

Miele

Pain d'Epi (Wheat stalk bread)

By Miele

2 hours 30 minutes

Preparation time

25 minutes

Cooking time

4 serves

Serves



INGREDIENTS

400 g bread flour
10 g dry yeast
300 ml warm water
5 g salt
Extra flour for dusting

Recommended accessories

HBS 60 Baking stone. [Buy online here.](#)

METHOD

1. Preheat oven on Prove yeast dough at 40°C and place a baking and roasting rack on shelf position 2.
2. In a bowl, make a poolish by combining 120 g bread flour, 3 g yeast and the warm water. Cover with a clean tea towel and place the bowl in oven to ferment for 1 hour.
3. Remove the poolish from the oven. Add the remaining flour, yeast and salt into the bowl and knead until the dough is smooth and elastic, approximately 5 minutes.
4. Cover the kneaded dough loosely with the tea towel. Place the dough in the oven and allow it to rise until doubled in size, approximately 45 minutes.
5. Cut a piece of baking paper to the size of the wooden paddle of your gourmet baking stone. This will indicate how long your loaf can be.
6. Remove the bowl from the oven and sprinkle the workbench with flour.
7. Place the gourmet baking stone on the rack in the oven on Conventional at 230°C and heat the stone for 30 minutes.
8. Turn the risen dough onto the workbench and divide in half. Working with one piece of dough at a time, shape the dough into a long baguette.
9. Place baguette diagonally onto the baking paper with the wooden paddle underneath. Dust baguette liberally with flour.
10. To shape baguette into wheat stalk, use sharp scissors and working from top to bottom, cut a piece of dough about three quarters the way through at a 45° angle and lay to the side. Repeat and lay the next piece on the opposite side until you reach the end. Repeat the process for the other dough.
11. Leave dough to rise again while waiting for the baking stone to heat up. When ready, slide the bread with the baking paper onto the baking stone.
12. Select Moisture Plus at 200°C and bake for 30 minutes, releasing a burst of steam immediately and a second burst at 10 minutes, until a deep golden crust has developed.
13. Remove from the oven and allow to cool on wire racks before serving.

Notes

- This method of bread making uses the poolish method, where a “sponge” is made from one part water, one part flour and yeast and left to ferment. When the sponge is ready, it will have bubbles on the top of the liquid and give off a lovely yeasty smell.
- Epi can be made the day before and reheated on Moisture Plus at 180°C for 10 minutes.