

---

# Bread for restoration

---

Ibán Yarza, 2016



---

 **sammic**

# Bread for restoration

*Reflections and recipes for bread in restaurants and small hospitality businesses*

Bread in the kitchen

Water bread

Sugared brioche

Sliced bread made “from recycling”

Drozdowka z makiem, Polish “yeast cake”

Barley bread made with Poolish

Large, rustic country bread

# Bread in the kitchen

Bread and cuisine, a dichotomy that is at times difficult to balance, when in reality there are few better indicators of the quality and the commitment of a restaurant than a basket of good bread, either home-made or bought in.

As a home baker, when I make bread the sense of challenge and the adventure envelops everything, like in the golden age of discoveries, or the most mythical of journeys. In this, I share with chefs who want to make their first bread the sensation of discovering new, untrodden terrain, an *unknown land*. As an explorer, it takes all my courage and resources, visualising myself as Amundsen setting foot on the South Pole for the first time or Hilary putting one foot in front of the other on the way to the summit of Everest, a place no human had ever been before. The anecdote (possibly apocryphal) of the recruitment advert for the ship *Endurance*, captained by Shackleton in the gold age of Antarctic exploration, that appeared in a newspaper in 1901.

*“Men wanted for hazardous journey. Small wages, constant danger, bitter cold, long months of complete darkness, constant danger, safe return doubtful. Honour and recognition in case of success.”*

My personal experience helping small (or not so small) restaurants over the last two years is that paradoxically home baking (where I come from) is very similar to restaurant cuisine.

Like at home, what I have seen in many kitchens is that the chef/baker has to struggle with limited resources and adapt them; for example, inventing a fermentation chamber or turning their oven into a good bread making oven (in more than one restaurant I have had to apply home-made tricks for good steam that achieves proper development and good crusts in ovens designed more for turbot than for baguettes).

Moreover, for the chef (as well as the home baker) bread is not their main concern. Generally large quantities of bread are not needed, but rather a reasonable amount for daily service (and maybe a speciality that may be made in larger quantities and frozen so it is available throughout the week). Being able to organise the work is a big advantage, as well as the fact that (surprisingly) in the field of bread chefs are usually very open to suggestions, experimentation and training. In reality, they do not usually want to be bakers, they simply want to make a bread that is exceptional, unique and their own, just like their cuisine.

## Changing the function of bread: need versus pleasure

In this regard, we have to think that, as a general rule, the customer does not usually go to a restaurant to fill up on bread. Luckily, we live in a society where (exceptions aside) we eat bread for pleasure. In the field of restaurants “bread for pleasure” is usually the only way to understand bread; its most gastronomic aspect. And this is where chefs praise bread, where they seek its ability to seduce and its singularity. All we need to do is consult bread consumption figures to see that in the last century we have gone from eating almost 1 kg of

bread per person per day, to eating little more than 100 g. We don't "need" bread, so to speak; there isn't the nutritional necessity, but we eat it for the gastronomic pleasure. Not only that, our as patterns of consumption have changed, so have our tastes. In the midst of the XXI century we like variety; eating ciabatta one day, multigrain the next and a German rye bread the day after (before, our palate of ingredients was, forcibly, more limited; or the wine we had access to was very limited and one single type).

Needs versus pleasure; as much as our position has changed when faced with a piece of bread (in general, food). When we go through old recipe books, those recipe books forged in times of scarcity when it was necessary to sharpen one's inventiveness, we always find preparations that sublimate the modest ingredient or grasp close and unimaginable resources (such as the numerous recipes using cats in hard times). Remaining within our borders, we have the dubious honour of having the most endangered bird in Europe, the Balearic shearwater, which until recently populated the pages of the recipe books of the Pitiusa islands. There, the bird in question is called the *vivot*. In the book *Bon profit! the Ibiza cookery book* by Juan Castelló Guasch, you can read an enlightening passage that gives a good idea of subsistence eating.

#### *VIROTADA - shearwater stew*

*In reality, the name virotada is applied to the whole action of hunting and seasoning the shearwaters, types of seagulls a little smaller than those found nowadays, that raised their young on the cliffs of la Mola (Formentera). Hunting them is a risky task typical of young, experienced people, as it is done by night, hanging by ropes off the crags, with a haversack hanging off their shoulders, in which they stuffed the birds, grabbing them from their nests and breaking their necks with their teeth. Suffice to say there were pecks aplenty, as these birds are strong and aggressive.*

This leads us to think about the difference between mere feeding, nutrition, and gastronomy (the art of cooking, everything that surrounds it at the table; in this regard I have always found it funny how when the French say *manger* they take so much more for granted than mere chewing). Nowadays we usually go to restaurants for pleasure, to be seduced. Before, the seduction wasn't necessary: people were hungry.

