



HARVEST FLAKE LOAF

YIELDS: 2 LOAVES

This recipe is from our friend Brendan, although many of you probably know his from his Instagram @crustycalvin! This is what he has to say about this recipe: These Harvest Flake loaves are quickly becoming a favourite in our house. The consistent results, beautiful crumb and slightly crunchy texture all work really well together to make great all around loaf that I keep coming back to again and again.



Ingredients

- 640g Anita's Organic All Purpose Flour
- 160g Anita's Organic Whole Wheat Flour
- 720g water
- 160g levain/starter
- 16g salt
- 240g Anita's Organic Harvest Flake Mix

Instructions

1. Build a levain in the morning or overnight (100% hydration).
2. An hour or so before your levain peaks start the Autolyse process by mixing all 800g of your flour and 600g of water.
3. Mix until there are no dry bits left. In a separate bowl, mix the dry harvest blend with the remaining 120g of water. Cover, let rest for one hour.
4. Thoroughly mix the levain into the dough. Cover, let rest for 30 minutes. Now that the Levain has been added the "bulk fermentation" has begun!
5. Add the salt along with the soaked harvest mix into the dough, mix until evenly incorporated. Cover, let rest 30 minutes.
6. Perform four to six "stretch and folds" or "coil folds" spread out every 30-60 minutes apart.
7. Once your dough has risen about 50%-75% and is noticeably puffy/jiggly it is time to divide the dough in half and preshape into two separate dough balls. Let the dough rest another 20 minutes uncovered on the counter.
8. Shape the dough as you wish. After the dough has been shaped, mist the top of the dough with water and roll the wet side in more Harvest mix to cover the surface.
9. Place top side down in a banneton, cover, place in the fridge overnight.
10. The next morning, preheat your cast iron dutch oven to 500°F.
11. Load the dough into the pan, score the top, add an ice cube (for extra steam) and cover with the lid. Turn the heat down to 450°F. Bake for 20 minutes with the lid on and 20 minutes with the lid off.

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