

POTATO BREAD



Author: Paul Hartmann; The South African Chefs Academy; [www. sachefsacademy.com](http://www.sachefsacademy.com)

Serving: Makes one 500g loaf

Cooking Time: Not Specified

Prep Time: Not Specified

INGREDIENTS

- 225g Cake flour
- 40g Wholewheat flour
- 160ml Water, tepid
- 6g Salt
- 5g Fresh yeast (2g Instant yeast)
- 75g Baked potato, with skin – roughly chopped
- 8g Roasted garlic, optional
- 2.5g Chopped rosemary, optional

INSTRUCTIONS

FINAL DOUGH:

1. Add all the ingredients to the bowl of a planetary stand mixer and incorporate on first speed for 3 minutes.
2. The dough should feel slightly stiff – potatoes will add moisture during the bake so don't be tempted to add more water.
3. Mix on second speed for additional 3 minutes to a supple dough that 'cleans the bowl'

FERMENTATION:

1. Cover the bowl loosely with plastic and leave for 60 minutes at room temperature (approximately 22-24°C)
2. Knock back after 30 minutes

SCALING & SHAPING:

1. Shape into tight ball and place into a bowl lined with a tea towel that has been lightly dusted with flour.
2. Cover with a second cloth and plastic to prevent dehydration and to keep warm.

PROVING:

1. About 60 minutes at room temperature (approximately 22-24°C)

2. Turn out onto a baking sheet and slash/score as desired Put into a preheated 230°C oven with 3 ice cubes on the floor of the oven for steam.
3. Should take 30 minutes to bake to a rich golden BROWN colour
4. Potatoes will give a lot of colour, so reduce temperature to 220°C if required.
5. Cool on a wire rack for at least 45 minutes before eating so the flavours have time to properly develop.