



Credits: Nicolas Rochette

Johnny's Bread

By Refettorio Antoniano

*If you have sourdough at home,
follow the variant of Johnny's bread with sourdough!*

INGREDIENTS

1 kg of type 2 flour
600 gr wholemeal flour
32 gr salt
45 g of fresh brewer's yeast (or 14 g of dry yeast)
1 liter of water
8 gr malt

DIRECTIONS

In a large bowl add the sifted flours, water, yeast, malt, and finally the salt. Stir the mixture and knead it for at least 10 minutes.
Once the dough is smooth and homogeneous, let it rest for 1 hour.
Cut the dough into three pieces and shape it with your hands until it forms a loaf.
Let it rest again for at least 30 minutes.
Heat the oven to 220 °. When it reaches the temperature, lower it to 190 ° and bake the bread for 30 minutes.

Johnny's tip:

If you have sourdough at home, here is the variant of Johnny's bread with sourdough.
The method is almost the same, the only thing that changes is the rising time.

1. Replace the yeast with 480 grams of sourdough
2. Let the dough rise for 3 hours in a humid environment in the house. For example, place it inside the oven off leaving the light on.
3. After 3 hours, cut the dough into three pieces, shape it and let it rise for at least an hour and a half.