

Pain de Campagne

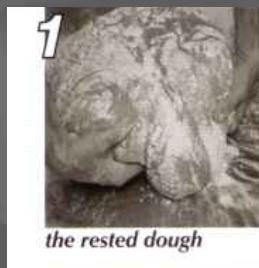
To Make...

1 loaf or around 1800g

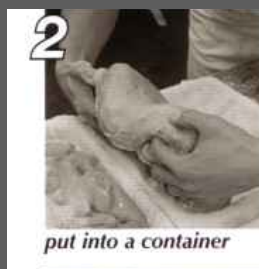
What Goes In It...

Dough

200g rye flour
400g strong flour
400g whole wheat flour
400g +dark sour dough base
15g dry yeast
20g salt
1 pinch of ground
caraway spice
1 pinch of ground
coriander spice
850ml water



the rested dough



put into a container



ready to bake

Why...

My friend Gerhard, the Austrian master baker, inspired me to make this bread. It took a lot of effort and weissbier to persuade him to share his mother's family recipe. The flavour is very unusual, due to the use of coriander and caraway seeds.

How I Do It...

Put all ingredients together in a large bowl. *Mix for 3 minutes at slow speed and 9 minutes at fast speed, until the dough no longer sticks to the bowl. The rye flour and whole wheat flour will give the dough a soft consistency as there is not gluten to provide elasticity.

Rest for 1 hour at room temperature (pic 1).

Place a towel into a square container, and dust with rye flour.

Put the dough into the container, cover and let stand for 1 hour at room temperature (pic 2).

Turn out onto a baking tray (pic 3).

Preheat at oven to 240°C, put in the dough and reduce the oven temperature to 190°C, then *bake for 2 hours (with steam if available).

GD2006004

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