## Opportunities for bread in restaurants

We are in the midst of a marvellous golden moment for bread in restaurants. So much so that restaurants are using bread as their unique selling point, their appeal, their stand-out feature; from informal options such as Crumb in Madrid or The Loaf in San Sebastián, to prizewinning places such as St John in London, which among other things is a small shrine to bread.

Nowadays, when we look at restaurant menus in different places, at times there is the strange and uncomfortable sensation of repetition. This is where bread can be a unique selling point that distinguishes them and makes them individual (like making a commitment to quality in any other aspect of the gastronomic experience offered).

In recent decades, bread has undergone a process of demystification (much less bread is consumed, it receives much less respect, it has become banal, it is censored); bread is no longer "our daily bread". Nevertheless, bread still has a unique power to fascinate, more than any other food; simply think of the significance of bread in the collective subconscious in our culture or appeal to the subjective sensations and personalisation of the aroma and the crust of the bread in the first memories of our infancy.

I firmly believe that bread has a great power of seduction, of attraction, due to its long history in our culture, but also thanks to the new work, to the new options that modern technology gives us and the diversification of the flavours. The new and the old bread have their place, more than ever, in the kitchens of brave chefs who do not shy away from a challenge. It is time to keep making bread, without reinventing the wheel, repeating centuries old gestures, aware that tastes have changed and possibly also bread's place and role (which is not necessarily a bad thing). We have the means, the ingredients and the knowledge; let's apply them.

Iban Yarza, July 2016!

# Water bread

This bread with pronounced alveolation and bright crumb is particularly suitable for the catering sector; it is a succulent and simple bread, which keeps well and when toasted becomes a treat with which to regale diners as they sit at the table.



There is no doubt that having a high hydration bread with an open crumb and extra crispy crust in your range of options is very desirable, but often the fear of high hydration doughs puts off those who are not experts in dough making. However, following a few simple rules, everything will be plain sailing. Apart from that, this recipe has no major complications: there is no sourdough and nothing to put off a novice baker. It is a straight dough which produces a slightly sweet and succulent result.

The small mixers usually found in restaurants are often actually planetary mixers, and the development of the gluten in very hydrated doughs is not exactly their strong point; normally, they struggle to compete with the efficiency of a spiral dough mixer or the greater ability to oxygenate the dough of a double arm mixer, which gives excellent results in very hydrated dough. However, small blenders (the bread in the picture was made with a Sammic BE-10) have a secret weapon: depending on the type of dough you can change the accessory that comes into contact with the dough. And that is the crux of the matter: with a dough hook, when the hydration is very high, the mixer will usually have difficulty giving shape to the dough. The solution is as simple as fitting the mixer blade and increasing the kneading speed a little: this will oxygenate the dough a bit more and strengthen the gluten. With the use of a good quality strong flour and being a little

methodical, the result is guaranteed. Finally, handling the dough with durum wheat semolina before baking adds a wonderful sweetness, a hint of roasted corn and an extremely appetising appearance.

## **Dough**

- Very strong flour (W300 – 400) 1000 g
- Water 900 – 1000 g (750 g at room temperature and another 200-250 g from the fridge)
- Salt 22 g
- Yeast 5 g (1.7 g if it is dried)

## **For the handling**

- Oil
- Fine durum wheat semolina (may be the type used to batter fish).

Put the flour and 750 g of water in the bowl (reserve the rest of the water for when the dough has taken shape). Knead for two minutes at the first speed, simply to mix the ingredients well.

Knead for 10 minutes at speed 3.

Knead for 10 minutes at speed 2. During these 10 minutes, add the remaining water a little at a time up to a total of 900 to 1000 g of water; depending on the absorption and strength of the flour you can add more water (the bread in the photo has a hydration of 100%: 1 kg of flour for 1 kg of water). If the dough is too hot after the first two steps, this can be corrected in this step using water from the refrigerator.

Knead for 10 minutes at speed 5, and at the end of this step add the salt and the yeast.

