

核桃無花果 紅莓包

做法

- 01 將糖和鹽加入至高筋麵粉，拌勻並隔篩，備用
- 02 拌勻水和乾酵母，備用
- 03 將酵母水慢慢倒入麵粉中，揉搓麵糰至滑身
- 04 將核桃、無花果乾、紅莓乾加入至麵糰，揉搓
- 05 將麵糰放入已掃油的烤盤上，並於焗爐內進行第一次發酵，以「發酵麵糰」*功能發酵30分鐘
- 06 第一次發酵後取出，稍為揉搓並將麵糰內的空氣擠出，搓成所需形狀
- 07 再將麵糰放在烤盤進行第二次發酵，同樣以「發酵麵糰」*功能發酵30分鐘
- 08 完成第二次發酵後，選用「加濕」#功能，以攝氏230度預熱焗爐
- 09 在麵糰上劃上花紋，並篩上麵粉作裝飾
- 10 將麵團放入已預熱的焗爐，選用「加濕」#功能，並按下加濕按鈕噴灑蒸氣一次，以攝氏230度焗20分鐘

材料

水	270克
乾酵母	4克
高筋麵粉	400克
糖	5克
鹽	2克
切粒核桃	30克
切粒無花果乾	70克
紅莓乾	30克
油	少量

* 根據焗爐指示注水，以啟動「加濕」功能，於烤焗時噴灑蒸氣

「加濕」功能只限於部分Miele嵌入式焗爐

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貼士

- 揉搓麵糰的力道需輕柔，或將麵糰重覆對摺以擠出空氣
- 利用「發酵麵糰」功能可穩定控制溫度及濕度，確保每次發酵效果一致
- 利用「加濕」功能在烤焗時噴灑蒸氣，令麵包有更佳膨脹效果，外脆內軟

🕒 1.5 小時

👤 2 人份

HOMEMADE WALNUT, FIG AND CRANBERRY BREAD

METHOD

- 01** Add in sugar and salt into the bread flour. Mix and sieve well, set aside
- 02** Mix water and dried yeast, set aside
- 03** Slowly pour the yeast mixture into the flour. Knead until the dough is smooth
- 04** Add walnuts, figs, and cranberries into the dough. Knead until mixed well
- 05** Put the dough on a greased baking tray and place in the oven for the first rise. Select "Proving Yeast Dough"* function and let it prove for 30 minutes
- 06** After the first proving, knead the dough repeatedly to release the air. Shape the dough into your desired shape
- 07** Put the dough back on the tray and into the oven. Select the "Proving Yeast Dough"* function and let it prove for another 30 minutes
- 08** After the second proving, select the "Moisture Plus"# function and pre-heat the oven to 230°C
- 09** Slash the top of the dough. Sprinkle it with flour
- 10** Place the dough in the oven. Select the "Moisture Plus"# function and release 1 burst of steam. Bake at 230°C for 20 minutes

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INGREDIENTS

Water	270 g
Dried Yeast	4 g
Bread Flour	400 g
Sugar	5 g
Salt	2 g
Chopped Walnut	30 g
Chopped Dried Fig	70 g
Dried Cranberry	30 g
Oil	Moderate

* Follow the instructions of the oven in activating the "Moisture Plus" function for steam injection during roasting or baking

"Moisture Plus" function subject to selective Miele built-in oven model



TIPS

- Knead the dough gently. Or fold it repeatedly to release the air
- Using the "Proving Yeast Dough" function to ensure stable temperature and moisture for consistent proving results
- By applying the "Moisture Plus" function, the oven will release bursts of steam during the baking process, so the dough will rise better for a crispy crust and soft texture

1.5 h

2 persons