

100% Whole Wheat Sourdough

As adapted from Matthew James Duffy

INGREDIENTS:

LEVAIN: 53g of whole wheat flour

34g of filtered water at 79F

68g of sourdough starter

Mix together and allow to ferment for 3-4 hours

Autolyse: 864g whole wheat flour

735g filtered water

Mix In: 50g filtered water

19g salt

106g stiff whole wheat levain (from above build)

INSTRUCTIONS:

Mix the above levain ingredients and let rise for 3-4 hours in a warm place (80F)

Separately mix the Autolyse ingredients to make the dough, cover and leave in a warm place (80F)

When the levain has fermented (3-4 hours) break it up over the autolysed flour (dough) combine with about half of the water from the 'mix in' and thoroughly mix

Rest for 5 minutes and then add the remaining salt and water, mix well and let rest for 5 minutes

Mix the dough until well developed at about 75F

Allow dough to bulk ferment for 3-3.5 hours, performing folds at 60, 90, and 120 minutes

Divide the dough and shape into desired number of loaves, shape them into balls and allow to rest for 30-45 minutes

Flour the top of the loaves, flip, bring the bottom up, seal, stretch the sides and bring them into the center to make a tight package. Bring the top down 1/3 and pull the sides in. Roll into an oval, allow to rest for 3 minutes then flip with the banneton seam side up.

Rest for 10 minutes, then cover and cold ferment in the refrigerator for 10-12 hours

Using either a baking sheet or dutch oven, mist with water bake at 470F for 30-35 minutes - if using a dutch oven, bake for 22 minutes with lid on and 14 with lid off

Let cool and slice

You should have some sourdough experience and plenty of time set aside before trying this recipe