

FIVE GRAIN LEVAIN

(adapted from Hamelman's Bread)

for the liquid levain

4 oz bread flour
5 oz water
2 Tbs mature sourdough starter

for the grains mixture

1.5 oz cracked rye
1.5 oz flaxseeds
1.2 oz sunflower seeds
1.2 oz oats
6.5 oz boiling water
1/2 tsp salt

for the final dough

8 oz bread flour
4 oz whole-wheat flour
4.2 oz water
1/2 Tbs salt
1/2 tsp instant yeast
all soaker prepared
all liquid starter prepared

Prepare the liquid levain 12 to 16 hours before you plan to start the dough. Let it stand at room temperature, preferably around 70 F. When you make the levain, prepare the grains too, by pouring boiling water over the grains and the salt in a small bowl. Leave at room temperature.

Make the dough by adding all the ingredients into the bowl of a KitchenAid type mixer, knead on first speed for 3 minutes, then increase the speed to the second level and mix for 5 minutes. Place the dough in a slightly oiled bowl, cover, and let it ferment for 1.5 h, folding the dough on itself three times after 45 minutes to increase elasticity.

Shape the dough as a boule or batard, place in a banetton or appropriate container of your choice, and let it rise for 1 hour.

Bake at 460 F for 40 to 45 minutes, generating steam in the beginning, by either covering the dough with an inverted roasting pan, or adding ice cubes to an empty pan at the bottom of your oven. Allow it to cool completely before slicing.