
THE RIVER



Food : Main Courses

Ingredients

Dough • 750g Bread Flour • 750g Dark Rye Flour • 30g Dry Yeast • 90g Sugar • 90g Butter • 30g Himalaya Rock Salt • 70g Cream (35% fat content) • 500g Water • 2 Organic Eggs Beetroot Jelly • 500g Fresh Organic Beetroot • 6g Agar Agar Powder • 1g Himalaya Rock Salt Chamomile Salt • 50g Maldon Salt • 5g Chamomile Tea Leaves

Methods

Dough

- Combine all ingredients together in the dough mixer. Mixing time: 5 minutes on slow and 10 minutes on high speed. Check the consistency.
- Give a table rest for 30 minutes. Form it into a round shape and place in the toast mould. Proof for ca. 90 minutes at 28°C with a humidity of 85%.
- Bake at 200 C with 20 seconds steam. Lower the temperature of the oven to 180°C and bake for ca. 60 minutes.

Beetroot Jelly

- Combine all ingredients and bring slowly to a boil. Boil for 2 minutes and whisk constantly. Remove from the heat and pour it slowly into the required mould. Set aside.

Chamomile Salt

- Use a robot coupe and blend ingredients together.