

BLACK SESAME SOURDOUGH

(adapted from Tartine)

For the starter:

50g spelt flour

50g white flour

100g/ml water at 78-80F

1 Tbs active sourdough starter

For the dough:

375g/ml water at approximately 80F (divided in 350g + 25g)

100 g starter (you won't use the full amount made)

440g white flour (good quality all-purpose is fine)

60g spelt flour

10g salt

1/3 cup black sesame seeds

In a large bowl, mix 350g of warm water with the starter (100g of it), and mix to dissolve. Add both types of flour, mix until all flour is mixed with water, without large dry bits present. Let the dough rest for 25 to 40 minutes. Add the salt and the rest of the water (25g), and incorporate by pressing the dough with your fingers. Fold the dough a few times, until it forms a homogeneous mass, but don't try to knead it. Leave it in the bowl, folding it again a few times – no need to remove it from the bowl – every 30 minutes, for the first two hours (you will be making 4 series of folds during this period). Add the sesame seeds to the dough on your first folding, after all the water and salt has been incorporated. After the last folding cycle, let the dough rest undisturbed for another full hour, for a total of 3 hours of “bulk fermentation.”

Remove the dough from the bowl and shape it gently as a ball, trying to create some surface tension. Let it rest for 20 minutes, then do a final shaping, by folding the dough on itself and rotating it. If you have a banneton, rub it with rice flour, line it with a soft cloth sprinkled with rice flour, and place the dough inside it with the seam-side up. If you don't have a banneton, any round container – like a colander – will do. Let it rise for 3 to 4 hours at room temperature. Twenty minutes before baking time, heat the oven to 450F.

Cut a piece of parchment paper that will completely cover a pie baking dish and place it on top of the banneton containing the bread dough. Carefully invert the banneton over the parchment paper, using the pie plate to support the dough. The cloth will probably be sticking to the dough, so carefully peel it off. Score the bread, and place the pie pan over baking tiles in the pre-heated oven. Bake for about 45 minutes, covered during the first 20 minutes, remove the cover for the final 25 minutes