

Miele

Silverbeet bread

By Miele

20 minutes, plus 55 minutes proving time

Preparation time

25 minutes

Cooking time

6 servings

Serves



INGREDIENTS

225 g silverbeet, deveined, roughly chopped
210 ml silverbeet water
2 ½ tsp dried yeast
½ tsp sugar
500 g baker's flour
40 ml olive oil
1 brown onion, approximately 150 g, finely diced
1 clove garlic, minced
1 tsp salt
50 g fresh dill, finely chopped
Polenta for dusting

Miele accessories

Perforated steam container
Baking tray

METHOD

1. Place silverbeet on a perforated steam tray, place in the steam oven and Steam at 100°C for 1 minute. Cool and squeeze the silverbeet dry. Roughly chop and retain the liquid for the bread mix.
2. Pour liquid into a measuring jug and add enough water to make up a total volume of 210 ml.
3. In a bowl of a freestanding mixer, combine yeast, sugar, 1 tbsp of flour and 75 ml of the water. Stand for 10 minutes to activate.
4. Heat the oil in a non-stick frying pan, on medium heat, induction setting 5 and sauté the onion and garlic until lightly coloured, allow to cool.
5. Add all remaining ingredients to the activated yeast. Using the dough hook attachment knead the dough for 10 minutes on medium speed. If the dough gets sticky, add more flour.
6. Allow the dough to rest for 5 minutes, before transferring into a greased bowl, covered with cling wrap.
7. Place bowl onto a baking and roasting rack on shelf position 2. Select Conventional at 40°C and prove dough for 45 minutes.
8. Remove dough from the bowl, cut into 2 equal pieces and shape into loaves. Dust a baking tray with polenta, score bread and leave for 10 minutes to rest at room temperature.
9. Select Moisture Plus at 210°C with 1 manual burst of steam. When oven is pre-heated, place bread on shelf position 2, releasing the burst of steam immediately. Bake for 25 minutes.