



ALL'OPERA IN TRENTO DAL 1870

5-GRAIN LOAF



INGREDIENTS

500 g 5-grain-bread mixture
Approx. 310 ml lukewarm water

PREPARATION

Pour the mixture and the lukewarm water into a bowl and knead by hand or with a dough mixer, until you have a smooth and elastic mixture (approx. 8 mins.).

Cover with a cloth and leave to rise in a warm room for about 1 hour.

Knead the dough by hand on a floured surface to give it the desired shape.

Place the loaf on a baking sheet that is either lined with baking paper or greased with a little oil. Cover with a cloth and leave to stand in a warm room for 15 minutes.

Moisten the surface of the dough with a bit of water and place the baking tray on the middle shelf in the oven preheated to 220°C. After 10 minutes, lower the temperature to 180°C and cook for another 35 minutes or until the surface of the bread is golden.

