

MUESLI, ALMOND AND RAISINS SOURDOUGH

(from The Bewitching Kitchen)

Total flour: 500 g

Rye: 20%

Hydration: approximately 78%

for the main dough:

400 g strong bread flour

100 g whole rye flour

100 g active sourdough starter, 80%% hydration

360 g water (divided in 330g + 30g)

10 g fine sea salt

1 tablespoon honey

Inclusions:

80 g muesli

60 g whole almonds, roughly chopped

60g raisins

80 g boiling water

The day before making the bread: Toast the almonds on a 350F oven for about 7 minutes. Leave it at room temperature. Prepare the muesli soaker: pour 80 g boiling water over the muesli. Stir well, cover and let stand for 1 hour. Move to the fridge overnight.

Make the dough next day: mix the bread flour, rye flour, 330g of the water, and leave it undisturbed for 30 minutes. Add the starter (100g), honey, salt and remaining 30g water. Mix by hand or with the dough hook in a KitchenAid type mixer on low-speed for about 3 minutes.

Gently spread the dough as a rectangle. Add the muesli (do not drain), almonds and raisins, and fold the inclusions as best as you can without worrying too much, it will all incorporate as the fermentation proceeds. Bulk fermentation will be about 6 hours, with folding every thirty minutes for the first two hours (four cycles of folding). You can follow the rate of fermentation by removing a small amount of dough into a vial. Aim for about 75% increase in volume, mine took a little more than 6 hours total.

Pre-shape as a round loaf. Wait 15 minutes, do the final shaping. Place in a banneton, and move to the fridge until next morning. My dough stayed 14 hours in the fridge before baking at 450F for 30 minutes covered, then 20 more minutes uncovered. Let it cool completely before slicing.