

# CONSTRUCTION

## Rye Spelt Malt Bread using KÖNIG LUDWIG-BROT



### Rye spelt malt bread:

Rye flour type 1150	4.000 kg
KÖNIG LUDWIG-BROT	5.000 kg
Basic sour, dough yield 160	1.600 kg
Yeast	0.200 kg
Water, approx.	6.400 l
<b>Total weight</b>	<b>17.200 kg</b>

Mixing time: 6 + 2 minutes

Dough temperature: 27° C – 28° C

Bulk fermentation time: 30 minutes

Scaling weight: 0.900 kg

Intermediate proof: none

Processing: round

Final proof: 60 – 70 minutes

Baking temperature: 250° C, dropping to 200° C, giving steam

Baking time: 50 minutes

Instructions for use: After the bulk fermentation time, scale dough pieces and mould round. Place on setters with the floured seam upwards and allow to prove. Load at full proof, giving steam which is allowed to escape after approx. 2 minutes. Bake intensely.

**Rhubarb and pomegranate compote with liquorice:**

Rhubarb	0.750 kg
Water	0.050 l
Cinnamon stick	1 piece
DREIDOPPEL KONDITOREIPASTE GRANATAPFEL	0.025 kg
Liquorice wheels	0.050 kg
Pomegranate seeds	0.045 kg
Total weight	0.920 kg

Instructions for use: Wash the rhubarb, peel and cut into pieces of approx. 1 cm in size. Bring the water to the boil. Add the cinnamon stick, the DREIDOPPEL KONDITOREIPASTE GRANATAPFEL and the rhubarb and cook until firm to the bite. After cooling, lift the finely chopped pieces of liquorice and pomegranate seeds under.

**Veal loin steak in a crust of wild garlic:**

Veal loin steak	1.000 kg
Wild garlic	0.500 kg
Vegetable oil	as required
Salt	as required
Pepper	as required

Instructions for use: Wash the veal loin steak, pat dry and trim clean with a knife. Finely chop the wild garlic. Season the veal loin steak all over with salt and pepper. Using a brush, cover with a fine layer of vegetable oil, toss in the wild garlic and press down well. Subsequently, wrap the veal loin steak in tin foil and cook in a pre-heated oven at 80° C to a core temperature of 57° C.

**Asparagus:**

Asparagus, green	10 stalks
Butter	0.020 kg
Sugar	as required
Salt	as required

Instructions for use: Wash the asparagus, peel the lower third and cut off the wooden ends. Bring water to the boil in a pot. Add the butter, some sugar and salt. Cook the asparagus for approx. 5 minutes until firm to the bite.

**Fried shrimps:**

Shrimps with shells	10 pieces
Garlic	½ clove
Olive oil	as required
Chilli peppers, chopped small	as required
Sea salt	as required
Pepper	as required

**Instructions for use:**

Using a sharp knife, cut open the backs of the shrimps lengthwise and remove the intestines. Halve the lower third of the shrimps longways. Subsequently, wash and pat dry. Season with the sea salt and pepper. Heat the olive oil, add the garlic, chopped chilli peppers and the shrimps and fry for 1 – 2 minutes depending on size.

**Amounts for 10 pieces:**

Rye spelt malt bread	10 slices
Rhubarb and pomegranate compote with liquorice	0.750 kg
Veal loin steak in a crust of wild garlic	0.750 kg
Asparagus, green	10 stalks
Shrimps	10 pieces