

House Bread

300g <i>rye flour</i>	Combine ingredients for rye and for whole wheat doughs and let both of them rest overnight.
180ml <i>water</i>	
40g <i>molasses</i>	Freshly grind spices, then combine both prepared doughs and add all the remaining ingredients. Knead until fully incorporated and homogeneous.
100g <i>sourdough</i>	
◇	
225g <i>whole wheat flour</i>	Stretch-and-fold over a period of 45 minutes (in about 10-15min increments). Let proof for 3-12 hours depending on ambient temperature.
135g <i>water</i>	
◇	While preheating oven to 450°F and shape dough. Bench rest for 45min.
225g <i>bread flour</i>	
110ml <i>water</i>	Bake for 20min at high humidity (e.g. in a covered Dutch oven), then reduce temperature to 350°F and reduce humidity (e.g. by removing lid). Bake until interior temperature reaches 205°F, about another 40min.
18g <i>salt</i>	
3g <i>caraway</i>	
3g <i>coriander</i>	
1g <i>fennel</i>	
1g <i>fenugreek</i>	