

FAVORITE SOURDOUGH BREAD



This is a versatile recipe where you can try your favorite ingredients and find your best combinations. I usually start at Saturday night, and have four loaves ready on Sunday afternoon.

40g wheat sourdough starter
40g rye sourdough starter
350g lukewarmed water
300g high-protein wheat flour
100g of your favorite whole-grain

Mix everything. Cover and ferment until it bubbles and have risen considerably. This usually takes 8 to 10 hours, but depends on temperature, sourdough amount and type (wheat sourdough is faster) and flour type (rye is fastest.)

the sourdough from above
1100g high-protein wheat flour
250g whole-grain flour
850g lukewarmed water
35g salt

69,8% hydration

Mix the flours first, then the rest except salt, and run in a machine for 7 minutes. Let it rest 20 minutes. Add salt and knead 7 more minutes at higher speed (or longer and more intense if you are kneading manually.)

Ferment in a greased box until size has doubled, about 3 hours. Drag and fold the dough to a pillow (take each side over the middle, then turn upside down) after 20, 40 and 60 minutes.

Put the dough on a floured working space, split to 4 pieces and carefully make 4 loaves.

Put in ferment baskets floured with your favorite, or at baking paper.

Ferment just over an hour. Meanwhile, heat the oven to 260 degrees with your baking plate or stone inside. You don't have to cut the loaves. When starting the oven, put two of the loaves in the refrigerator to avoid over-fermentation.

Put the loaves in the oven and add steam by spraying water, or put ice/water in an untender roasting pan at the bottom. Within 5 minutes, lower to 210 degrees. If you want a harder crust, open the oven door after 20 and 30 minutes.

Take the bread out after about 35 minutes, when it is nice and hard baked, inside temperature 98 degrees.

Reheat the oven and plate to 260 degrees (250 is fine as well.) Take the loaves directly from the refrigerator to the oven, and bake in the same way.

Let it cool for at least 15 minutes, then just enjoy....

My favorite combinations are "a little rye" and "kamut-carrot".