

MAPLE-OATMEAL SOURDOUGH BREAD

(from Noah Elbers)

447 g all-purpose unbleached flour
151 g whole-wheat flour
151 g steel-cut oatmeal, baked
328 g water
151 g liquid starter
151 g poolish
121 g pure maple syrup
16 g salt

The day before baking the bread:

1. Refresh your sourdough starter, to make sure it is bubbly and active when you make the dough next morning. I do that about 12 hours before mixing the dough, by mixing 2 tsp of mature starter with 150g water and 150g flour. Next morning remove the amount you need and keep the rest in the fridge.
2. Make the poolish by mixing 100g flour + pinch of instant yeast + 100 g/ml water recipe: Leave to ferment overnight. (You will not use all of it, weigh the amount called for in the recipe)
3. Bake the oatmeal. Boil water, then mix it with the oatmeal in a baking dish (200g oatmeal + 200g/ml boiling water). Cover the dish with aluminum foil and bake in a 400F oven for 40 minutes. The mixture will turn into a brick. Once it cools, break the bits of oatmeal with your fingers, and weigh the amount needed for the recipe.

On baking day:

Mix all the ingredients in a large bowl (except the salt), kneading briefly to form a shaggy mass. Let the mixture resting for 30 minutes. Add the salt and incorporate by gentle kneading.

Let the dough rest for 40 minutes. Knead by folding the dough in itself 4-6 times. Let the dough rest for 40 minutes more. Knead it again by folding.

Let the dough rise for 40 minutes, do one final cycle of kneading, then allow it to sit undisturbed for a full hour (*total bulk fermentation will be about 3 hours*).

Shape the dough as a large batard, or divide in two and shape as a small round. Let the shaped bread rise for 1 hour at room temperature, then retard it in the fridge for 12-15 hours.

Bring the bread to room temperature for 2 hours before baking in a 450F oven for 45 minutes (25 minutes under steam, covered, 20 minutes uncovered). Cool the bread for at least one hour before indulging in it.

