

# Tomato and Rosemary Sourdough

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## Introduction

This recipe is based on one of Emmanuel Hadjiandreou's Tomato Bread recipe found in his book "How to Make Bread".

You will need one or 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).

Food covers: reusable plastic food covers, which are really just coloured shower caps, of various sizes are available (try Aldi). They are handy for covering bowls and proofing baskets.

## Ingredients

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

- 400g lukewarm water
- 3 teaspoons salt
- 4 teaspoons olive oil
- 70g tomato paste
- 600g sponge (or baker's starter)
- 800g baker's flour
- 4 generous tablespoons finely chopped fresh rosemary leaves
- Flour or semolina for dusting.

## 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 tomato paste and stir until the tomato paste has dissolved.
4. Add the sponge and whisk thoroughly.
5. In a separate smaller bowl, combine the flour and chopped rosemary.
6. Add the flour and rosemary mixture to the large bowl and combine with the water to form a slightly sticky ball.
7. In the large bowl 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 two proofing baskets by generously dusting the bases and sides with flour or semolina.

11. Lightly dust a clean work surface with flour (or semolina). Turn out the dough on the work surface and cut it into two equal amounts if making two loaves. Gently shape the lumps into rolls about the length of the proofing baskets.
12. Lay one roll in each 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 loaves out onto baking paper covered tray or bread peel.
15. Slice each loaf down the middle with a sharp serrated knife (bread knife is good).
16. Place the bread into the oven or slide the loaves 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.