Knead for 20 minutes at speed 5. Normally, before finishing this step the dough tends to break away from the bowl and make a distinctive sound when hitting the bowl in each turn. The dough is almost ready.

Knead for another 5 to 10 minutes at speed 5 if necessary, until you note that the dough becomes elastic, gaining strength.

Transfer it to a lightly oiled rectangular tray. For these amounts, a Gastronorm  $\frac{1}{2}$  of 6.5 litres is ideal. When you put the dough in the tray, the volume will be little more than a litre, but by the time it goes in the oven it must be more than 4 litres.

Ferment at around 24° C for about 5 to 5  $\frac{1}{2}$  hours. After the first hour of fermentation, make a fold in the dough give it body (the folding can be repeated later if the dough lacks strength).

Sprinkle the work surface with lots of fine semolina; tip out the dough by turning over the tray, sprinkle with more semolina and cut long ciabattas with a metal scraper. Very delicately (and avoiding degassing the pieces), transfer them to a sheet of baking paper.

Bake in an oven with steam at 250° C for 10 minutes. Ideally, the oven will have a metal tray that is already hot to give a good thermal blast to the dough and help it rise more. After this time has passed, remove the steam, open the vent and reduce the temperature to 200° C, and cook for another 30 minutes, until a good crust forms.

Allow to cool before cutting. At this point you can freeze in airtight bags, preventing the freezer from drying out the bread. To regenerate, use the toaster or a salamander stove.



# Sugared brioche

I am a home baker, and my domain is the kitchen counter and the house's old oven. However, over time I have had the opportunity to bake bread in bakeries of different sizes and recently I have been working regularly with small restaurants and bakeries that are interested in baking good bread. Most small home mixers have a tiny capacity (bowls of barely 5 litres) and little power and have trouble kneading a good brioche with over 500 g of flour. However, higher powered machines are either too heavy or too big or too expensive. I got to know the Sammic food mixer BE-10 in the restaurant of Martín Berasategui (where Pablo David and Juan bake excellent bread) and I really liked its reduced size, making it a countertop mixer that has the ability to produce substantial amounts of dough while occupying little more space than the typical home mixer. The truth is that I have been delighted with the way it works (quiet, reliable) and the fact that it has a clock with an alarm (which domestic mixers don't usually have). When you are doing a thousand things in a kitchen, it's natural that if your mixer doesn't warn you, you will overdo the dough. It's definitely a good machine.



The brioche (as with the loaves of high hydration bread in general) is one of the doughs that requires most kneading, so when it comes to kneading 2 or 3 kg of brioche dough for more than half an hour, having a good ally is a great idea, and that's where I think the BE-10 shines. Let's see how.

One of the classic French pastries is the Saint Genix, a brioche from Savoy whose taste is as spectacular as its appearance, because it is filled with a praline typical of the area with a bright pink colour, which, combined with the spongy yellow centre, gives a surprising and delicious result. I discovered this brioche thanks to a great French baker, Philippe Hermenier (MOF 2011).

Without going quite so far, it is not uncommon to find delicious additions to the brioche such as sugared almonds or light nougat. These select ingredients will make this brioche into something exquisite. We must try to choose sugared almonds that are darker in colour and with the greatest covering of caramel that we can find, as this is what will guarantee both the marbled tone of the centre (when the caramel melts), and also the flavour and the juiciness when we eat it.

The amount of sugar in the dough is relatively low, as the sugared almonds will bring their own sweetness to the dough. As always, it is important to use the best ingredients, so it is worth investing in especially good sugared almonds and good butter, which will make our brioche outstanding.

## **Ingredients**

- Medium strength flour (240W) 1250g
- Eggs 350 g
- Water 200 g
- Sugar 100 g
- Honey 30 g
- Milk 210 g
- Yeast 45 g
- Salt 20 g
- Butter 300 g
- Sugared almonds 500 g

All the ingredients (including the flour in summer) must be at refrigerator temperature. We place everything in the bowl of the blender except for the butter and almonds. We mix for 4 minutes at speed 1 until the dough amalgamates, and then 10 minutes at speed 2 so that there is a good development of the gluten and the dough is almost smooth.

We prepare the butter by hitting it with a rolling pin until it can be folded without breaking (but is still cold). We cut the butter into small cubes and toss it into the bowl. We knead at speed 2-3 for 5 to 7 minutes, until the butter is fully mixed in and the smooth dough passes the membrane test (see photo).

