



## A Danish Loaf & Breadmaking at Jo Jo's Danish Bakery

 Vegetarian

READY IN



165 min.

SERVINGS



16

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 500 g strong flour white (bread)
- ☐ 50 g capricorn goats cheese
- ☐ 1 tbsp olive oil plus more for oiling the dough
- ☐ 60 g pesto
- ☐ 16 servings shake of salt
- ☐ 250 g wholegrain spelt flour
- ☐ 800 ml warm water

- ☐ 250 g strong stoneground wholemeal flour
- ☐ 1 sachet fast acting yeast

## Equipment

- ☐ bowl
- ☐ oven
- ☐ serrated knife

## Directions

- ☐ Mix the flour, yeast and salt in a large bowl, then add the water. Stir to create a rough, sticky dough, then to a porridge consistency. The dough should be sticky and wet at this stage, if it isn't add a splash of water.
- ☐ Mix with your hand for 10 minutes.
- ☐ Pop the contents of the bowl onto a lightly floured surface and knead for about 10 minutes, rhythmically stretching the dough away from you, then folding it back on itself. The idea is to stretch and develop the gluten within the dough, not to beat the living daylights out of it. The dough will become less sticky and easier to handle as you knead. The wetter the dough, the sexier the bread.
- ☐ When the dough is smooth and elastic, either stretch it out to pop your ingredients in if you are making my loaves with the pesto and goats cheese and form into a ball, or if you are making plain bread, just form it straight into a ball. Coat in oil and pop into a clean bowl. Cover with clingfilm and leave in a warm place until it has doubled in size, it should take about 1½ hours.
- ☐ Shape the dough into loaves and leave to prove for another 45 minutes.
- ☐ Carefully transfer the risen loaves to a tray, slash the tops with a sharp serrated knife and put in the oven.
- ☐ Bake for 45 minutes at 220c/200c fan/425f/ gas 7, until the crust is well coloured and the loaf sounds hollow when you tap the bottom sharply with your fingers.
- ☐ Do not eat warm, the bread is still cooking, wait until it has cooled and then eat. If it isn't quite cooked through, pop it back in the oven for 20 minutes at 175c.

## Nutrition Facts



 PROTEIN **12.68%**  FAT **14.49%**  CARBS **72.83%**

Properties

Glycemic Index:4.69, Glycemic Load:17.25, Inflammation Score:-4, Nutrition Score:9.3465216830373%

Nutrients (% of daily need)

Calories: 260.08kcal (13%), Fat: 4.14g (6.37%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 42.2g (15.35%), Sugar: 0.3g (0.33%), Cholesterol: 1.74mg (0.58%), Sodium: 244.36mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Manganese: 0.85mg (42.62%), Selenium: 20.34µg (29.06%), Vitamin B1: 0.33mg (22.19%), Fiber: 4.68g (18.7%), Folate: 65.9µg (16.48%), Iron: 2.85mg (15.84%), Vitamin B3: 2.66mg (13.29%), Vitamin B2: 0.19mg (11.44%), Phosphorus: 97.93mg (9.79%), Magnesium: 29.32mg (7.33%), Copper: 0.14mg (7.02%), Zinc: 0.66mg (4.43%), Vitamin B6: 0.09mg (4.3%), Potassium: 91.61mg (2.62%), Vitamin B5: 0.26mg (2.61%), Calcium: 22.06mg (2.21%), Vitamin A: 109.29IU (2.19%), Vitamin E: 0.26mg (1.74%)