

# Walnuts & Apple Bread



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✂ For 1 loaf of 1,100 Kg

## Ingredients

150 g of sourdough (active)  
400 g of wheat flour "0"  
200 g of milk  
60 g of butter  
25 g of sugar  
35 g of honey  
5 g of salt  
100 g of chopped walnuts  
150 g of cubed apple

## Method

The night before, please refresh the sourdough. The next day put it in a large bowl, add the warm milk with a fork, dissolve the yeast well until everything is liquid, then add the honey, flour, sugar, salt and mix. Add the softened butter at room temperature and knead a bit, once absorbed the butter, add the chopped nuts and apples, cut into small cubes. Put the dough on pastry board and start working it with the hands, then beat it vigorously on the pastry board, it takes about 15 minutes. Form a ball, cover with a damp cloth and let rise for 2 hours. After this time, deflate the dough to obtain a rectangle, and proceed to the fold. Take one third of the overall rectangle and bend the two sides, left and right, one over the other, turn of 90° and repeat the operation. Cover with the wet cloth or with cling film and let rest for one hour, then proceed with another series of folds and let rest for half an hour. Take the dough and form a loaf, let rise in a buttered loaf pan, cover with cling film and let rise until it reaches the edge of the mold (4-5 hours). Bake in preheated oven at 190° C for 35-40 minutes. Remove from the oven and cool on a rack before serving.