

WHOLE-WHEAT AND RYE SOURDOUGH WITH FLAX SEEDS AND OATS

(from Rosa Mayland's blog)

(for one round loaf; check her site for full version that makes 2 loaves)

1 heaping tablespoon of flax seeds 1/2 Tbs Flax seeds
150g whole-wheat flour
100g white flour
35g rye flour
35g buckwheat flour
100g active sourdough starter

188-200 g/ml lukewarm water
A pinch of dry yeast
1 heaping tablespoon of olive oil

20g Rolled oats
7g fine sea salt

Put the flax seeds in a small bowl and add 63g/ml of boiling water (this will make them slimy). Stir and leave to cool.

In the bowl of your stand mixer put the flours, sourdough, water, yeast, olive oil, flax seeds (+soaking water). Mix until all the ingredients are just combined. Let the dough rest (autolyse) for 2 hours.

Add the salt as well as the oats and continue mixing for about 5-8 minutes (add a little flour if the dough is too wet), until the dough reaches medium gluten development. Transfer the dough to a slightly oiled container and cover with plastic wrap. Let the dough ferment/rise, at room temperature, for about 2h30 (or until doubled in size), folding at 50 and 100 minutes.

Shape it as desired (sandwich loaves, boule, bâtard, banneton, etc...). Sprinkle your loaves with flour and cover them with plastic wrap let proof for about 90 minutes or until doubled in size.

Bake at 230° C (450° F) using your favorite method to generate steam during the initial 20 minutes of baking. Total baking time will be approximately 40 minutes. Leave the bread in the oven for 5 minutes with the door ajar once you turn the oven off. Cool it completely on a rack before slicing it.