



Spruce bread

By Chef Veleria Mosca

Preparation and cooking time: 1 hour

Rising time: 12 hours

Portion: 1 loaf of about 1 kg

INGREDIENTS

500 kg of type 1 flour
200 gr of mother yeast
225 ml of warm water
100 ml of buttermilk
30 gr of dried and finely pulverized fir leaves
100 gr of finely ground fir inner bark
20 gr of salt
A pinch of sugar or malt

METHOD

Knead all ingredients (except salt and buttermilk) together until you reach one temperature of about 26°C.
Let the dough rest for 30 minutes and then add the salt and the yeast. Leave to rise for 1 hour then make the first fold directly into the container leavening.
Wait 1 hour and proceed with the second fold.
Wait 1 hour and proceed with the third fold.
Leave to rise until it has doubled in size.
Roll out the last folds giving shape to the loaf on a floured surface. Let the shape rest for 20 minutes on the flour surface and then proceed to restore the shape. Put the loaf in a lined basket with a well floured cloth. Allow to rise in the refrigerator for the night (or minimum two hours). Turn the loaf over onto parchment paper and cut it with a razor blade surface. Bake at 250°C static oven. Place a bowl of hot water on the upper grill to create humidity inside the oven.
As soon as the bread takes on a little color, lower the oven temperature to 220°C, remove the bowl with water, continue to bake until it dries well.

Let the bread cool before cutting it.