



# Homemade Round Barley Rusks

**1 hour**

Hands on

**20**

Portion(s)

**2**

Difficulty



## Ingredients

- 480 g whole-wheat flour, barley
- 240 g whole-wheat flour, wheat
- 360 g all-purpose flour
- 200 ml olive oil
- 750 ml water
- 1/2 pinch salt
- 1 teaspoon(s) granulated sugar
- 40 g fresh yeast

## Διατροφικός πίνακας

Nutrition information per portion

261 Calories (kcal)	10.8 Total Fat (g)	1.6 Saturated Fat (g)	33.2 Total Carbs (g)
13%	15%	8%	13%
4.4 Sugars (g)	6.2 Protein (g)	3.1 Fibre (g)	0.03 Sodium (g)
5%	12%	13%	1%

## Method

- Dissolve the fresh yeast in ½ cup water. Add 2 spoonfuls of the all-purpose flour and a pinch of sugar. Stir until completely combined. Set aside until it doubles in size.
- In a mixers bowl, add all of the flours, (apart from 1 cup of all-purpose flour), salt and sugar. Beat on a steady low speed and gradually add the yeast mixture, olive oil and the remaining water that should be lukewarm.
- Gradually add the reserved 1 cup of all-purpose flour in order to get a dough that is not too thick but will pull away from the sides of the bowl and not stick to your hands. Remove from mixers bowl and transfer to a bowl that you have brushed with some olive oil.
- Set it aside to rise.
- Knead the dough to make it go down in size.
- Pick up small pieces of dough and knead them on a working surface. Shape them into round shapes (about 150 - 200 g each) or long rolls that you cut into smaller rounds.
- If you shape them into round shapes, use a sharp knife to cut them in the middle (like a bagel). You don't need to cut them completely.
- Transfer the barley rusks to a pan brushed with olive oil or lined with parchment paper. Let them rise again.
- Preheat oven to 170\*-180\* C (338\*-350\* F) Fan.
- Bake them for about an hour.
- When ready, let them cool down enough to handle. Separate the top from the bottom, where you cut them in the middle earlier.
- Lower oven temperature to 100\* C (212\* F) and bake again until they are hard. This may take quite a while.
- When ready, remove from oven and let them cool. Store them in an air tight container.