



Carrot and cheese bread

20'
Hands on

60"
Hands off

60'
Cook Time

12-14
Portion(s)

1
Difficulty



Method

- In a mixer's bowl add the water, the yeast, and mix with a hand whisk.
- Add the flour and, ideally, allow 5-10 minutes for the yeast to be activated.
- Grate the carrots on the large holes of a box grater and add them to the mixer's bowl.
- Add the sage finely chopped, salt, pepper, 2 tablespoons olive oil, 50 g gruyere cheese, and beat with the hook attachment at high speed, for 6-8 minutes.
- Transfer to a greased [10x35 cm loaf tin](#) and cover with a dish towel. Set aside until it doubles in volume.
- Preheat the oven to 180° C (350° F) set to fan.
- Drizzle with 1 tablespoon olive oil, sprinkle with 20 g gruyere cheese, and bake for 50-60 minutes.
- Let it cool and serve.

Ingredients

- 220 g water
- 10 g yeast
- 500 g hard flour
- 200 g carrots
- 1 tablespoon(s) sage
- salt
- pepper
- 2-3 tablespoon(s) olive oil
- 70 g gruyere cheese, grated
- olive oil, for the pan

Διατροφικός πίνακας

Nutrition information per portion

180 Calories (kcal)	5.0 Total Fat (g)	1.7 Saturated Fat (g)	27.0 Total Carbs (g)
9%	7%	9%	10%
1.2 Sugars (g)	6.0 Protein (g)	1.7 Fibre (g)	0.17 Sodium (g)
1%	12%	7%	3%