

Brotchen



Ingredients

Day 1

- 25gm bread flour
- 300ml cold tap water
- 2.5gm instant yeast

Day 2

- 725gm bread flour
- 300ml cold tap water
- 5gm instant yeast
- 7gm salt

Method

1. The night before you want the rolls mix the flour, water and yeast in a bowl until smooth and lump-free. Cover with plastic wrap or plate (not airtight) and let this mix sit on the counter overnight.
2. The next day (at least 8 hours), mix the sponge with 700 gms of flour, the extra water and the yeast.
3. Knead for 8 minutes, preferably with a mixer. Add up to another 75gm of flour until the dough cleans the bowl.
4. Sprinkle the salt over the dough and mix for 4 more minutes.
5. The consistency of the dough should be smooth but tacky, adjust with water, a teaspoon at a time, or flour, a tablespoon at a time.
6. Form the dough into a ball and place it into an oiled bowl and cover with plastic wrap or a damp tea towel until doubled in size.
7. Turn the dough onto a lightly floured work surface and form into a lot. Cut into 75gm pieces with a bench knife or spatula (use scales weigh a few to make sure). This will make approx. 30 rolls.
8. Let the pieces rest for a few minutes, then form them into balls or any other shape you like. Coat with flour and place on parchment paper about 2 inches apart. Cover with a damp tea towel and let them rise for a further hour.
9. Preheat the oven to 230C and place an old pan in the bottom.
10. Slash the rolls with a serrated knife along their length and place them in the centre of the oven.
11. Pour some water into the old pan to form steam.
12. Bake for 20-25 minutes, turning the baking sheet if necessary for even browning.
13. Cool on wire racks so that the bottoms don't get soggy.