

WALNUT CRANBERRY SOURDOUGH

(adapted from The Perfect Loaf blog)

for the liquid levain starter:

(make 12 hours before making the dough)

35 g liquid starter (at 100% hydration)

35 g whole wheat flour

35 g bread flour

70 g water

for the final dough:

400 g white bread flour

88 g whole wheat flour

12 g rye flour

440 g water at about 90 degrees F (divided, 400 g + 40 g)

10 g sea salt

100 g toasted walnuts, in pieces

70 g dried cranberries

125 g levain (made as above)

Build the liquid levain 10 to 12 hours before you want to make your final dough. Leave it at room temperature (around 72 F).

Next morning, mix flours and 400 g of water very well in a bowl and cover. Ensure all dry flour is hydrated. Leave it to autolyse for 1 hour. Add the levain with the reserved water and hand-mix it into the dough until it is very well incorporated. Leave it 30 minutes at room temperature, or if you have a proofer, set it to 78 F and keep the dough at this temperature all the way through. After 30 minutes, add the salt, and mix well.

After the salt is incorporated perform folds for about 2-3 minutes in the bowl. Grab under one side, pull up and over to the other side, then rotate the bowl a bit and repeat. Do this about 30 times or so (it goes fast and easy). At the end the dough should still be shaggy, but it will be a little more smooth and will slightly start to hold itself together more in the bowl. Now you are ready to start bulk fermentation. If your home is at 78 to 82 F, bulk fermentation should last 4 hours.

During fermentation, do 4 to 5 sets of stretch and folds (I did five), adding the walnuts and cranberries on the second cycle of folding. Perform the first three foldings at 15 minute intervals, the remaining ones at 45 minute intervals then leave the dough to ferment for a full hour undisturbed. If your dough is too “weak”, seeming to lack structure, add one extra cycle of folding, then leave the dough undisturbed for another hour.

Lightly shape the dough into a round, cover with inverted bowl or moist towel, and let rest for 20 minutes. After 20 minutes remove the towel or bowl and let the dough rest 5 more minutes exposed to air. This step helps dry out the dough just a bit so it’s not too sticky during shaping. Lightly flour the top of your dough rounds and flour the work surface. Shape into a batard or boule. Place in a banneton very well floured, leave it at room temperature for about 20 minutes, then retard in the refrigerator for 15-16 hours.

Heat oven at 500°F. Bake 20 minutes at 500°F with steam, and an additional 25-35 minutes at 450°F, until done to your liking. Cool completely on a rack before slicing.