

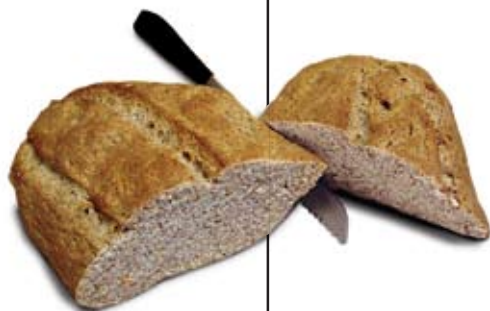


**AUTHENTIC ITALIAN
RESTAURANT AND BAKERY**



Yield: 1 Loaf

PANE DI LARIANO



- 1 pkg.** Pane di Lariano mix
- 1 tsp.** Salt
- 1/2 tsp.** Sugar
- 250ml plus 2 tbs.** hot water (120°F)
- 1 tsp.** Dry yeast
- 2 tbs.** Extra-virgin olive oil

With this recipe, we bring a piece of Italian history to your table! This **very rustic bread** is made in a traditional Italian method that dates back to the Middle Ages, when shepherds would take this highly nutritious bread to sustain them on their long journeys. Pane di Lariano is enriched with whole wheat flour and wheat bran, which adds considerable bulk and fiber to the bread, producing a much heartier flavor and texture and a thicker crust than other Italian breads.

This mix was created for the “home” oven and best results will be obtained from a non-commercial or wood-burning oven. Pane di Lariano is an important piece of Italian culinary history, reminding us of a time when life was lived in close harmony with nature. Enjoy this rustic bread with soups, dipped in olive oil, or topped with tomato bruschetta style or tomato sauce.

BAKING INSTRUCTIONS

Preheat the oven to 435°F.

Place the Pane di Lariano mix in a large bowl. Use a sifter or stir with a spatula to add air to the mix. Add the salt and sugar and stir well.

Place the yeast in a large measuring cup and add the hot water (120°F) and olive oil. Stir to combine well then add to the center of the dry ingredients. Stir with a spatula. Once the dough starts to hold together, use your hands to knead in the bowl, picking up and incorporating all the dry mix along the sides of the bowl.

Move to a hard flat surface and continue to knead by hand for 3-5 minutes (no longer). Do not add flour to the kneading surface. Wrap the dough in a warm wet cloth and allow it to rest undisturbed in a warm place for 3-5 minutes.

Remove the dough from the bowl and form into a 10” long oval loaf, flattening the top with your hand. Place on a baking sheet. Using a sharp knife, make a lengthwise ¼” incision down the center of the loaf and then another cut along the top of one side that follows the shape of the loaf and is 1.5” wide at the widest point (see picture online).

Bake in the oven for 10-15 minutes until a light golden brown. Turn the heat down to 350°F and bake for 30-35 minutes longer. Remove from oven. Allow to cool for 20-30 minutes before cutting the bread.

Buon Appetito!


Maurizio Mazzon