We transfer the dough to a container (preferably a flattened type) for fermentation. We ferment at 26° for 1 hour, we fold the dough, gently degassing, and we put it to the refrigerator at 4° overnight.

The next day, we divide and shape (about 500 g for a rectangular mould of 20 to 22 cm), we brush with egg and leave to ferment at 26° for 3 hours, until it has tripled in volume. Bake at 180° for 25-30 minutes for this size. Leave to cool on a rack.

# Sliced bread made “from recycling”

Leftovers, scraps, "apurrak", as the Basques say, it's amazing what we leave, and frequently throw away, not knowing what to do with it. Recycling is a relatively modern word for designating something which has been done since cooking began: making the most of leftovers, i.e. never throwing anything away. This bread is a perfect example and has been created, in particular, with the catering sector in mind, where it's not unusual to always find a few leftovers from the most varied preparations. In this case, leftover pasta (this could refer to boiled and drained macaroni) is a perfect example of the unexpected use of many foods which always languish at the back of the fridge. Cooked pasta, just like almost any other starchy product or cereal leftover (semolina, oat flakes, potato, even cooked legumes), is a great extra in the preparation of dough, lending it juiciness, sweetness, preservation properties and good browning features.



All of the above are features which are highly desirable for sandwich bread, hence this being the bread type we recommend, however a round loaf could also be made. All you have to do is to reduce the selected ingredient to purée (cooked pasta in this case) until obtaining a sweet pudding texture full of starches which are ideal for fermentation. If we use up to 20% of the recycling ingredient in proportion to the weight of the flour, no one will find anything strange, just good things! Nevertheless, a larger quantity could be added although, in that case, the ingredient may play a more leading role (which can be very interesting). The addition of a little ferment (a sponge in this case) gives the bread a delicate depth of flavour, in addition to giving it preservation properties and volume.

### **For the ferment**

- Bread flour 125 g
- Water 75 g
- Yeast 1 g

### **For the dough**

- Ferment
- Bread flour 1000 g
- Cooked pasta 200 g (in this case cooked and drained macaroni)
- Water for making the pasta purée 200 g
- Butter 100 g
- Sugar 50 g
- Whole milk 300 g
- Water 50 - 100 g
- Salt 20 g
- Yeast 20 g

In order to prepare the ferment, the ingredients are mixed and left to stand for 5 hours at ambient temperature, or for one hour at ambient temperature and all night in the fridge.

Once the ferment is ready, the pasta purée is prepared. The pasta, with its water (the same quantity), is put through the food processor or blender until a smooth purée is obtained similar to a béchamel sauce. Finally, all the ingredients are added to the kneader, including the ferment and the pasta purée. It is kneaded for 3 minutes at the lowest speed and a further 7 to 9 minutes until the dough is smooth. The resulting dough should be pliable and silky. Add water if required.

Ferment for 2 hours at ambient temperature, shape into bars by rolling the dough fairly firmly and place in greased baking dishes. Ferment for a further 2 and a half hours or 3 until the mixture clearly rises to the surface of the baking dish. Brush with milk or cream prior to placing in the oven and bake at 200°C for approximately 40 minutes for 600 g portions (increase the time according to the size) with moisture inside the oven throughout the entire baking process. Remove from the baking dish once ready and leave to cool on a wire rack before cutting.

# Drozdowka z makiem, Polish “yeast cake”

Don't let this traditional Polish recipe fool you: though it looks like a sponge cake (as its name indicates), it is actually a fermented dough, and therefore is classed as a pastry. This means it is moist and conserves well, as well as offering a slightly lighter texture (with humbler, cheaper ingredients) than its relative the sponge cake, which calls for more butter, eggs and sugar.



Although they are now rare in Spanish culture, the family of sweet fermented doughs is extensive. The Spanish sobados that we now produce with chemicals were traditionally fermented, like the bica, a Galician bread cake. In Central Europe, these hybrids are very popular, and in Poland receive the curious name of “yeast cakes”. It's a straight-forward enough recipe, and the results are unforgettable for any snack, making the perfect accompaniment to a nice cup of coffee or tea.

For this recipe I suggest a traditional Polish finish, with poppy seeds and dried fruits. It can be tricky, but the result is a taste so spectacular that it's worth it. You can always change it for thick chopped plums or any other fruit in season, which you coat with crumbs of flour, butter and sugar.

Ingredients for two trays approximately 40 x 25 cm.

