



Multigrain Sourdough Boule

This versatile sourdough loaf can be made with your choice of whole grains or grain blends. A generous topping of seeds adds crunch and flavor. See "tips," below, for a six-grain honey version of this loaf.



PREP

25 mins

BAKE

38 to 55
mins

TOTAL

3 hrs 33
mins

YIELD

1 large round
loaf

Ingredients

- 1 cup (227g) boiling water
- 1 cup (142g) King Arthur Harvest Grains Blend
- 2 cups (454g) ripe (fed) sourdough starter
- 1 3/4 cups (198g) King Arthur White Whole Wheat Flour
- 1 3/4 cups (210g) King Arthur Unbleached All-Purpose Flour
- 2 1/2 teaspoons (15g) salt
- 1 1/2 teaspoons instant yeast
- 2 tablespoons (25g) vegetable oil

Topping

- 1 tablespoon sesame seeds or King Arthur Artisan Bread Topping, or your favorite blend of seeds

Instructions

- ① In a large mixing bowl, or the bucket of a bread machine, combine the Harvest Grains Blend and boiling water. Let cool to lukewarm.
- ② Add the fed sourdough starter. Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. Add flour and the remaining dough ingredients, and mix and knead — by hand, mixer, bread machine or food processor — until you've made a soft dough, adding additional water or flour as needed.
- ③ Cover the dough in the bowl, and let it rise until it's almost doubled, about 1 to 1 1/2 hours.
- ④ Turn the dough out onto a lightly greased work surface, and gently fold it over a few times to deflate it. Shape it into a large round.
- ⑤ Place the round on a lightly greased baking sheet, and cover it with lightly greased plastic wrap. Or place in a round covered baker, about 4.2-quart and 10" diameter, that's been sprayed with non-stick baking spray and sprinkled with sesame seeds or cornmeal, and put on the cover. Let the loaf rise until it's very puffy, about 1 to 1 1/2 hours. Towards the end of the rising time, preheat the oven to 425°F.
- ⑥ Just before baking, brush with water, and sprinkle with seeds. Use a lame or a very sharp knife to make four slashes across the top of the loaf, in a crosshatch pattern.
- ⑦ Bake the bread for 40 minutes. Uncover the loaf if in a covered baker, and continue to bake 10 to 15 minutes, until the loaf is golden brown and an instant-read thermometer inserted into the center registers 190°F. (A loaf baked on a baking sheet will need to bake for 38 to 45 minutes total.)
- ⑧ Remove the bread from the oven, let sit in the baker for 5 minutes, then turn out and cool on a rack.

Tips from our Bakers



To make the Six Grain Honey Sourdough Boule featured in our

catalogue, substitute Six-Grain Blend for the Harvest Grains Blend, and add 2 tablespoons (42g) honey to the dough. The result is a hearty, nubby loaf, a hint of sweetness from the honey nicely balancing the sourdough's tang.



Don't have any starter? Here's a recipe for homemade sourdough starter. If you're making it from scratch, you'll need to feed it for 5 to 7 days before it's ready for baking. Want a head start? Purchase our classic fresh sourdough starter — it'll be ready for baking soon after it arrives at your door. Looking for tips, techniques, and all kinds of great information about sourdough baking? Find what you need in our sourdough baking guide.



Looking for more ways to use your Harvest Grains Blend? Try these recipes: Seeded Sourdough Soda Bread, Clay's Multigrain Sourdough Sandwich Bread, Savory Granola, and Harvest Grains Buns.

We're here to help. King Arthur Baker's Hotline: (855) 371 2253