



Bread Baking: Spiky Loaf



Vegetarian



Vegan



Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



105 kcal

Ingredients

- ☐ 13.5 ounces bread flour divided ()
- ☐ 0.3 cup potatoes instant mashed
- ☐ 2.3 teaspoons yeast instant
- ☐ 1 tablespoon olive oil plus more for drizzling)
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1.3 cups water

Equipment

- ☐ bowl



- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer
- ☐ kitchen scissors

Directions

- ☐ Combine the water, sugar, yeast, and 1 cup of flour in the bowl of your stand mixer.
- ☐ Mix well and set aside for 20 minutes.
- ☐ Add the rest of the flour, the instant mashed potatoes, and the salt. Knead with the dough hook until it's smooth and elastic
- ☐ Add the olive oil and continue kneading until the oil is incorporated. Form the dough into a ball, drizzle with olive oil, and return it to the bowl. Cover with plastic wrap and set aside until doubled, about 40 minutes.
- ☐ Flour your works surface, preheat the oven to 375 degrees, and line a baking sheet with parchment paper. If you want a crisp crust, put an oven-proof pan with hot water on the bottom rack of the oven. This will create the steam you need to crisp the crust.
- ☐ Turn out the dough and divide it in half. Form each half into a log about 13 inches long.
- ☐ Place the logs on the baking sheet. Cover with plastic wrap and set aside until the loaves have doubled, about 20 minutes.
- ☐ With a sharp pair of scissors, starting at one end of the dough, make a series cuts in the dough at a 45-degree angle at least 3/4 of the way through the dough.
- ☐ As you make each cut, move the cut pieces to one side and then the other, alternately ...
- ☐ ... until you get all the way to the other end of the dough.
- ☐ Bake the loaves at 375 degrees until nicely browned, about 25 minutes.
- ☐ Let the loaves cool completely on a rack.

Nutrition Facts



 PROTEIN **13.9%**  FAT **12.12%**  CARBS **73.98%**

Properties

Glycemic Index:8.57, Glycemic Load:11.59, Inflammation Score:-1, Nutrition Score:3.7726086934462%

Nutrients (% of daily need)

Calories: 104.81kcal (5.24%), Fat: 1.41g (2.16%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 18.21g (6.62%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 148.6mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin B1: 0.21mg (14.27%), Selenium: 9.76µg (13.94%), Folate: 47.81µg (11.95%), Manganese: 0.2mg (9.83%), Vitamin B2: 0.08mg (4.88%), Vitamin B3: 0.98mg (4.88%), Fiber: 1.09g (4.36%), Phosphorus: 35.41mg (3.54%), Vitamin B5: 0.35mg (3.52%), Copper: 0.06mg (2.78%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.04mg (2.06%), Magnesium: 7.7mg (1.92%), Iron: 0.27mg (1.5%), Vitamin E: 0.22mg (1.48%), Potassium: 50.38mg (1.44%)