

TOASTED WHEAT-GERM AND SAGE SOURDOUGH

(adapted from The Fresh Loaf Forum)

150 g starter (white, 80% hydration)

335 g water

490 g bread flour

20 g toasted wheat germ

2 Tbs fresh sage leaves, finely chopped

9 g salt

Mix all ingredients, except the salt, until they form a shaggy mass, no need to worry with kneading yet. Let it rest undisturbed for 40 minutes at room temperature.

Place the dough on a lightly oiled surface, open flatten it out slightly, sprinkle the salt all over, and knead a few times to distribute the salt. Place the dough in an oiled bowl, cover, let it sit for 1 hour. Knead by stretching and folding a few times - it will feel very smooth and easy to fold - put back in the bowl and let it rise 1 hour. Repeat the stretch and fold one more time, cover the dough and let it rise for 2 hours and 20 minutes.

Form the dough into a ball, place it in a floured banetton type container, cover it and place in the fridge overnight.

Remove from the fridge 1 hour and 30 minutes before baking. Bake in a 450F oven, using your favorite method to generate steam. After 20 minutes, reduce the temperature to 425F, and continue baking for a total time of 45 to 45 minutes. If you baked the bread covering with a roasting pan, remove the cover after 30 minutes.

Let it cool for at least 2 hours before slicing.