

Karin's German Feinbrot

37% bread flour, 35% whole wheat, 28% rye

SOAKER

192g whole rye flour
64g whole wheat flour
4g salt
192g water

STARTER

195g whole wheat mother starter (75%)
*(don't use this high amount of rye starter
instead, otherwise the pleasantly tangy bread
will be too sour!)*
200g bread flour
120g water, lukewarm



FINAL DOUGH

all soaker and starter
56g bread flour
10g salt
1g bread spice mix
(anise, caraway, fennel, coriander)

DAY 1

Evening: In 2 separate bowls, mix together soaker and starter ingredients. Cover, and let sit at room temperature overnight.

DAY 2

Morning: Mix together all ingredients for final dough, 1 - 2 min. at low speed (or by hand), until all flour is hydrated and coarse ball forms. Knead 4 min. at medium-low speed. The dough should feel rather tacky. Let rest for 5 min., then knead 1 more min. at medium-low speed. Place dough in lightly oiled container, cover, and let rise at room temperature, approximately 4 - 5 hours, or until it has grown to about 1 1/2 times its original size.

Shape dough into boule, and proof in banneton, seam side up (or down, depending on the pattern you want - the bread on the photo was proofed seam side down, no scoring necessary), at room temperature for ca. 2 - 3 1/2 hrs., or until bread has risen to about 1 1/2 times its original size. (Preheat oven after ca. 2 1/2 hrs.)

Preheat oven to 500 F/260 C, with steam pan and baking stone. Score bread. Bake for 10 minutes at 475 F/246 C, steaming with a cup of boiling water, then lower oven temperature to 425 F/218 C. After 10 more minutes, rotate bread 180 degrees, remove steam pan, and continue baking for another 20 minutes (internal temperature at least 200 F/93 C).

Let bread cool on wire rack

Notes:

BREAD SPICES: put equal amounts of anise, caraway, fennel in a spice mill. (I like to do the spelt variation with coriander only, therefore it is in a separate mill).

VARIATIONS:

Feinbrot with spelt:

Replace rye and whole wheat flour in soaker with 256 g spelt flour, use only coriander instead of spice mix.

Feinbrot with oat: Replace rye in soaker with oat flour.