

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/ bâtard 2 sm boules/ bâtards 13 rolls
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INGREDIENTS	WEIGHT	VOLUME	
① Bread flour	320 g	2½ 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		

NET CONTENTS	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.

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.

GENERAL DIRECTIONS

		PROCEDURE	NOTES	TIME			
				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 32 min/21¼ h by machine 27 min/20 h 26 min