

Braided yeast bread with herbs and natural yeast



PREPARATION:
APPROX. 2,05 HOURS



BAKING/COOKING TIME:
APPROX. 35 MINUTES

INGREDIENTS:

30 g herbs (rosemary, sage, parsley, thyme, oregano, marjoram...)

300 g soft wheat flour type 00, no. 6 (W300/340)

160 g soft wheat flour “La Speziata”

150 g durum wheat flour

35 g lievito madre with dry yeast

150 g water (warm)

150 g milk (warm)

2 yolk

10 g salt

50 ml olive oil

Additionally:

durum wheat semolina

PREPARATION:

Wash the herbs, shake them dry and chop them finely.

Add flour, lievito madre, water and milk to the mixing bowl. Switch on the kneading machine and add yolk and salt. Continue kneading until the dough takes shape.

Gradually add the olive oil and finally the herbs and continue kneading until the smooth and elastic dough separates from the rim of the bowl. Turn the dough over on the work surface and fold it a few times. Then put it back into the bowl. Cover the dough and let it rise for about 1 hour in a warm place until the its volume has doubled.

Put the dough onto the work surface sprinkled with semolina and divide it into three equal parts. Shape strands of approx. 50 cm in length, then braid the strands into a loaf. Place the loaf on a baking tray, cover it and let it rise for about 30 minutes. In the meantime, preheat the oven to 160 degrees (upper and lower heat). Bake for about 35 minutes.