

Swiss Burebrot/Pain Paysan

Swiss Farmer Bread



Makes 1 Large Loaf:

400g/14oz/2²/₃ cups plain white (all purpose) flour
150g/5oz/1¹/₄ cups whole wheat flour
150g/5oz/1¹/₂ cups rye flour
1 tbsp salt
25g/1oz fresh yeast, or 2 tsp easy-blend
(quick-raise) dry yeast
250 ml/8fl oz warm water
about 200 ml/7fl oz buttermilk, sour milk or plain yogurt

In Switzerland you can buy a special combination flour for this “farmer’s loaf” which includes white, whole wheat, rye and spelt flours. The proposed mix comes close, and the addition of buttermilk [or alternatives] gives a wonderfully moist and chewy bread.

Mix together the flours and salt. Crumble or sprinkle in the yeast.

Add the water and buttermilk {or alternatives} and knead well by hand, or in an electric mixer with dough hook fitted, to a fairly firm dough which does not stick excessively to the hands or bowl.

Allow to rise at room temperature until doubled in bulk. Knock down the dough and shape into a ball. Drape a tea-towel into a basket or bowl a bit bigger than the dough and flour it generously.

Put in the dough and leave to rise again for about 30 minutes.

Heat the oven to 220°C/425°F/Gas Mark 7. Invert the loaf on to a baking sheet. Make a lattice of cuts on the loaf’s surface, 1 cm/1¹/₂ inch deep, using a sharp knife. Bake the loaf for 40-45 minutes or until crusty.

Farmers bread fresh from the oven!

Source: “A Taste of Switzerland” by Sue Style