

## BLACK CARAWAY BEER SOURDOUGH BREAD RECIPE



### INGREDIENTS:

- ❖ 400 grams Bread flour
- ❖ 100 grams Whole wheat flour
- ❖ 1TBS Psyllium husk
- ❖ 1-2 TBS Black caraway seeds
- ❖ 345 grams 12oz of your favorite microbrew beer (I noticed that beer with less alcohol content works better)
- ❖ 75 grams Water
- ❖ 80-85 grams Mature sourdough starter (**important!!**)
- ❖ 1-1/2 tsp Dry yeast
- ❖ 14 grams Salt

### **PROCEDURE:**

- ❖ Pour 345g of your favorite beer at room temperature into a bowl and blend well until the carbonation is released.
- ❖ Mix the bread flour and whole wheat flour in a separate bowl.
- ❖ Add 500 g flour mixture and the yeast dissolved in 2TBS (30 grams) warm water to the beer and mix it into a rough mass.
- ❖ Cover and let sit at room temperature for 1 hour.
- ❖ In the meantime, in a different bowl, dissolve 14gr of salt in 75gr of water and combine 80-85gr of mature starter, black caraway, and the psyllium husk together, mix it well and then add to the dough. **NOTE: I feed the amount of starter needed the night before, and it is ready the next morning!**
- ❖ Mix the dough until all liquid is absorbed, and all ingredients are well distributed in the dough; this might take a while, 10-15 minutes. I start with my dough whisk and finish with my hands.
- ❖ Cover it with damp kitchen towel and let it rest for 10-15 minutes.
- ❖ [Stretch and fold](#) the dough with wet fingers (still in the mixing bowl) from the sides into itself a few times.
- ❖ Repeat this 3-4 times at 20-30 min intervals.
- ❖ With each stretch and fold, you should notice the gluten development and consistency of the dough changes.

### **BULK FERMENTATION:**

- ❖ Transfer the dough into a dough rising container or in the bowl you are using, target a 75% rise, approx. 4-5 hrs.
- ❖ How long it takes depends on the maturity of your starter and the room temperature. If your oven has "proofing" feature, you can use it for this step.

### PRE-SHAPE:

- ❖ Pre-shape the dough on the lightly floured counter with a few folds and into a rough ball shape.
- ❖ Cover it with a damp towel and bench rest it for 20 minutes in a warm and draft free place.
- ❖ **NOTE:** Approx. 6-7 hours from start to this point.

### FINAL SHAPE:

- ❖ Lightly flour the counter, roll the dough around, tucking the sides under and [shaping it into a boule](#) with a smooth top.
- ❖ Put the dough in generously floured (you can use rice flour) proofing basket smooth side down, dust the top lightly with flour.
- ❖ Cover with kitchen cloth and set in a warm, draft free place.
- ❖ After 2 hours of proofing at room temperature, poke the dough lightly with your finger; if it bounces back mostly, it is ready for baking.
- ❖ **At this point, you could start baking or you could cover the proofing basket and place it covered in the refrigerator overnight and bake it the next morning.**

### 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 (or the silicone bread sling).
- ❖ With a lame, score the dough swiftly with one stroke, or your own design.
- ❖ Transfer the dough still on the parchment paper (or the silicone bread sling), into the pre heated Dutch oven.
- ❖ Lower the temperature to 450F.
- ❖ 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!!**

### TIP:

1. **To prevent the bottom of the loaf from getting too dark, place a sheet pan on the rack under the Dutch oven.**
2. **If you notice the top of the loaf is getting darker during the second phase of baking (Dutch oven lid off) while the interior temperature of the loaf didn't reach 190F – 200F yet, cover it with aluminum foil for the last 5-6 minutes.**