

SOURDOUGH BREAD

METHOD

Natural Yeast Production

- 01 Mix rye flour and water. Let it ferment at room temperature (around 25°C) for 8-12 hours. Once there are gases or bubbles, put it into the fridge for 3-5 days to continue fermentation. Set aside.

Bread Making

- 02 Add instant yeast into the water and mix well. Then slowly pour it into a big bowl that contains bread flour, salt and 20g of natural yeast. Mix well until it forms a smooth dough.
- 03 Put the dough in a greased bowl, and place in the Miele Oven for the first proving with "Prove Dough" function for 30 minutes.
- 04 After the first proving, portion the dough into 120g each and shape into ball-shaped loaves. Place them in the Miele Oven for the second proving with "Prove Dough" function for another 30 minutes.
- 05 After second proving, knead the dough into quenelle shape and put on the baking tray. Then place in the Miele oven for the third proving with "Prove Dough" function for the final 30 minutes.
- 06 Take out the dough after proving. Then, preheat Miele Oven at 235°C with "Moisture Plus"* function and set to release 1 burst of steam manually. Prepare 100ml of water and pull out the water intake pipe to absorb the water.
- 07 Slash the top of the dough. Sprinkle it with flour.
- 08 Place the dough in the preheated Miele oven. Select the "Moisture Plus"* function and release 1 burst of steam. Bake at 235°C for 20 minutes then switch to 200°C for another 10 minutes.
- 09 Ready to serve.

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INGREDIENTS

Natural Yeast

Rye Flour	100 g
Water	160 ml

Dough

Instant Yeast	7 g
Water	200 ml
Bread Flour	300 g
Salt	3 g
Natural Yeast	20 g

* "Moisture Plus" function: Subject to selective Miele built-in oven model. Activate "Moisture Plus" function, then follow the instructions for steam injection during roasting or baking.



Tips

- Keep the natural yeast at room temperature and avoid high heat. Do feed a bit of our and water everyday and it can be used in around 3-5 days.
- Using the "Prove Dough" function to ensure stable temperature and moisture for consistent proving results.



2.5 h



4 persons

酸種麵包

做法

製作酸種包種

- 01** 混合裸麥麵粉和水，放於室溫(約25度)發酵8-12小時，出現氣泡後放入雪櫃3-5天，備用。

製作麵包

- 02** 將快速酵母加入水中拌勻，然後將酵母水慢慢加入已放有高筋麵粉、鹽和20克酸種包種的大碗內，拌勻直至形成幼滑麵糰。
- 03** 將麵團放入已掃油的碗中，然後放入Miele焗爐內進行第一次發酵，以「發酵麵糰」功能發酵30分鐘。
- 04** 第一次發酵完成後取出麵團，並平均分成每份大約120克，搓揉至圓形後，然後放回焗爐內以「發酵麵糰」功能進行第二次發酵30分鐘。
- 05** 完成第二次發酵後，將麵團搓揉至橄欖型，放上焗盤，並放回焗爐內以「發酵麵糰」功能發酵30分鐘，進行第三次發酵。
- 06** 完成後取出麵團，並選用「加濕」*功能，以攝氏235度預熱Miele焗爐，同時選擇手動加濕1次，並預備100毫升水讓喉管吸水。
- 07** 在麵團上輕力刷上花紋，然後灑上適量麵粉。
- 08** 將麵團放入已預熱的焗爐，並按下加濕按鈕噴灑蒸氣一次，以攝氏235度焗20分鐘，然後調教至攝氏200度再焗10分鐘。
- 09** 完成後即可取出享用。

網上教學短片



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材料

酸種包種

裸麥麵粉	100克
水	160毫升

麵糰

快速酵母	7克
水	200毫升
高筋麵粉	300克
鹽	3克
酸種包種	20克

* 「加濕」功能只限於部份Miele嵌入式焗爐。啟動「加濕」功能，根據焗爐指示注水，於烤焗時噴灑蒸氣。



貼士

- 酸種包種可放室溫，但不能太熱，並需每天加入少量麵粉和水作餵養，3-5天後即可使用。
- 使用「發酵麵團」功能可穩定地控制溫度及濕度，確保每次發酵效果一致。



2.5 小時



4 人份