

## SCALDED BUCKWHEAT AND HONEY SOURDOUGH

(adapted from The Fresh Loaf)

for the levain:

27 g whole wheat flour

27g water

27g sourdough starter

flour scald:

23g buckwheat flour

37g boiling water

autolyse step:

320g bread flour

95g whole wheat flour

270g water

All of the flour scald

main dough:

45g water

9g salt

all the level

40g honey

sesame seeds for decoration (optional)

Prepare the levain: mix and allow it to ferment for 3 hours. At the same time make the buckwheat scald by mixing the flour with boiling water. Mix well into a paste. Cover and reserve.

Do the autolyse step: Combine flours, water, and scalded buckwheat in the bowl of your KitchenAid mixer. Use your hands or the dough hook to mix the ingredients until the flour is all incorporated. Cover and let it at room temperature for 1 hour.

Add the levain, additional water (hold some back and see if the dough can take the full amount), salt, and honey. Turn the mixer with the dough hook and knead for 3 minutes in low-speed. Turn the mixer off, wait for 5 minutes and turn it on again at low-speed for 3 to 5 more minutes. Remove a small portion of the dough to monitor fermentation.

Ferment for 3 hours (I used my proofing box set at 78F), with folds at every 30 minutes. Allow the dough to sit undisturbed until it increases by 50% in volume. I left mine for a total of 6 hours.

Pre-shape the dough, allow it to rest for 15 minutes and shape as a ball. Place it in the fridge overnight.

Next morning, freeze the dough for 20 minutes to make it easier to handle. Spread black and white sesame seeds over parchment paper. Invert the dough on the seeds, roll to coat it well. Slash if so desired.

Bake in a Dutch oven at 450F for 30 minutes with the lid on, remove the lid and bake for another 15 minutes.

Allow it to cool completely before slicing the bread.