

House Bread



300g *rye flour*
180ml *water*
40g *molasses*
100g *sourdough*
◇
200g *whole wheat flour*
160ml *water*
◇
50g *bread flour*
250ml *water*
◇
200g *bread flour*
18g *salt*
1g *activated yeast*
3g *caraway*
3g *coriander*
1g *fennel*
1g *fenugreek*

Prepare a 100% hydration sourdough starter that has recently been fed.

Combine ingredients for rye levain, mix well, and let rest overnight. It should be bubbly and spongy before being used for this recipe.

Hydrate whole wheat flour soaker for at least two hours and up to overnight.

Combine ingredients for tangzhong, heat in the microwave until it starts to thicken at about 150°F (65°C). That should take about 1¼ minutes. Stir and let cool to room temperature.

Freshly grind spices, then combine prepared dough components and add all the remaining ingredients. Knead until fully incorporated and homogeneous. This is a 85% hydration dough which will be a little harder to handle, but thanks to the tangzhong should still come together.

Stretch-and-fold over a period of 45 minutes to an hour in about 10-15min increments. The dough will still be very wet and sticky and you might need a bench knife to help with folding, but there should be noticeable gluten development and it should start to hold its shape.

At this point, the recipe can be interrupted and the dough can be stored in the refrigerator for slow fermentation.

Let proof for 3-12 hours depending on ambient temperature. Or for about two hours in a proofing oven at 85°F (30°C). The dough should about double in size.

While preheating oven to 450°F (230°C), shape dough into a boule. Bench rest for 45 minutes, then transfer to a Dutch oven, cut the top with a lame, mist with a little bit of water and cover with a lid.

Bake for 20min at high humidity, then remove lid and reduce temperature to 350°F (175°C). Bake until interior temperature reaches at least 205°F (95°C), about another 40 to 50 minutes.

Makes one 1200g loaf, or can be split in two smaller loaves.