



This delicious Keto Italian Peasant Bread is a really authentic tasting rustic bread. Full of flavor it is a must to serve with all your Italian dishes. Enjoy!

Servings - 24

Prep Time - 30 Mins | Proof Time - 10 Hrs | Cook Time - 35 Mins | Total Time 11 Hrs 05 Mins

Difficulty - Easy



Cuisine - Italian

RECIPE

KETO ITALIAN PEASANT BREAD

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Spatula](#)

[Non-Stick Silicone Baking Mat](#)

[Large Baking Stone](#)

[Chopping Board](#)

[Bread Knife](#)

INGREDIENTS

Polish

120 g Water (room temperature)

[1/2 Tsp Active Dry Yeast](#)

[1 Tsp Maple Syrup](#)

[36 g FHALL Low Carb All-Purpose White Flour](#)

[64 g FHALL Low Carb Brown Flour](#)

Dough

[215 g FHALL Low Carb All-Purpose White Flour](#)

110 g Water (room temperature)

[1/2 Tsp Active Dry Yeast](#)

[1 Tsp Himalayan Salt \(Ground\)](#)

METHOD

Polish

Combine the water, instant yeast, and maple syrup in a large mixing bowl.

Add the flour and salt and then beat well, scraping down the side of the bowl as you go on.

Cover the flour mix with the top, or if your bowl does not have one, use cling film and let it ferment at room temperature. Approx 68 - 74 F for 8 to 10 hours. (I usually leave it overnight.)

Dough

Uncover the fermented dough and add the water, instant yeast, and a second quarter of the flour.

Using a rubber spatula, mix the ingredients until thick batter forms. Beat the batter until well combined.

Add another quarter of the flour and the sea salt. Fold the ingredients together using

the rubber spatula. The mixture should look like a shaggy lump.

Turn the dough onto a lightly oiled, non-stick silicone baking mat surface.

Knead for 1 minute to incorporate all the ingredients.

The dough will be sticky at this stage but do not add flour to the work surface. Continue to knead for 6 to 8 minutes. The dough should be strong and elastic and then rounded into a ball.

Spray a bowl with olive oil and place it into the bowl. Cover with a lid; if you have no lid, use cling film and leave it at room temperature to ferment for at least one hour.

After the dough has fermented, lightly flour the work surface. Uncover the dough, put it onto the lightly floured work surface, and then fold it 3 or 4 times. I use a silicone baking mat and fold it with the help of a pastry scraper.

Return the dough to the bowl and cover it with a lid, or if you have no lid, use cling film and leave it at room temperature.

Ferment the dough for a minimum of one hour.

Lightly flour the work surface and turn it onto the lightly floured work surface. Knockdown and fold the edges of the dough towards the center to form a round shape.

Remove any flour from your work surface. Turn the dough over and pre-shape it into a tight round, leaving the seam on the bottom, then cover the dough with the bowl and let it rest for 15 minutes before the final shaping.

Preheat the oven to 500 F/250 C or Fan 230 C/Gas Mark 9 for at least one hour before baking.

After the resting period, uncover the dough, lightly flour the top, and turn the dough seam side up.

Knock the dough into a “Bâtard” loaf shape, then lightly flour a canvas baking cloth or cotton tea towel. Place the cloth seam side up and fold each side to cover the ends of the loaf first. Continue to fold the remaining canvas to enclose the Bâtard to stop the

loaf from spreading while proofing.

Proof the loaf for 50 minutes to 1 hour at room temperature. It will be ready when you lightly press the dough with your fingertip, and the bread holds the indentation. If your room is cold or drafty, proof your bread in the oven with a tray of boiling water below it. Making sure your oven is turned off.

If the dough pushes back completely, let it continue to proof.

Place the parchment paper onto the baking tray.

Uncover the proofed loaf and place it on the 1/4 sheet of parchment paper.

Use a straight-edge razor or sharp knife to cut a long slash from end to end of the loaf.

Slide the loaf onto the baking stone in your oven. Place a large stainless steel bowl over the loaf and bake for 10 minutes.

After 10 minutes, remove the bowl, careful not to get burned, then reduce the temperature to 450 F/230 C or Fan 210/Gas Mark 8.

Bake for 20 to 25 minutes until the crust is golden brown. Remove the parchment paper and turn the loaf to bake evenly.

Once cooked, remove the bread from the oven and place it on the cooling rack. Cool to room temperature before cutting.

Enjoy!!

STORAGE

Store the bread in a paper bag, which will keep for up to 3 days at room temperature. The Italian Peasant Bread can be placed into a freezer bag and frozen for 30 days. Thaw the bread to room temperature before slicing or toasting. I slice my bread before freezing to use a few slices at a time.

NUTRITION FACTS

Per serving : 39 g | Calories 83 | Protein 10 g | Fat 0.9 g | Carbs 8.1 g | Fiber 6.2 g

Net Carbs : 1.9 g

LOW CARB - KETO - SUGAR FREE - VEGAN

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