

COTTAGE LOAF

(adapted from Celia's blog)

Pre-ferment:

140g all purpose flour
140g bread flour
1/2 tsp sea salt
1/2 tsp instant yeast
170g water

Mix the two kinds of flour, salt, and yeast in a bowl. Add the water, mix briefly and let it rest for 10 minutes. Knead the dough briefly, allow it to rise for 1 hour at room temperature, then stick it in the fridge overnight.

Final dough:

All the preferment
225g bread flour
45g rye flour
3/4 tsp sea salt
1 tsp instant yeast
170g water, at room temperature

Remove the preferment from the fridge 1 hour before making the dough, cutting it into pieces to speed up warming up to room temperature. Place in a large bowl. Cut it into pieces with a knife or pastry cutter, and place them in a large mixing bowl.

Add the water and yeast, and stir together, then add the flours and salt. Combine everything into a shaggy mass, allow it to sit for 20 minutes undisturbed. Let the dough rise for 90 minutes, folding the dough at 20 and 45 minutes. Dough should rise not more than double its original size.

Weigh the dough (it should be around 900g), divide in two pieces (600g and 300g each), form each piece into a tight round. Allow them to sit for 15 minutes at room temperature, then coat the large ball with a little olive oil, cut a cross on top. Cut a cross on the bottom part of the smaller ball, and place it on top of the large one.

Now insert your finger or chopsticks in the center of the round, going almost all the way to the bottom, opening the whole outwards slightly to join both loaves. Allow them to rise for 10-15 minutes more before baking.

Slash the dough all around cutting through both levels. Place the bread in a the oven (430F), cover it with an inverted roasting pan moist with hot water, bake it for 30 minutes, uncover and allow it to bake for another 15 minutes (if top layer is

browning too much, protect it with aluminum foil). If you don't have a roasting pan large enough to cover the dough, follow the baking method explained here.

Allow to completely cool on a rack before slicing through.