

# Sourdough Boule

**YIELD: 1 LARGE LOAF**

*A hint of sweetness from malted wheat flakes and crunch from sunflower seeds make this a great loaf to top with melted cheese or turn into a hearty sandwich.*

## INGREDIENTS

### SOAKER

1 cup (128g) Malted Wheat Flakes

$\frac{3}{4}$  cup (152g) boiling water

### DOUGH

1 cup (227g) ripe (fed) sourdough starter

$\frac{3}{4}$  cup (170g) to  $\frac{1}{4}$  cup plus 2 tablespoons (199g) water, lukewarm

3  $\frac{1}{2}$  cups (420g) Artisan Bread Flour

$\frac{1}{2}$  cup (70g) toasted sunflower seeds

2 teaspoons salt

1  $\frac{1}{2}$  teaspoons SAF Instant Yeast

### TOPPING

1 to 2 tablespoons (11g to 21g) The Works Bread Topping

## INSTRUCTIONS

1. **To make the soaker:** Put the wheat flakes in a heatproof bowl and pour the boiling water over them, stirring to combine. Cool to lukewarm.
2. **To make the dough:** In a large bowl combine the fed sourdough starter and  $\frac{3}{4}$  cup of the water, mixing until smooth. Add the soaker and the remaining ingredients, mixing to make a soft dough; stir in the additional water if necessary. Knead for 6 to 8 minutes, until smooth and elastic.
3. Cover the dough in the bowl and let it rise until it's almost doubled, about 1 to 1  $\frac{1}{2}$  hours.
4. Deflate the dough and shape it into a large round. Place the loaf in a greased Bread Bowl. Cover and let rise until puffy, about 1  $\frac{1}{2}$  to 2 hours. Toward the end of the rising time, preheat the oven to 425°F.
5. Just before baking, brush or spray the loaf with water and sprinkle with The Works Bread Topping. Use a lame to make several slashes across the top of the loaf. Bake for 25 minutes, then reduce the oven temperature to 375°F and bake for 20-25 minutes more, until the center reads 195°F-200°F on a digital thermometer.
6. Remove bread from the oven and turn it out of the bowl onto a rack to cool.

