

PAIN DE MIE AU LEVAIN

(adapted from Makanai's blog)

210 g sourdough starter
420 g water
500 g bread flour
130 g rye flour
11.5 g fine sea salt (*13 g if using unsalted seeds*)
30-35 g seeds of your choice
(I used flax seeds and roasted, salted sunflower seeds)



Mix the flours, water, and sourdough starter until they form a shaggy mass. Let it stand at room temperature, covered, for 30-45 minutes (autolyse). Add the salt and mix it with either using a Kitchen Aid-type mixer for a few minutes, or by hand. Add the seeds and knead with the machine for about 7 minutes at low speed. Alternatively, mix gently by hand to incorporate the seeds and knead the dough by folding 4 times during the first hour, at 15 minute intervals. Let the dough rise undisturbed for another full hour, in a warm place, covered.

Refrigerate the dough for 12 to 24 hours (very important step!), misting the surface lightly with olive oil, and covering with a plastic wrap.

The next morning remove the dough from the fridge, remove the plastic and cover it with a towel, to rest at room temperature for 2 hours before shaping. Meanwhile, prepare a loaf pan by lightly coating it with olive oil and sprinkling flour, especially in the corners. You can make a single large loaf or divide it half depending on the size of your pan. Ideally, the dough should fill 2/3 of the height of your pan.

Allow the shaped bread to rise 2 hours at room temperature, slash it with a blade, sprinkle some flour on top and bake it in a 435F oven for about 45 minutes, with an initial burst of steam. Check the internal temperature: the bread will be done when it reaches at least 200F.