


SOURDOUGH WITH SEEDS, SOAKERS, OR SPROUTED GRAINS

This family of inclusions for bread is particularly popular because of the flavor, texture, visual appeal, and perceived health benefits of seeds, soakers, and whole grains. You can soak, sprout, puree,


pressure-cook, or cook these inclusions before they are added to the dough (see pages 2.370–377 and 2.388), depending on the desired outcome.

TOTAL TIME




Active 27 min
Inactive 20 h 26 min

DDT







24–26°C /
75–78°F

DIFFICULTY




Moderate:
mixing by hand

OVENS




★ Deck ★ Home Combi Convection


YIELD / SHAPES



1 lg boule/
batard



2 sm boules/
batards



13 rolls

INGREDIENTS	WEIGHT	VOLUME	%
① Bread flour	320 g	2⅓ cups	80
Whole wheat flour*	80 g	⅔ cup	20
Water	280 g	1¼ cups	70
Liquid levain, mature see page 3.54	110 g	½ cup	27.5
Diastatic malt powder**	0.8 g	⅛ tsp	0.2
② Fine salt	11 g	1¾ tsp	2.75
③ Seeds/soakers/sprouted grains see pages 2.370–377, 2.388	200 g	1½ cups	50
Yield	~1.00 kg		

For salt, flours, substitutions, and other notes, see pages viii–xi.
*You can substitute T85 high-extraction flour or T70 flour. You can also only use 100% bread flour instead of a combination of bread flour and whole wheat flour (it would be 400 g/3 cups for this recipe).
**Diastatic malt powder (DMP) is recommended if you are cold-proofing your dough for more than 12 h.
For more on DMP, see page 3.226.

NET CONTENTS		
Ingredients	Weight	%
Bread flour	375 g	82.42
Whole wheat flour	80 g	17.58
Water	335 g	73.63
Salt	11 g	2.42
Diastatic malt powder	0.8 g	0.18

Multiply the recipe by two for a miche.
Consume within 2–3 d, or freeze for up to 2 mo.

GENERAL DIRECTIONS							TIME	
PROCEDURE						NOTES	active /inactive	
MIX	by hand*	combine ① in a bowl, and mix to a shaggy mass; autolyse 30 min; add ②, and mix until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap				see Hand Mixing, page 3-116	5 min / 30 min	
	by machine*	mix ① on low speed to a shaggy mass; autolyse 30 min; add ②, and mix on medium speed to medium gluten development; turn off mixer, add ③, and mix on low speed until fully incorporated; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap				see Machine Mixing options, page 65	37–41 min	
BULK FERMENT	by hand*	4 h total; 6 folds (1 fold every 30 min after the first hour), 30 min rest after final fold; after the first fold, add ③; mix with your hands using a squeeze, pull, and fold-over motion; check for full gluten development using the windowpane test				see How to Perform a Four-Edge Fold, page 3-129; see Gluten Development, page 3-89	5 min / 4 h	
	by machine*	2½ h total; 2 folds (1 fold every hour after the first hour), 30 min rest after final fold; check for full gluten development using the windowpane test					5 min / 2½ h	
DIVIDE/SHAPE	divide	large boule/bâtard	small boule/bâtard	roll	miche	see How to Divide Your Dough, page 3-136	0–7 min	
		do not divide	500 g	75 g	do not divide			
	preshape	boule/bâtard	boule/bâtard	roll	boule	see shaping boules and bâtards, pages 3-152–155, and rolls, page 3-176	1–7 min	
	rest	20 min	20 min	20 min	20 min		20 min	
	shape	boule/bâtard	boule/bâtard	roll	boule		1–7 min	
FINAL PROOF	13 °C / 55 °F	14 h	14 h	n/a	14 h	see Final Proofing Methods, page 3-212	12–16 h	
	4 °C / 39 °F	12–16 h	12–16 h	n/a	12–16 h			
SCORE		for scoring options, see page 3-230					30 s–1 min	
BAKE		see Sourdough Baking Times and Temperatures, page 67					15–55 min	
TOTAL TIME		*Choose by hand or machine					by hand by machine	32 min / 21¾ h 27 min / 20 h 26 min