### **Dough**

- Strong flour 600 g
- Milk 180 - 200 g
- Sugar 180 g
- Butter 180 g
- Egg 1 + 2 yolks
- Vanilla 1 pod
- Fresh yeast 42 g
- Salt 10 g

### **Poppy filling**

- Poppy seeds 500 g
- Sugar 300 g
- Egg white 2
- Butter 70 g
- Sliced almonds 30 g
- Chopped candied orange 60 g
- Raisins 80 g
- Chopped dried apricots 70 g

### **Crumbs**

- Flour 200 g
- Sugar 100 g
- Butter 160 g

For the dough, mix all the ingredients (try to use the liquids cold, due to the long kneading process) and knead everything together at the lowest speed for 20 - 25 minutes in the planetary mixer. We want the dough to be sticky and light. It will take time to come together. We're avoiding the brioche technique (adding butter and sugar separately) because we don't want the crumb to be light with higher gluten development, but rather moistness and consistency. This is why we first knead on a slow speed for a long time, until the dough takes consistency. You'll almost certainly find it difficult to begin with given how hard the process of adding so much sugar and butter at the same time is on the gluten.

Once the mass has the right consistency, split it in two, and place each of the two balls in to a metal baking dish measuring about 40 x 25 cm (it's a good idea to line it with baking paper, or smear it with butter). Roll out the dough until it is more or less 1 cm thick and fills the dish. Leave to stand for an hour and a half in a warm place while you go on to prepare the rest of the recipe.

To make the poppy paste, boil the seeds for half an hour. Once boiled, drain them and blitz them in a blender to make a rough paste. It shouldn't have any hard seeds left but rather should be creamy. Once ready, heat the butter for the filling in a saucepan and when it's melted, pour the rest of the ingredients (except the egg whites and the poppy seeds), stir for two minutes and add the poppy seeds. Mix for a few more minutes to bind everything and let it cool. Meanwhile, beat the egg whites until firm. When the poppy paste has cooled down, mix in the firm egg whites.

For the crumbs, simply mix the cold butter fresh from the fridge with the flour and sugar and rub with the hands until large crumbs form.

Finally, assemble the cakes spreading the poppy paste on the brioche cake which will have already started to rise, and finally cover with the crumbs. Bake for between 50 and 60 minutes at 180° C. You can turn off the fan if you see the crumbs lack a golden finish.

# Barley bread made with Poolish

A couple of years I collaborated with a researcher at the CSIC in the development of varieties of barley for baking, especially for its nutritional qualities. Barley, like oats, is rich in fibres known as beta-glucans which have remarkable properties. That's why I've been baking barley bread regularly for years and have developed a special love for its strong aroma and flavour.



Barley is an almost forgotten cereal in baking (especially in our part of the world), which is a shame because it is a cereal that gives the bread unforgettable organoleptic qualities. As for the taste, you can think of barley as a cousin of rye; it gives the bread a more intense aroma than wheat, a rustic colour typical of the best country-style bread, and humidity. Once cooked, when you have a cut loaf of barley bread in the kitchen, a deep and intense aroma of cereals will pervade the room. Barley also gives a colour to the crust that would make any baker think that you have used malt in the dough, reminding us that one of the main destinations of the barley we grow is precisely the malting plant, in addition to its use in fodder and the manufacture of feed.

Furthermore, this recipe uses poolish, which is a simple way to bring flavour and aroma to the bread and improve conservation. If we join the two pieces of the puzzle, barley and poolish, the result is a rustic bread, cousin of pain de campagne, that conveys all the “cereally” (so to speak) aroma of when you drive with the window down next to a field of wheat just before the harvest. It is precisely this sweet aroma of porridge that we are looking for, the idyllic nuances of cereal, and barley will be our ally.

## **Ingredients**

### **Polish**

- Bread making flour (180 - 200 W) 200 g
- Water 200 g
- Yeast 0,3 g (a very small pea).

### **Masa final**

- Polish 400 g
- Bread making flour (180 - 200 W) 1600 g
- White barley flour 400 g
- Water 1320 g (the water temperature will depend on the flour; starting at around 14°, less in summer).
- Salt 40 g
- Yeast 4 g

For the polish, dissolve the yeast in water, mixing the flour and fermenting at room temperature (20 - 24°) for 10 - 12 hours (ideally during the night).

