SOURDOUGH WITH SEEDS, SOAKERS, OR SPROUTED GRAINS

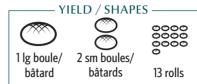
This family of inclusions for bread is particularly popular because of the flavor, texture, visual appeal, and perceived health benefits of seeds, soakers, and whole grains. You can soak, sprout, puree, pressure-cook, or cook these inclusions before they are added to the dough (see pages 2.370-377 and 2.388), depending on the desired outcome.











	INGREDIENTS	WEIGHT	VOLUME	%
1	Bread flour	320 g	21/3 cups	80
	Whole wheat flour*	80 g	²∕₃ cup	20
	Water	280 g	1¼ cups	70
	Liquid levain, mature see page 3·54	110 g	½ cup	27.5
	Diastatic malt powder**	$0.8\mathrm{g}$	⅓ 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.

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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	$0.8\mathrm{g}$	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*	- 1 007 7 7 -7					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 Devel- opment, 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 window-pane test					5 min /2½ h
DIVIDE/SHAPE	PE 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	1-7 min
	rest	20 min	20 min	20 min	20 min	bâtards, pages 3·152-155,	20 min
	shape	boule/bâtard	boule/bâtard	roll	boule	and rolls, page 3·176	1–7 min
INAL PROOF	13 °C/55 °F	14 h	14 h	n/a	14 h	see Final Proofing Meth-	12-16 h
	4°C/39°F	12-16 h	12-16 h	n/a	12-16 h	ods, page 3·212	
SCORE for scoring options, see page 3-230							30 s-1 min
see Sourdough Baking Times and Temperatures, page 67							15-55 min
TOTAL TIME *Choose by hand or machine by hand							32 min/21¾ h

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by hand $32 \min / 21 \frac{3}{4} \text{ h}$ by machine $27 \min / 20 \text{ h} 26 \min$

^{*}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.