

DRAGON FLOWER SOURDOUGH LOVE

(from The Bewitching Kitchen)

480g bread flour
20g spelt flour
16g *dragon flower powder*
10g salt
350g water
75g sourdough starter (70–100% hydration)

Make the levain mixture about 6 hours before you plan to mix the dough. It should be very bubbly and active.

When you are ready to make the final dough, place the water in the bowl of a KitchenAid type mixer and dissolve the starter in it, mixing with a spatula briefly, then add the two types of flour, the Dragon flower powder and the salt. Turn the mixer on with the hook attachment and knead the dough for 4 minutes at low-speed all the time. If the dough is too sticky, add a maximum of 1 / 4 cup flour, you want the dough to start clearing the sides of the bowl, but still be sticky at the bottom.

Remove from the machine. Get a small piece of dough and place in a little glass container to follow fermentation (optional, but highly recommended). Transfer the dough to a container lightly coated with oil, cover lightly with plastic wrap and allow it to ferment for 2 hours, folding every 30 minutes or so. After the fourth folding cycle, let the dough sit at room temperature until doubled in size, following the progress in the small amount of dough removed.

Shape the dough as a ball, and place, seam side up, in a lightly floured banetton. Place in the fridge overnight, from 8 to 12 hours or even longer, if you prefer.

Next morning, heat the oven to 450F. Invert the dough over parchment paper, carefully place the stencil on top, and dust with flour. Make sure to rub the flour well into the design, a small brush is helpful. Lift the stencil and place the dough in a Dutch oven.

Bake at 450F for 45 minutes, preferably covered for the first 30 minutes to retain steam. Cool completely over a rack before slicing.