

A close-up photograph of a single, golden-brown, oval-shaped roll on a wooden stick. The roll is topped with a variety of seeds, including sunflower, pumpkin, and cracked wheat. The background is softly blurred, showing more rolls and a striped cloth.

CRACKED WHEAT-QUARK ROLLS ON STICKS



MAKES 8-10 ROLLS

INGREDIENTS

300g regular wholemeal flour
100g coarse wholemeal flour
300g strong flour
300ml water
7g dried yeast
10g sea salt

250g quark (20% fat)

8-10 pieces of split beech wood,
each about an inch thick
(alternatively use lollipop sticks,
soaked for 20-30 minutes before
use).

Cracked wheat, sunflower seeds
and pumpkin seeds for sprinkling
on rolls (optional).

PREPARATION

The day before, mix together the different flour types. In a bowl, combine 100g of this mixture with 200ml 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 150ml water and process until you have a smooth dough - it's easier 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. Allow to cool before serving.