

Sourdough Boule

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.

SOAKER

1 cup (120g) Malted Wheat Flakes
½ cup (152g) boiling water

DOUGH

1 cup (227g) ripe (fed) sourdough starter
¾ cup (170g) to ¾ cup + 2 tablespoons (199g) water, lukewarm
3 ½ cups (420g) Artisan Bread Flour
½ cup (71g) toasted sunflower seeds
2 teaspoons salt
1 ½ teaspoons SAF Instant Yeast

TOPPING

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

For the soaker: Put the wheat flakes in a heatproof bowl and pour the boiling water over them, stirring to combine. Cool to lukewarm.

For the dough: In a large bowl combine the fed sourdough starter and ¾ 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.

Cover the dough in the bowl and let it rise until it's almost doubled, about 60 to 90 minutes.

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 1½ to 2 hours. Toward the end of the rising time, preheat the oven to 425°F.

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 to 25 minutes more, until the center reads 195°F to 200°F on a digital thermometer.

Remove the bread from the oven and turn it out of the bowl onto a rack to cool.

Yield: 1 large loaf.



