

heute gibt es...

Mediterranean Pull-Apart Bread



Ingredients:

For the dough:

- 90ml lauwarme Milch
- 200ml lukewarm water
- 1 packet (7g) dry yeast
- 50g weiche Butter
- 1 tsp sugar
- 550g Mehl
- 2 tsp. Salz

For the filling:

- ca. 30g (Baby-) Blattspinat
- 70g preserved in oil, dried tomatoes
- 40g black, pitted olives
- 150-200g Feta
- optionally some parmesan or grated cheese

Preparation:

1. Lukewarm milk with the water mix, mix dry yeast, sugar and butter in it.
2. Add the flour and salt and knead to a smooth dough. This then covered for about 1 hour set in a warm place.
3. In the meantime, chop the olives, tomatoes and feta, if their normal spinach used this chop them just before use.
4. Roll out the dough on a lightly floured surface to a rectangle. The dough thickness should be at about 0.5 cm.
5. Now distribute spinach, feta, tomato and olives on the dough and then cut these into rectangles that are slightly smaller in width than also on the length than the width and length of your loaf pan.
It's not bad if your rectangles do not all have the same size, it really does not stand out in the final results ☐
6. Now there are two methods how to proceed: either stacked on each other the right corner and then the finished stack into the loaf pan – or to set the box shape vertically (inspired by this example to some) and layered a rectangle after another, until the entire mold is filled.
Observed in both methods that you stack the pieces to one another so that there is always the filling between the pastry. In addition, you should press lightly on each other at the layers, so that the filling is located at the end not only in the lower part of the bread rectangles.
7. When the dough pieces are completely in the mold, it can not go for 20 minutes.
8. The bread in a preheated oven at 175 ° C (top and bottom) bake for 30-35 minutes. If you like, you can sprinkle the Parmesan or grated cheese about 10 minutes before end of baking time.