

# Multigrain Sourdough

---

## Introduction

You will need two large rectangular proofing baskets (about 300mm long, 150mm wide and 70mm high at the centre). Use a bowl large enough to hold the dough and allow it to rise a little. This dough is a little sticky (about 64% hydrated). I leave it in the mixing bowl, stretching and folding it with a soft plastic scraper. You can use wet hands if you prefer.

Total rise time is between about 4 hours (summer) and about 8 hours (winter), depending on the room temperature. The trick is trying to judge when it has risen enough to get a good 'bounce' in the oven. Leave it too long and you will end up with a flat loaf. Getting it right takes a bit of practice. In this recipe I let the dough rise slowly overnight in the refrigerator then warm up for one or two hours in the morning (summertime).

## Ingredients

This recipe makes 2 loaves. Halve the amounts for 1 loaf.

### Grains

- 40g sunflower seeds
- 40g linseeds
- 40g black sesame seeds
- 40g quinoa
- 40g cracked rye
- Or 200g of other seeds (grains) of your choice.
- 180g water

### Other ingredients

- 600g sponge (starter)
- 400g lukewarm water
- 2 teaspoons salt
- 4 teaspoons olive oil
- 800g baker's flour
- Flour or semolina for dusting.

## Preparation

Soak the seeds (grains) in the water for about 7 hours or overnight. Prepare the sponge.

## Method

1. Add the water to a large bowl.
2. Add the salt and stir until it has dissolved.
3. Add the olive oil and stir thoroughly.
4. Add the seeds and mix through.
5. Add the sponge and whisk thoroughly.
6. Add the flour and combine with the water to form a slightly sticky ball.

7. Use a soft plastic bowl scraper (or wet hands) to stretch and fold by pulling one edge of the dough from one side and fold it back on itself; rotate  $\frac{1}{4}$  turn and repeat through several full turns. Cover and leave for 10 minutes.
8. Repeat stretch and fold three more times at 10-minute intervals. This creates structure in the dough without kneading. If pressed for time, skip this step and spend more time on step 7.
9. Cover and leave to rise for an hour.
10. Prepare proofing basket by generously dusting the base and sides with flour.
11. Lightly dust a clean work surface with flour (or semolina). Turn out the dough on the work surface. Gently shape the lump into a roll about the length of the proofing basket.
12. Lay the roll into the basket and cover. The dough can be left overnight in the fridge like this. It will slowly rise in the fridge.
13. When the dough has risen with its top roughly level with the edges of the basket (about double its original size) it is ready to bake, pre-heat oven to 250°C. If you have a pizza stone, you can bake on that.
14. Turn the loaf out onto baking paper covered tray or bread peel.
15. Slice the loaf down the middle with a sharp serrated knife (bread knife is good).
16. Place the bread into the oven or slide the loaf onto the pizza stone.
17. Place a shallow metal dish with a cup of hot water in the bottom of the oven to create steam.
18. Turn the oven down to 220°C and bake for 30 minutes, or until brown. You can leave the oven at 250°C for a thicker crust if you like.