



CRACKED WHEAT-QUARK ROLLS ON STICKS



MAKES 8-10 ROLLS

INGREDIENTS

300 g regular wholemeal flour
100 g coarse wholemeal flour
300 g high-gluten wheat flour
300 ml water

7 g dried yeast

10 g sea salt

* Or you can use
the Neff flour mixture.

250 g quark (20% fat)

8-10 pieces of split beech wood,
each about an inch thick

PREPARATION

The day before, mix together the different flour types. In a bowl, combine 100 g of this mixture with 200 ml water and a pinch of yeast. Cover the bowl and let stand overnight at room temperature.

Combine the pre-dough with all the other ingredients plus 150 ml water and process until you have a smooth dough - it's easiest using an electric mixer with a dough hook. Let the dough rise for about 30 minutes.

Carefully and thoroughly knead the dough once more by hand and shape it into the size rolls you want. Pour boiling water over the beech wood.

Place the rolls on a baking sheet and press a stick of wood into the centre of each roll. Brush the rolls with water and, if desired, sprinkle with grains and seeds. Let rise for about 30 minutes. Preheat the oven to 250°C.

When they've finished rising, place the rolls in the oven on the middle shelf, reduce the temperature to 200°C and bake for about 30 minutes. Let cool before serving.