

Onion Wheel

To Make...

4 four large onion wheels of around 350g each

What Goes In It...

Dough

600g +dark sour dough base
200g rye flour
330g strong flour
20g salt
10g dry yeast
360ml water

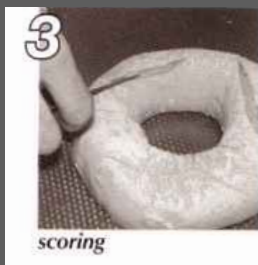
40g roasted onions



shaping



dusting



scoring

Why...

I wanted to make a more interesting alternative to bagels. The end result...a large, crispy crust bread with a sweet roasted onion taste.

How I Do It...

Put all ingredients, except the onions, into a bowl, add the water and *mix for 5 minutes at slow speed and 4 minutes at fast speed, until the dough no longer sticks to the bowl.

Now add the onions and mix for 1 minute at fast speed.

Divide into four, shape (pic 1) and put onto a baking tray.

*Prove

Dust with flour (pic 2).

Score the top (pic 3).

Preheat the oven to 240°C, put in the dough and reduce the oven temperature to 190°C, then *bake for 40 minutes (with steam if available).

GD2006002

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