

RYE SOURDOUGH BREAD (ROGGEN VOLLKORN MISCHBROT) (REVISED FOR DUTCH OVEN BAKING)

DOUGH: 85% HYDRATION



INGREDIENTS:

400g	Flour (228g rye flour 57% + 172g whole wheat flour 43%)
340g	Water (lukewarm)
80g	Ripe sourdough starter (important!)
1/2 TBS	Psyllium husk - optional for additional protein
1/2 TBS	Black caraway or fennel seeds – optional
1 TBS	Harvest grains – optional
8g	Salt

PROCEDURE:

- Mix the starter in the lukewarm water and stir.
- Put all flour in a large bowl and mix.
- Add the flour mix to the bowl of water/starter and stir with a dough whisk until no dry flour is left.
- 20-30mins **AUTOLYSE**
- Add psyllium husk, black caraway or fennel seeds, harvest grains and salt.
- Mix all again with dough whisk until everything is fully incorporated.
- Cover the bowl with a damp towel and let the dough rest for 10 minutes.
- Wet your hands and fold and stretch the dough (still in the mixing bowl) from all 4 sides into itself a few times.
- **NOTE:** There are enough instructional YouTube videos on coil folding.
- Repeat this a total of 3 times at 30-minute intervals.

BULK FERMENTATION:

- Transfer the dough into a dough rising container, wait until it doubles in size, approx. 4-5 hrs.
- **NOTE:** If your oven has “Proofing” feature, use it for this step.

PRE-SHAPE:

- On the lightly floured counter, give the dough a few folds and form a rough ball shape.
- Cover with a damp towel and bench rest for 20 mins. in a warm and draft free place.

FINAL SHAPE:

- Lightly flour the counter and using your hands, roll the dough over from right to left tucking the sides of the dough under while rotating it on the counter and shaping it to a boule with a smooth top.
- **NOTE:** There are enough instructional YouTube videos on shaping the boule.
- Put the dough in generously floured proofing basket smooth side down, dust the top lightly with flour.
- Cover with kitchen cloth and set in a warm, draft free place.
- **NOTE:** Approx. 6-7 hours from start to this point.

PROOFING:

- After 2 hours proofing at room temperature, or proofing it in your oven, poke the dough lightly with your finger; if it bounces back mostly, it is ready for baking.

AT THIS POINT, YOU COULD START BAKING RIGHTAWAY:

- Place the Dutch oven with the lid in your oven and pre heat it to 475F for at least 60 minutes.
- Invert the dough to parchment paper OR silicone bread sling.
- With a lame, score the dough swiftly with one stroke.
- Transfer the dough still on the parchment paper OR silicone bread sling into the Dutch oven.
- Bake it covered for 20 minutes.
- 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!!

OR YOU COULD COVER THE PROOFING BASKET AND PLACE IT IN THE REFRIGERATOR OVERNIGHT AND BAKE IT NEXT MORNING....

- First, place the Dutch oven with the lid in your oven and pre heat it to 475F 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 covered for 20 minutes.
- 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!!

THE EQUIPMENT I USE (ALL AVAILABLE AT AMAZON):

- ✓ CAMBRO 4 QUARTS CONTAINER FOR BULK FERMENTATION
- ✓ ACERICH DANISH DOUGH WHISK
- ✓ OVERTON 2 IN 1 DUTCH OVEN WITH SKILLET LID

I PREFER KING ARTHUR ORGANIC FLOURS:

- UNBLEACHED BREAD FLOUR (12.7% PROTEIN CONTENT),
- WHITE WHOLE WHEAT FLOUR (12.2% PROTEIN CONTENT),
- WHOLE GRAIN HARVEST BLEND