

LIFTED FLOWER SOURDOUGH BREAD

(from The Bewitching Kitchen)

480g bread flour

20g whole wheat flour

75g sourdough starter (stiff or 100% hydration)

10g salt

360g water

2 tsp oregano

Mix all ingredients in the bowl of a KitchenAid type mixer fitted with the dough hook. Knead gently for about 4 minutes (first or second speed maximum).

Transfer dough to a lightly oil bowl and do a bulk fermentation with 4 folds made 45 minutes apart. Before you start the fermentation, remove a very small amount of dough to a small glass container (like those that hold spices), and mark where the level of the dough is with a permanent marker. Keep that at room temperature to monitor fermentation. After the last folding cycle, keep an eye on the fermentation using the small vial. Ideally you want to let the dough ferment until it is double in size. Depending on the day, temperature of your kitchen, it might take 8 hours or more.

Once bulk fermentation is over, shape the dough as a round ball. Place in the fridge overnight.

Next day, freeze the dough for 30 minutes in the banetton, to make it easier to score later. Invert the dough on a paper liner, with three strings equally spaced. Rub the surface with cocoa powder, and proceed to score as a flower, using the strings to guide you (check the video after this recipe).

Close the pan and bake at 450F for 7 minutes. Remove the lid, go back and use a razor blade re-inforce the petals to force them to separate better, gently slice the tip of each petal with the blade parallel to the surface, and place a small piece of parchment paper underneath each petal to force it to rise up. Close the pan and bake for 30 minutes, open and allow the bread to brown for a further 15 minutes.

Remove the strings, and let the bread cool completely over a rack before slicing.