



RECIPE: POLAR BREADS WITH FENNEL REMOULADE and SMOKED SALMON

Makes: 6 Breads

Note: These flatbreads are cooked in a pan, so you'll need a flat griddle or heavy-based frying pan.

Ingredients

For the Dough:

230g Water (at room temperature)

40g Plain Yoghurt

10g Honey

10g Fresh Yeast or 5g Dried Fast Action Yeast

330g Strong White Bread Flour, plus extra for dusting

45g Wholemeal Rye Flour

6g Salt

Method

Making the Dough

1. In a large mixing bowl weigh the water, yoghurt, honey and yeast. Whisk together to dissolve the yeast.
2. Weigh in both flours and the salt then mix everything together with your dough scraper to a rugged dough, the rye, yoghurt and honey will make it quite sticky.
3. Tip the dough out onto a clean surface and knead well for 8 minutes - don't add any extra flour at this point, just keep scraping up the dough and it will become soft and smooth (see Tip below).
4. Shape the dough into a rough ball and place it back in your mixing bowl. Dust with a little flour, cover with a clean cloth and leave to rest at room temperature for 60-90 minutes.

Dividing and Pre-Shaping

1. Dust the risen dough with a little more flour then turn it out onto a clean surface so it lands upside down (sticky side up). Press the dough out gently with your fingertips to flatten slightly then divide into 6 equal pieces (about 110g each if you want to weigh for accuracy).
2. Shape each piece into a ball by gently pinching and pulling the top edge of the dough (12 o'clock position) away from you then fold it into the middle and press down. Rotate the dough slightly then repeat with the top edge again. Keep pulling the top edge out and into the middle and turning the dough, working your way around until it forms a neat, tight ball. Roll the dough over so the smooth side is on top (all the seams underneath), dust lightly with flour and place on a large tray.

For more recipes and tips visit

www.bakewithjack.co.uk

3. Repeat with the remaining dough, cover the tray with a cloth and leave for 30 minutes at room temperature for the dough to relax and puff up slightly.

Shaping

1. By now the balls should have spread slightly. Take one at a time and roll out with a rolling pin to about a 15cm disk, dusting with a little flour to stop it sticking if needed. Dust well with flour and return to the tray ready to cook.

Frying

1. Heat a large dry griddle or frying pan over a medium heat. Prick the first dough disk all over a fork (to stop it ballooning up in the pan!) and place in the pan.
2. Each bread should take about 4 minutes each side to cook but use this first piece as your tester - have a check underneath after 2 minutes, if it looks to be browning too quickly turn down the heat a little or move the bread to the side of the pan.
3. When lightly browned, turn over and cook for another 4 minutes on the other side. Transfer to a wire rack to cool.
4. Repeat with the remaining 5 breads, pricking all over just before frying and keeping an eye on the heat of the pan.
5. When cool, slice in half and assemble your sandwich (filling suggestions below), or freeze for later. I find it best to cut the breads in half, freeze in a sealed bag, then toast the halves directly from frozen as and when I want.

Serving Suggestion - Fennel Remoulade, Smoked Salmon and Avocado:

For the Fennel Remoulade:

1 Fennel Bulb

Salt

10g Lemon Juice (about 2 tsp)

5g Wholegrain Mustard (about 1 tsp)

25g Mayonnaise

25g Plain Yoghurt

1 tsp Dill (chopped)

To Assemble:

Butter

Spinach

Avocado

Smoked Salmon

Lemon

Method

For more recipes and tips visit

www.bakewithjack.co.uk

1. Prepare the fennel by cutting off the root, then halving from top to bottom and slicing lengthways as thinly as possible. Place in a sieve over the sink (or a large bowl), sprinkle generously with salt, toss together then leave to rest for 30 minutes to draw out the moisture (avoiding a watery remoulade).
2. When ready, squeeze out as much liquid as you can from the fennel and transfer to a large bowl. Mix in the remaining ingredients - keep in the fridge if not using straight away.
3. To assemble a Polar Bread sandwich, spread each half with butter, layer up a few spinach leaves and slices of avocado, then top with smoked salmon and your remoulade. Season to taste and squeeze over a little lemon juice, then top with the other half of bread and you're ready to go!

Tips from me...

A few helpful hints for baking with rye:

- [Bread Tip #45: A Little Rye Goes a Long Way...](#)

Polar breads are a great alternative to a regular loaf for a sandwich - a sort of bouncy flatbread with a lovely open texture and great flavour from the rye, yoghurt and honey.

The breads are cooked like traditional English muffins or griddle cakes - fried in a dry pan on the hob rather than baked. Keep the temperature low, probably lower than you think as they need to bake through in the middle before colouring too much on the outside.

I LOVE this combination of creamy fennel, smoked salmon and avocado but you can fill these however you like - the fennel remoulade goes equally well with other cooked meats (ham, shredded chicken, leftover roast beef) or you could go veggie with roasted veg, layers of houmous, cheese, crunchy salads and pickles.

I find weighing out liquids in grams WAY more accurate than measuring in volume. To do it, just place an empty jug onto your scales, make sure it is set to zero, and pour in the amount you need.

Dough scrapers are my go-to most useful piece of bread making kit. I use them for mixing the dough, cutting it, scraping out bowls, cleaning the table, LITERALLY everything. If you don't have one yet you can get yours at bakewithjack.co.uk/shop