SHAMROCK SOURDOUGH
(from The Bewitching Kitchen)

450g bread flour
25g spelt flour
25g dark rye flour
75g sourdough starter (stiff or 100% hydration)
10g salt
360g water
Thai rice flour (or tapioca flour)
shamrock shape cut from edible paper

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, add the shamrock shape in the center, and flour the region around it (I used Thai rice flour). To make the paper stick, you can spray the surface VERY LIGHTLY with water. Score the perimeter of the shamrock and the outer area of the dough, and place in a Dutch oven.

Close the pan and bake at 450F for 30 minutes, open and allow the bread to brown for a further 15 minutes.

Cool completely over a rack before slicing.