



100% SPELT SOURDOUGH

YIELDS: ONE LOAF

This loaf is made using spelt flours only!
This is an excellent method to get all those amazing ancient grain nutrients packed into one loaf.



Ingredients

LEVAIN

- 85g Anita's Organic White All Purpose Spelt
- 85g Anita's Organic Whole Grain Spelt
- 15g Mature Sourdough Culture
- 175g Water

AUTOLYSE

- 415g Anita's Organic White All Purpose Spelt
- 415g Anita's Organic Whole Grain Spelt
- 560g water

FINAL DOUGH

- 35g honey
- 20g salt
- 15g vegetable oil
- 360g levain

Instructions

1. Mix the levain ingredients and let stand at warm room temperature (23-24°C) for 8-12 hours. Look for a 25-50% increase in volume. When ready, it should have a fruity tangy smell and taste. A younger levain will yield a more mild flavour in the final loaf and a longer fermented levain will result in a more sour loaf.
2. Autolyse: One hour before the final mix, combine the flour and water (no salt) of the final dough until fully incorporated with no dry bits left. Cover the dough and allow to rest.
3. Final mix: Add the levain, honey, oil and salt and hand mix to incorporate.
4. Development: Use the 'slap and fold' technique to develop the gluten in the dough. 5-6 minutes.

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5. Bulk Fermentation: Ferment for 3 hours at warm room temperature (23-24°C) with four folds at 30, 60, 90 and 120 minutes.
6. Divide the dough into two 900 g pieces and pre-shape round. Bench rest for 20 minutes. Shape the loaf into either a Boule or Batard depending on the shape of your proofing basket. This loaf benefits for baking in a tin for extra support. If baking in a tin shape into a tightly rolled cylinder and oil the pan.
7. Final proof: Proof approximately 2 hours (use the finger dent test). You can also proof for 1 hour and then retard in the fridge for 8-36 hours.
8. Turn the dough out onto a piece of parchment, score and place in the Dutch oven preheated to 500°F with the lid on. If baking in a tin don't score the loaf (flour the top for a nice effect) and bake in Dutch oven. Reduce the oven temperature to 460°F. Remove the lid after 20 minutes and continue baking 10-20 minutes until deep brown. A fully cooked loaf will have an internal temperature of 206-210°F.
9. Cool the loaf fully before cutting (at least one hour). If the loaf is cut while it is still hot, it may end up with a gummy interior. Remove loaf from pan, if using, immediately out of the oven.

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