

SESAME AND FLAXSEED SOURDOUGH

(inspired by Hamelman's Bread)

Starter mix:

2.4 oz bread flour
3 oz water at room temperature
1 Tablespoon mature sourdough culture

Soaker:

1.5 oz flaxseeds (about 1/4 cup)
1/2 cup water at room temperature

final dough:

12 oz bread flour
1.6 oz rye flour
2 oz sesame seeds, toasted
5.7 oz water
10 g salt
all the soaker
4.8 oz starter mix (*you will have a small amount left*)
1/2 teaspoon active dry yeast

Prepare the levain build 12-18 hours before making the final dough. Mix all ingredients and leave in a covered container at room temperature. At the same time, make the soaker placing the flax seeds with water in a small bowl. The seeds will expand quite a bit, so use a bowl that will allow that to happen without overflowing.

Next morning, make the final dough by mixing all the ingredients together in the bowl of a KitchenAid type mixer. Mix on lowest speed for a couple of minutes. Check the hydration level, adjust if necessary. Increase speed to medium-low (level 3 of a KitchenAid), and mix for 3 to 4 minutes.

Let the dough ferment in a lightly oiled bowl for 2 and half hours, folding the dough twice at 50 minutes interval. After 2.5 hours, shape the dough as a ball and place in a suitable container for the final proofing. My bread was ready to bake in 2 hours and 45 minutes.

Bake in a 450F oven for 45 minutes. If baking covered to generate steam, remove the cover after 30 minutes. Cool completely before slicing.