

SOURDOUGH MINI-ROLLS

(adapted from Hamelman Bread)

for starter mixture (make 12 hours in advance)

100 g bread flour

80 g rye flour

110 g water

40g active sourdough starter (at 100% hydration)

for the bread:

all sourdough made as above

700 g bread flour

20 g rye flour

470 g water

15 g salt

Prepare your sourdough mixture about 12 hours before making the dough. Heat the water slightly in a microwave until it is lukewarm, and place it in the bowl of a KitchenAid type mixer. Add the sourdough into the water and mix with your hands to dissolve it. Add both flours, and mix at low speed until the ingredients form a shaggy mass.

Cover the bowl and let the dough rest for 20 minutes. Sprinkle the salt over, turn the mixer back on low speed and knead for about 4 minutes. Transfer the dough to an oiled bowl and let it rise for about 2 and a half hours, folding the dough every 50 minutes. You will do a first folding cycle at 50 minutes, another one at 1 hour and 40 minutes, then leave it undisturbed for additional 50 minutes, for a total of 2 and a half hours fermentation.

Heat your oven to 450 F. Divide the dough in 6 equal pieces. Shape each one as a small boule. Place over floured parchment paper on a baking sheet, flour the surface lightly and cover. Allow the rolls to proof for 45 minutes. Score the surface, and bake for 25 minutes (with initial steam) or until golden brown and the internal temperature over 205F. Cool completely on a rack.