

# Italian Bread

Yield: 180 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-country-bread-biga>

## Ingredients:

- 1 biga
- 2 1/2 cups bread flour unbleached, you can sub AP if need be
- 1/2 teaspoon instant yeast
- 1 cup water room temperature
- 2 bread or 3 or 4: Making the
- 3 1/2 cups biga see above
- 2 1/2 cups bread flour unbleached, or AP flour
- 1 2/3 teaspoons salt
- 1 tablespoon sugar
- 1 teaspoon instant yeast
- 1 teaspoon malt powder diastatic barley, optional, I did not use as I do not have
- 1 tablespoon extra-virgin olive oil decent, not your pricey stuff though
- 1 cup water 7-8 oz

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 8 grams
3. Fat: 0.5 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. Sodium: 70 milligrams

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