

Seeded Sourdough Bread

This bread is affectionately called “bug bread” in my house due to the little flecks of seeds and oats throughout the loaf. Making sourdough bread can seem intimidating but I have found it to be pretty forgiving as far as baking goes. The process takes a day or two, but it is mostly hands-off and pretty flexible. Some loaves are technically better than others but I have always ended up with something delicious to toast up for my breakfast, griddle as the base for some brothy beans or build a tasty sandwich.

Makes: one large loaf

Ingredients:

Soaker

1 cup mixed seeds and grains (I like raw and unsalted sunflower seeds, pepitas, oats and flax seeds)

½ cup hot water

2 teaspoons sea salt

Bread

250 grams bread flour

250 grams whole wheat flour

70 grams fed and active sourdough starter

50 grams maple syrup

300 grams room temperature water

Directions

1. In a small bowl, stir together the soaker seeds and grains, hot water and salt. Set aside.
2. In a medium sized mixing bowl, combine bread flour, whole wheat flour, sourdough starter, maple syrup and water. Mix until a shaggy dough is formed. Cover and allow to rest for 30-60 minutes.
3. Add the soaker to the dough. Using clean hands, fold and knead to incorporate the seeds into the dough. It doesn't have to be completely evenly distributed. Cover bowl and allow to rest for 30 minutes.
4. Using a clean, damp hand, reach under the side of the dough furthest from you and fold it towards you over the top of the ball of the dough. Turn the bowl 90-degrees and repeat the motion. Turn bowl and repeat again, 2 more times, for a total of 4. Cover bowl and allow to rest for another 30 minutes.
5. Repeat the folding and turning of the dough 2-3 more times with a 30 minute rest in between.
6. Cover dough and allow to stand at room temperature for 3-12 hours.
7. Dust a round banneton (proofing basket) generously with flour (I like to use rice flour).
8. Turn dough out on a clean floured work surface. Fold the dough over on itself like a letter. Tuck the edges to make a round shaped loaf. Pinch the underside of the dough together to create a tight loaf.
9. Place loaf in the prepared basket, pinched side up. Cover and refrigerate for 8-24 hours.

10. Heat a 5-quart Dutch oven and lid in a 500°F oven for 30-60 minutes.
11. Turn loaf out onto a piece of parchment paper. Slash the top with a sharp blade.
12. Carefully set loaf into the hot Dutch oven using the parchment paper as a sling. Cover and return to the oven. Reduce oven to 450°F.
13. Bake covered, for 25 minutes. Remove lid and bake an additional 25-30 minutes or until the loaf is deeply golden brown.
14. Remove to a wire rack to cool completely before slicing.
15. The loaf keeps well stored covered at room temperature for up to a week. After the first 1-2 days the bread tastes best when toasted before serving.