

OLIVE & ROSEMARY SOURDOUGH BREAD (2 loaves)



INGREDIENTS:

- 800g Flour (320g bread flour + 165g whole wheat +15g rye)
- 600g Water (lukewarm)
- 160g Ripe sourdough starter
- 16g Salt
- 160g Sliced olives (black, green or mixed)
- 1 TBS Psyllium husk - optional for additional protein
- 1 TBS Fresh or dry rosemary – optional
- 1-2 TBS Harvest grains – optional

PROCEDURE:

- Mix the starter in the like warm water and stir.
- Add to the mix all the dry ingredients until no dry flour is left.
- Cover and let rest for 30 mins.
- Perform a set of stretches and folds every 30 mins for the first 2 hours
- (Let it rest for 1/2 hour - with some olive oil in the bowl)
- Turn it onto a lightly oiled counter
- Divide the dough into 2 equal parts.
- Stretch it into a approx. 14x15 or 18x20” rectangle



- Sprinkle 2/3 of olives and rosemary over the dough
- Fold the dough envelope style at one short end



- Sprinkle the remaining olives and rosemary over the bottom 2/3 of the dough



- Fold the dough envelope style again, starting from the top



BULK FERMENTATION:

- Transfer the folded dough to the proofing container and let it rise until it has increased in volume by 50-75%

SHAPE:

- Turn the dough out onto a lightly floured counter
- Then shape it into a ball or Batard
- Place it in a proofing basket for proofing
- Pinch the seam close
- And transfer it to fridge for 6-8 hrs.
- Remove basket from fridge and turn it out onto baking sling and score it.

BAKING:

- First, place the Dutch oven with the lid in your oven and pre heat it to 500F for 30 minutes.
- Take out the proofing basket out of the refrigerator and invert the dough to parchment paper.
- With a lame, score the dough swiftly with one stroke.
- Transfer the dough still on the parchment paper into the pre heated Dutch oven.
- Bake it for 20mins covered.
- Remove the lid of the Dutch oven and bake it for another 15-20 minutes, keeping an eye on it to make sure the color of the crust is to your liking. When the interior temperature of the loaf reaches 190-200F., it is done.
- Remove it carefully from the Dutch oven and place it on a cooling rack at least 1 hour.
- **ENJOY IT!!**

OLIVE & ROSEMARY SOURDOUGH BREAD (1 loaf)

INGREDIENTS:

- 400g Flour (160g bread flour + 165g whole wheat +15g rye)
- 300g Water (lukewarm)
- 80g Ripe sourdough starter
- 8g Salt
- 80g Sliced olives (black, green or mixed)
- 1 TBS Psyllium husk - optional for additional protein
- 1 TBS Fresh or dry rosemary – optional
- 1TBS Harvest grains – optional

PROCEDURE:

- Mix the starter in the like warm water and stir.
- Add to the mix all the dry ingredients until no dry flour is left.
- Cover and let rest for 30 mins.
- Perform a set of stretches and folds every 30 mins for the first 2 hours
- (Let it rest for 1/2 hour - with some olive oil in the bowl)
- Turn it onto a lightly oiled counter
- Stretch it into a approx. 14x15 or 18x20” rectangle



- Sprinkle 2/3 of olives and rosemary over the dough
- Fold the dough envelope style at one short end



- Sprinkle the remaining olives and rosemary over the bottom 2/3 of the dough



- Fold the dough envelope style again, starting from the top



BULK FERMENTATION:

- Transfer the folded dough to the proofing container and let it rise until it has increased in volume by 50-75%

SHAPE:

- Turn the dough out onto a lightly floured counter
- Then shape it into a ball or Batard
- Place it in a proofing basket for proofing
- Pinch the seam close

- And transfer it to fridge for 6-8 hrs.
- Remove basket from fridge and turn it out onto baking sling and score it.

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