

DUET OF SOURDOUGH BOULES

(from The Bewitching Kitchen)

580g bread flour

20g whole-wheat flour

420g water

11g salt

85g starter (I used stiff, at about 75% hydration)

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. Be patient, it will pay off.

Once bulk fermentation is over, divide the dough in two equal parts, shape them as two small balls and place in a floured banetton. 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 the paper liner, place in the loaf pan, you can invert it over 3 strings if you like to make a pumpkin/flower shape. Score in any way you want, or use a stencil.

Close the pan and bake at 450F for 30 minutes. Remove the lid, and allow the bread to bake further for another 15 minutes or so. I found that the surface of the bread was not browning enough so after 40 minutes I removed them from the pan and let them bake for additional 10 minutes over the rack, outside of the pan.

Let it cool completely before slicing.