



# Spelt flatbread with anise



## Ingredients

400g spelt flour  
200g wheat flour  
360g milk  
35g yeast  
75g butter, soft  
30g brown sugar  
1 ½ teaspoons of fleur de sel  
2 tablespoons of anise

## Preparing

Crush 1 tablespoon of anise in a mortar with salt. Lightly heat the milk, spice and sugar. Pour into a mixing bowl, crumble in the yeast and stir. Gradually add the different flour varieties and knead into a smooth dough in a food processor. Add butter and knead for another 10 minutes. Cover and leave to rise for an hour until the dough has doubled in size, then wait 30 minutes before kneading through again. Divide the dough into 5 portions, make balls of dough then roll out the dough balls to a thickness of 0.5cm. Prod with a fork. Place on a baking sheet covered with baking paper and leave for 40 minutes. Brush on a little water shortly before baking and sprinkle on the remaining anise. Bake on the Hot Air setting for around 7 minutes at 250 °C then leave to cool, covered with a cloth.



**Anrichten**

# Cooking level

After preheating

7 minutes | Hot Air 250 °C