

Recipes - Bread

Index

- [The Good Home made bread](#)
- [The Rules of baking bread](#)
- [The sourdough \(Criscito\)](#)
- [Pizza Chiena](#)
- ['A Pizza ch'u the Erva](#)
- [Pizzelle pumpkin flowers](#)

GOOD HOMEMADE BREAD

To get a good bread you do the following:

- 1) In a glass mix and dissolve the oil (4 tablespoons), salt (one teaspoon) and 10 sugar 0 honey (half a teaspoon);
- 2) In another glass to the yeast (30 grams) or sourdough (25/5/gr) and dissolve slowly with about 15 cl of lukewarm water;
- 3) pour the flour on a pastry (1 / 2 kg) a crater, 4) Put the contents in the cavity of the two glasses and helping stir with a fork, gradually incorporating the flour;
- 5) Gradually add another 15 cl of water to a dough firm enough that they can be worked with hands;
- 6) work with his hands firmly: the dough must be compressed, flattened, folded, and add a little 'water if a bit slow to amalgamate or' flour if it tends to stick to your fingers or pastry board. Pasta and ready to rise when pressed with a finger, it swells;
- 7) Flour the dough, cover with a damp cloth and then with a warm wool, and then let it rise for a couple of hours. Leavening must be at constant temperature and warm. Sudden gust of air can

affect the leavening in place and that is why the pasta is covered. Put it to rise in a corner of the kitchen away from drafts. Keep in mind that with the leavening dough should at least double its volume.

8) After rising Take the dough, knead and beat it vigorously on a pastry board with all the strength you have. Date pasta shape you want (for the less skilled of the molds are commercially available) here and there by cutting the shape with the point of a boxcutter. Cover again and let dough rise again for an 'hour and a half. When it's time to bake bread, take care that your forms do not get cold, or the dough may sag.

[Back to index](#)

THE RULES OF BAKING BREAD

As for cooking, follow these tips: Preheat the oven switch on at least 20 minutes before baking the bread oven by introducing a wiper container with boiling water, not quite open the oven during the baking of bread to avoid sudden drops in temperature ;, test firing through the wall of glass. When the preheated oven, remove the plate on whose support the bread. Better yet would be placing the bread on the racks that allow air to circulate during cooking.

If you use the plate of the oven, dredge in flour. Keep the distance between them loaves of bread because during cooking will increase in volume. Adjust the oven to 220 ° C if you bake a loaf of bread at 200 ° C if you have done smaller forms. Cooking takes about 30 minutes or less.

The sourdough (Criscito).

[Back to index](#)

THE sourdough (Criscito)

E 'can prepare themselves without recourse to the sourdough yeast, and let the dough rise for bread. At the time of our grandmothers in every family was preparing the sourdough and a piece of this compound was jealously preserved for the bakery later. Even today, c 'and those

who prefer to use it as an alternative to arguing that yeast bread made of better quality.

To get the sourdough proceed as follows: measured one-eighth of a liter of warm water add the flour is necessary to obtain enough dough mixer (plus or minus 100 grams of flour). The flour most suitable and that of rye or bran rye, but it can also be used to wheat. Put all in a glass jar with screw cap and kept closed for about two or three days at a temperature of 30 ° C, stirring occasionally with a wooden spoon. Gradually, the sour dough and the third day, when the dough is very acidic, it adds an eighth of a liter of warm water and bran flour or enough to get a thick porridge. Is allowed to rest for another night and the sour dough is ready.

[Back to index](#)

Pizza CHIEN



Ingredients:

250 gr of 150 gr of flour-yeast-salt.

300 grams of fresh cheese of cow -100 g Verrina (bacon rolled) -1 soppressata - 13 eggs-100 gr grated pecorino cheese-salt-pepper-lard or butter.

Preparation:

On a work table to put the flour, creating a depression in the center and add the yeast

(dissolved in a little water) and water. Knead the dough around to form a hard, like that of bread.

While the dough yeast (about two hours) in a bowl, combine together fornlaggio cow cut into small pieces, and the Verrina sopressata always chopped the 12 eggs, grated salt pepper fornlaggio sheep. Working to ensure that dough is not compact. Take an oven dish, anoint her with suet or butter and lie down half of the dough with a rolling pin that you lay on the table, pour in the mixture of fornlaggio and eggs and cover with another sheet of pasta.

Create holes with a fork and brush with the red 's egg, bake at hot fire for about 45 minutes.

NB: The pizza is eaten at Easter Chiena.

[Back to index](#)

'A PIZZA Ch'u The Erva



Ingredients:

For the dough: 250 gr flour -150 yeast water.

For the filling: Scarola-CARDILLI-raisin-pine nut-salted anchovy-oil-salt.

Preparation:

Pour the flour onto a pastry board, dissolve the yeast (better Criscito) in 1 cup of lukewarm

water and add the flour. Working vigorously until the dough is smooth and no longer stick to hands, then allow to rise until it has doubled in volume.

Meanwhile, in a pan, put oil, anchovies, pine nuts, olives, raisins, fry for about 5 minutes on medium heat, add the previously boiled vegetables separately and then continue to sauté for another 5 minutes.

While sautéed vegetables are cooled, spread 2 pieces of dough to form 2 disks with a diameter of about 40 cm. Grease with lard container for pizza circular lay the disc of dough and pour the vegetables, then close with the other hard, Prick the surface with a fork and place in hot oven at 150 ° for about 30 minutes.

[Back to index](#)

[Pizzelle pumpkin flowers](#)



From late June until the end of July, about twenty-ventietrenta, Irpinia in the houses of the village and those peripheral countries is all un'effluvio of delicate scents of frying. Yes, delicate, and is not a contradiction in terms. In fact, the smell of fried zucchini flowers is such that even the delicate smell of her fry.

This dish has been over time a classic summer supper of rural areas that were once nearly all of this territory. Because the high temperatures of the day, tended to be a frugal meal for lunch, then to make up for the benefit of cooler night temperatures with a high temperature dish that has made its mandatory component: the pizzelle with flowers pumpkin. For those who collect in their own garden, we recommend you do so only in the morning until 10:00 / 11:00 till then only because the flowers are open, then close. Also always choose the male flowers, which are at the end of a long stalk, and left to grow those women who are attached to zucchini, because they serve other zucchini.

Another recommendation: no absolutely private by the flower pistil and the green part attached, is the most aromatic flower pumpkin! You can also try to add some leaves and flowers of young pumpkin plant. The pizzelle be even more aromatic. Last condition for the pizzelle "rustic", so to speak of those people that when you bit into the latch, absolutely do not use baking powder or soda water and similar products.



Preparation:

Ingredients

400 g zucchini flowers - 600 gr 00 flour - 1 teaspoon pepper - 1 / 2 glass of Fiano di Avellino - salt - to taste water - olive oil - 1 tablespoon of lard.



[Back to index](#) | [Home](#) | [Introduction](#) | [Cakes](#) | [Pizzas](#) | [Pasta](#) | [Bread](#) | [Desserts](#) | [Drinks](#) | [Miscellaneous](#) | [Index](#)