

SESAME AND POPPY SEEDS SOURDOUGH

(adapted from Josey Baker's Bread)

for seed mixture:

1/2 cup toasted sesame seeds (80 g)

1/4 cup poppy seeds (40 g)

1/2 cup hot water (120 g)

for dough:

240 g sourdough starter at 100% hydration

240 g water

300 g bread flour

75 g spelt flour

12 g salt (2 tsp)

all seed soaker

The day before, feed your starter and make sure it is all bubbly and ready to go. Prepare more than you need, so you can save some for future bread baking.

Prepare the seed soaker by mixing sesame and poppy seeds in a small bowl, adding the hot water on top. Mix and let it sit for one hour.

Prepare the dough by mixing all ingredients in a large bowl. Mix until it's a shaggy mass, leave it covered with plastic wrap for 30 minutes. Knead or fold the dough (ten times or so). Cover and let it ferment for 30 minutes. Knead or fold the dough again. Cover and let it sit for 30 minutes. Perform two more cycles of kneading 30 minutes apart. Knead again and let it sit for 1 hour.

Shape the dough. Place it inside a banneton or other appropriate container, seam side up. Let it ferment for 2 hours. Place it in the fridge overnight, or around 12 hours.

Remove from the fridge one hour before baking, as your oven heats to 450 F. Invert the dough on parchment paper, slash the top and bake for 45 minutes with initial steam (use your favorite method for that). I bake inside a Dutch oven, covered, and uncover after 30 minutes to brown the crust. Allow it to completely cool on a rack before slicing.