The following day, add all the ingredients in the bowl of the planetary mixer BE-10 and knead for 3 minutes at speed 1 and then for 4 minutes at speed 2. We do not want a total development, but rather a rounding of the dough with a fold during fermentation en bloc. In this way we retain the greatest quantity of carotenoid pigments, with yellow and creamy tones, as well as the aroma and flavour of the cereal.

We ferment for two and a half hours at 24° C, with a fold after one hour. We divide into pieces of 800 - 1000 g and round slightly. We leave to stand for 15 to 20 minutes and we shape (baguette or round loaf) and put into a fermentation basket. We ferment for another half an hour and place in the refrigerator, covered with film (or placed inside a plastic bag). The following day (between 12 and 24 hours), we remove from the refrigerator and put directly in the oven (ideally a hearth oven) heated to 250°. On placing the bread in the oven we generate an intense vaporization and cook with the vent closed for 30 minutes. When this time has passed, we open the vent (and the door, to let the steam out properly) and cook for another 20 to 25 minutes, depending on size and type of oven. We then leave to cool on a rack.



# Large, rustic country bread

For years now I've helped restaurants to make (and improve) their bread. Surprisingly, a restaurant kitchen is not so different to an everyday kitchen in a home, and I think that's why I feel comfortable making bread in restaurants, because it's not so far removed from my main area of work, home baking. The needs and requirements of restaurants tend to be more specialised, though. Often in the world of catering the thing they most lack is the time that is so necessary to make good bread, therefore recipes that are quick and give results that are as stunning as they are useful are the order of the day.



Speaking of bread, one of the times when most time and labour is required (and which encourages this type of products) are the various stages of the shaping of the small components: divvying up, weighing, rolling into balls, pre-shaping, proving and the final shaping. Processing 3 kg mass into small 50 g rolls is quite time-intensive: it's tedious and expensive. However, if that same 3 kg dough is used to make a single piece, the whole process runs a lot more quickly and the result is unbeatable. A 3 kg loaf looks stunning on any table, and as soon as diners enter the room, they spot it on the table and it's as if they're suddenly filled with that sense of calm, and unconsciously they think to themselves: "There's home-made bread, we're going to eat well here". Cut off as many slices as you need for a whole service or use for scrumptious sandwiches.

This bread takes after the shape and texture of a large, rustic country-style bread, and mixes wheat and rye to achieve a classic taste and dark crumb. If you don't have a starter dough

already ready, you can substitute for a mix of 350 g of water, 350 g of wheat flour and 1 g of fresh yeast; mix it all together and leave it to proof at room temperature overnight).

## **Ingredients**

- Wholegrain wheat starter dough 700 g (100 % hydrated, as much flour as water)
- Strong flour 750 g
- Wholegrain rye flour 750 g
- Water 900 - 1000 g
- Salt 35 g

Once the starter dough is ready, mix all the ingredients in the planetary mixer bowl, keeping back 100 - 150 g of water to make corrections. We don't want the dough to be too wet. By keeping water back, it means that you can make corrections during the kneading.

Control the temperature of your dough by measuring the temperature of the flour, so you know if you have to use tepid or cold water. Try to make the final temperature of the dough around 25 - 26° C.

Mix for 3 minutes on the lowest speed and 4 on the next speed up.

Move the dough to an oiled bowl and leave to proof for 3 hours at about 25° C (fold the dough halfway through, after an hour and a half).

Move the dough to a floured table and gently roll it into a ball. Let it rest for 15 minutes before shaping it into a ball again, this time with a little more intensity, and move it to a bowl lined with a cloth and well sprinkled with flour (for this piece of 3 kg, I usually use a 10 - 11 L bowl). Allow it to proof for 4 hours at 25 - 26° C.

Heat the oven to 250° C (190 - 210° C if using a fan oven); once warm, place the dough on a sheet of baking paper, make four cuts in the top of the bread (forming a square, the typical cut for rustic bread) and slide on to a hot tray in the oven.

Put a tray at the bottom of the oven and pour 400 ml of water into it. Close the door and let it cook with the steam for 30 minutes.

After the first 30 minutes, remove the tray of water, lower the temperature to 190 - 200° C (160° C with fan) and cook for at least another hour (until the middle of the loaf reaches 95° C and the crust is thick, toasted and crunchy as in the photo).

Due to the size and baking process, this bread is long-lasting; it is essential you leave it to rest before opening (never open it hot).

---

# Bread for restoration

---

Ibán Yarza, 2016

