

OAT AND SESAME SEED SOURDOUGH

(from The Bewitching Kitchen)

375g white bread flour (+ more to adjust consistency)
25g spelt flour
220g water
100g starter at 100% hydration
40g steel-cut oats
10g white sesame seeds
10g black sesame seeds (or 20g all one type)
10g salt

When you refresh your starter, maybe 6 hours before starting the bread, make the soaker: mix the oats and sesame seeds, and add enough water to just cover them. Cover the bowl with plastic wrap and leave at room temperature until it is time to mix the dough.

Add the soaked seeds and all other components of the dough to the bowl of a Kitchen Aid mixer fitted with the dough hook. If there is too much water not absorbed by the seeds, leave it behind, but keep in mind that a lot of the moisture of the water in the formula should come from the soaker. Knead for about 4 minutes, paying attention to the texture of the dough. It should just start to clean the sides of the bowl. If necessary, add more flour at this point. I had to add about 1/4 cup flour to mine.

Remove the dough from the Kitchen Aid, transfer to any appropriate container lightly oiled and perform a series of stretch and folds every 45 minutes. Do it four to five times, which will take you up to 4 and a half hours from initial bulk fermentation. Even if you fold it only 4 times, leave it fermenting until you reach 4 and a half hours.

Shape as a round ball and place in a floured banneton, seam side up. Leave 45 to 60 minutes at room temperature, then place in the fridge overnight.

Remove the dough by inverting it on parchment paper, dust the surface with rice or white flour and slash any pattern you like. I used scissors coupled with a razor blade to get the leaf pattern.

Bake at 450F in a Dutch oven, covered for 30 minutes, then remove the lid to brown the crust. Allow it to cool completely before slicing.