

Onion bread

Cuisine: Czech
Food category: Vegan dishes



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Company: Retigo



Program steps

Preheating: 190 °C

1

 Hot air

 80 %

 Termination by time

 00:45

hh:mm

 170 °C

 100 %



Ingredients - number of portions - 2

Name	Value	Unit
plain wheat flour	1	kg
salt	45	g
fresh yeast	42	g
water	600	ml
onion	2	pcs
cloves garlic, finely chopped	3	pcs
carraway seed	10	g

Directions

Fry the sliced onion untill brown. Mix all the ingredients together using a robot with a dough hook. Take the mix out of the mixing bowl and divide between two 1/3 GN container. Let it rise and put into the preheated combi oven set on hot air mode 170°C for 45 minutes.

Nutrition and allergens

Allergens: 1
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1807.4 kJ
Carbohydrate	365.6 g
Fat	11.6 g
Protein	56.4 g
Water	0 g

Recommended accessories



Stainless wire shelving