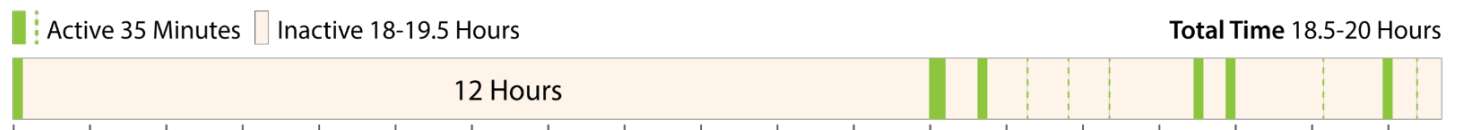


Country Sourdough

This wonderful bread has complex flavor with a mild, delicious tang from dark rye in the sourdough starter. The whole wheat and rye give it a robust, earthy flavor with a moist and open texture. Hearty and versatile, it pairs well with everything from butter or cheese to main courses.

Yield: One loaf.

Timing: Mix the leaven the night before baking and plan on mixing the main dough about 12 hours after the leaven.



Sourdough Leaven

| Ingredients | Volume | Grams | Ounces |
|----------------------------------|-------------|-------|--------|
| Sourdough starter* | 1 T + 1 tsp | 18 | 0.6 |
| Unbleached flour, 11-12% protein | 5½ T | 50 | 1.8 |
| Whole grain rye flour** | 3 T | 20 | 0.7 |
| Water, room temperature | 2 T + 1 tsp | 38 | 1.3 |

*Ideally a mature, active white starter with 100% hydration.

**If dark rye flour is unavailable, medium rye, whole wheat, or unbleached flour can be substituted.

Main Dough

| Ingredients | Volume | Grams | Ounces |
|----------------------------------|-----------|-------|--------|
| Unbleached flour, 11-12% protein | 2¾ C | 341 | 12 |
| Whole wheat flour | ¾ C | 55 | 1.9 |
| Water, lukewarm | 1 C + 3 T | 281 | 9.9 |
| Salt | 1½ tsp | 9 | 0.32 |

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, pizza stone, and supplies for your favorite oven steaming method. An instant-read thermometer can be helpful for checking water, dough, and internal baked bread temperatures.

Mixing the Leaven. Set up the Proofer with water in the tray and the thermostat at 72 °F / 22 °C. Mix the leaven ingredients in a bowl and knead until smooth, about 4 minutes. Transfer to a clean jar or container and cover. Ferment at 72 °F / 22 °C for 12 hours, until risen to a volume of about 1½ cups or 2.5 times.

Mixing and Autolyzing the Main Dough. Check that the Proofer has water in the tray and set the thermostat at 78 °F / 25 °C. Warm the water to about 84-90 °F / 29-32 °C (use cooler water if room temperature is over 74 °F / 23 °C). Measure or weigh the flours into a bowl, add the water, and mix until all the flour is moistened. Make a well in the dough and add all the sourdough leaven from above. Without mixing the leaven into the dough, draw the sides of the dough up and over the top of the leaven to encase it. Let it sit for about 30 minutes in the Proofer.

Adding the Salt. Sprinkle the salt over the main dough and mix until both the salt and the leaven are fully incorporated. Transfer to a lightly oiled container with a volume of at least 4 cups (1 quart/liter).

Fermenting the Dough at 78 °F / 25 °C. Set the dough in the Proofer and ferment for about 2.5-3 hours. During the first 90 minutes, give the dough three folds. For each fold, perform a four-way stretch and fold (all four sides get stretched and folded to the center), then stretch and fold the corners of the dough to the center as well. After the folds are complete, leave the dough undisturbed until it reaches a volume of 4 cups / 1 liter.

Pre-Shaping the Dough. After the dough reaches the volume of 4 cups / 1 liter, gently stretch and fold four sides of the dough to create an even, square or rectangular shape, then cover and let rest for 15 minutes. While the dough is resting, prepare a 9 x 13" / 23 x 33 cm sheet pan or proofing basket with baker's linen or a well-floured kitchen towel.

Shaping into an Oval. Place the dough seam side up on a lightly floured surface and fold the square package in half. Place the edge with the seam closest to you. Seal the seam by pressing down. Flip the loaf over with the seam centered and facing up. Place it on the linen-lined sheet pan.

Proofing the Loaf. Place the loaf in the Proofer, still set to 78 °F / 25 °C, for 2-2.5 hours, until visibly larger but still able to spring back slowly after making an indentation with a finger.

Preparing to Bake. About an hour before baking, place a pizza stone in the middle of the oven and preheat to 450 °F / 232 °C. Prepare to steam the oven using your regular method (such as tossing ice on a preheated sheet pan) or set out a deep, oven-proof rectangular pan to cover the loaf and create a steam chamber.

Slashing and Baking with Steam at 450 °F / 232 °C. Gently invert the loaf onto parchment or a floured peel. Brush excess flour from the top and sides of the loaf. Using a baker's lame or serrated knife, slash in one long line or two slightly angled lines.

Slide the bread onto the hot pizza stone and steam the oven or cover the loaf. Bake for about 40 minutes, until the crust turns deep golden brown and the internal temperature reaches about 205 °F / 96 °C. After 20 minutes of baking, turn the loaf to facilitate even browning and remove the cover or steam pan. Cool to lukewarm before slicing.

Overall Bread Formula

| Ingredients | Grams | Ounces | Baker's % |
|-------------------------------------|-------|--------|-----------|
| Unbleached flour, about 12% protein | 400 | 14.1 | 84.3% |
| Whole wheat flour | 55 | 1.9 | 11.6% |
| Whole rye flour | 20 | 0.7 | 4.1% |
| Water | 328 | 11.6 | 69.1% |
| Salt | 9 | 0.3 | 1.8% |