

SALZBURG SOURDOUGH

(printed with permission from Teresa Greenway)

1 cup Austrian sourdough starter at 166% hydration (9 oz)
3/4 cups water (6 oz)
3 oz evaporated milk
0.6 oz rye flour
14 oz bread flour
2 teaspoons salt

Mix all ingredients, except salt, just until incorporated and then allow the dough to rest for 20 minutes (autolysis).

After autolysis, add salt and mix dough on low-speed for about 2 minutes. Then let the dough bulk ferment (first rise) for 6 hours or until doubled. Fold it once each hour during the six-hour bulk fermentation. After bulk fermentation, place the dough onto a lightly floured surface and knead enough to gather into a ball. Shape it into the general shape you wish and then allow the dough to rest for 5 – 10 minutes (bench rest). After benching shape loaves into their final shapes and put them into the proofing baskets, pans, or couche. Cover the dough with plastic bag and refrigerate overnight.

In the morning, allow the dough to final proof for 2 – 3 hours (whenever the dough looks about 1 1/2 times its size and is spongy) then turn dough out on peel and slash, cover with roasting lid moistened with water, and bake in a 425F degree oven for 30 minutes. Alternatively, use your favorite method to generate initial steam. After 30 minutes, remove roasting lid, turn down the oven to 400F degrees and continue baking for about 10-15 more minutes, turning halfway for even browning. Bread is done when the internal temperature reaches 200-205F.

Take out loaf and cool on a rack.