

PISTACHIO-WALNUT SOURDOUGH BREAD

(from the Bewitching Kitchen)

Levain *(you will use only half of it):*

1 Tbs firm sourdough starter

45 g warm water

75 g bread flour

Dough:

300 g bread flour

25 g rye flour

25 g whole wheat flour

228 g warm water

8 g salt

80 g walnuts, lightly toasted, in small dice

50 g whole pistachios, roasted

Make the levain by mixing all the ingredients and kneading lightly to form a smooth dough. Keep at room temperature for about 12 hours (it should at least triple in size).

Make the dough by combining the three types of flour with the water. Cover and let the mixture rest for 30 minutes. Add the salt and the levain (*half of it only!*) and knead a few times until it forms a shaggy mass. Add the nuts and knead briefly to incorporate them. Let it rest for 30 minutes, knead for about 10-20 seconds, and let the dough rest for another 30 minutes. Knead (or fold) a few times, and let the dough rest for 1 hour. Knead (or fold) a few times, and let it rise undisturbed for 2 hours.

Pre-shape the dough as a round ball, let it rest for 15 minutes, then shape it in its final form, placing it in a banetton or another appropriate, well floured container, with the seam side up. Cover and let it rise for 3 hours. Invert the dough on parchment paper, slash the surface, place on a baking stone on a 425 F oven, covered for 30 minutes, then uncover and bake for 15 minutes more, until dark brown and the internal temperature is at least 205 F.

Let the loaf cool over a rack before cutting.