oven
Baking temperature: approx. 245°C dropping
Baking time: approx. 50 minutes
Bake the dough pieces immediately after placing them in the oven with the vent closed and steam. After approx. 20 minutes, open the vent and bake the bread until crispy.