

GINGER AND NUTS SPELT LOAF



USED BRESC PRODUCTS



Bresc Ginger & lime WOK
450g



Ginger puree 450g

INGREDIENTS

2
broden 

- 310 ml lukewarm water
- 600 g spelt loaf mix
- 25 g Bresc Ginger puree
- 20 g Bresc WOKginger
- 30 g nuts (walnuts, hazelnuts)

PREPARATION METHOD

Put the water and bread mix into a mixing bowl and knead for 10 minutes to a stiff dough. Add the ginger and nuts. Knead for another ten minutes. If the dough is too sticky, add some more flour. Put the dough in a bowl, cover and allow to rise for an hour at room temperature. After an hour, press the dough back and shape the buns. Cover and leave to proof for just under an hour. Bake them at 190 degrees with steam for about 40 minutes.