

health

Physical and mental well-being in **healthy mountain air** at 1,500 meters above the Mediterranean. Wild berries, herbs, South Tyrolean apples and flowers inspire the Tann **cuisine** and the **beauty treatments** - natural luxury for people who love a special accommodation

Tann



licht * luftig * g'sund



Wholemeal bread Tann

Ingredients:

400ml tepid water

2 spoonful honey (35 degrees)

25g yeast

400g of spelt wholemeal

100g of rye wholemeal

10g salt

Spices:

Seed of fennel, coriander, caraway

Preparation:

- Mix the water with honey and yeast
- Knead the ingredients until you get a uniform and soft dough
- Let the dough rises for 20 minutes at 35 degrees
- Knead the dough again, afterwards form small breads and let the paste rise for another 20 minutes
- Bake the breads at 180 degrees for 45 minutes

Variation:

- Bread Tann with nuts: add 100g crumbled nuts
- Hearb bread Tann: add 50g alpine herb