

CODRUTA' S ROLLED OAT SOURDOUGH

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Makes one very large loaf or two medium-sized loaves.

for pre-ferment:

50 g very active starter made with regular flour (100% hydration)

50 g very active starter made with rye flour (100% hydration)

100 g bread flour

50 g water

for final dough:

all pre-ferment (250g)

450 g white bread flour

150 g whole wheat flour

130 g rolled oats (rolled thick is better)

470 g cold water

17 g salt

Prepare the pre-ferment by dissolving both types of starters in water, then add the flour. Stir and cover the container, placing it immediately in the refrigerator. It is better to use a tall and narrow pot, transparent, so you can mark the level of your starter mixture as you place it in the fridge. Let it sit there 18-24 hours, until the yeast bubble grows up. You have a margin of a few hours to use for the yeast bubble will remain within, then begins to collapse

When the starter is ready to be used, mix in a bowl the flours, rolled oats and cold water, let it sit 40 to 60 min (the autolyse step). Sprinkle salt on top, add the fermented starter straight from the fridge. Blend all ingredients together. Knead by folding directly into the bowl, a few minutes, until the dough comes off the fingers and the vessel walls. The dough will be quite dense, but do not add more water. Cover the pot, wait 15 minutes, and repeat the kneading by folding (one complete rotation of the vessel is sufficient). Cover and wait 15 minutes.

Transfer the dough in a greased rectangular dish with oil, make a set of stretch and fold (SF), wait 45 minutes, repeat the set of SF and place dough in the refrigerator. Let dough in refrigerator for 15 to 18 hours.

Remove dough from refrigerator and leave it at room temperature for 1 hour. Divide the dough in two, and shape each half as a round or oval loaf. Place the shaped loaves in a banetton or another appropriate container, with the seam up. Cover the pot with a light fabric, and then with plastic wrap. Let the dough proof at room temperature for 2 hours and 30 minutes.

Heat your oven 45 minutes before baking time. Have a baking stone inside and your method to generate steam planned. Bake at 460 F for 45 min, with steam for the initial 15 min. Reduce temp to 440 F if the bread seems to be browning too much.

Cool it completely before slicing.