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Grains corners

INGREDIENTS

dough

160 g flour

160 g water

10 g of yeast

Soaker

50 g sunflower seeds

40 g sesame

40 g linseed

40 g oatmeal, tender

15 g salt

200 g water

for the dough

250 g flour

250 g spelled flour

100 g rye flour

250 g water

10 g of yeast

INSTRUCTIONS

For the batter, mix the flour with the water and yeast in a small bowl, cover with a foil and let stand at room temperature for 12 hours. For the source piece, roast the sunflower seeds, sesame, linseed, and oatmeal in a pan without fat. Put the grains in a bowl and mix with the salt and water. Cover with a film and leave to stand for 12 hours at room temperature. For the dough, put the flour, with spelled flour and rye flour, water and yeast in a bowl, add the pre-batter and swelling piece and knead everything. Cover the bowl and let it rise for another 2 hours. Halve the dough and flatten half the dough ball on a floured work surface and divide it into 12 triangles. Line a baking sheet with parchment paper. Spread the grain corners on it and let it rise for another 1-2 hours. Preheat the oven to 200 ° C. Place a bowl of water in the oven. Bake the rolls at 200 ° C for about 20 minutes.