

## Tyrolean dark bread



PREPARATION:  
ABOUT 90 MINUTES



BAKING- COOKING TIME:  
ABOUT 45 MINUTES

### INGREDIENTS:

500 g Tyrolean dark bread baking mix  
Approx. 300 ml lukewarm water



### PREPARATION:

Pour the Tyrolean dark bread mix and lukewarm water in a bowl and knead by hand or with a mixer to make a smooth and elastic dough (around 8 min.). Cover with a cloth and leave to rise in a warm place for around one hour.

Knead the dough on a level surface dusted with flour until the desired shape is obtained. Place the loaf on a greased or lined baking tray. Cover with a cloth and leave to rest in a warm place for 15 min.

Dampen the surface of the dough with a little water and place the baking tray on the middle shelf in the preheated oven at 220°C. After 10 min. lower the temperature to 180°C, and bake for a further 35 min., or until the surface is golden.