

## **SUNFLOWER SEED KAMUT SOURDOUGH**

*(from the Bewitching Kitchen)*

100 g sourdough starter at 100% hydration  
110 g water, at room temperature  
200 g bread flour  
50 g kamut flour (or another flour of your choice)  
100 g sunflower seeds, toasted  
3/4 tsp sea salt  
2 tablespoons honey  
1/2 teaspoon instant yeast

Combine the flours with the toasted sunflower seeds and the salt in a large bowl. In another bowl, mix the water with the sourdough starter, dissolving it gently. Add the honey and the yeast, mix to combine.

Add the liquid ingredients to the bowl with the flour mixture, and incorporate it all using your hands. It will be pretty shaggy, once it's more or less incorporated, allow it to rest for 10 minutes.

Knead briefly on a surface coated with oil (avoid adding more flour), allow it to rest for 10 minutes.

Knead briefly again, and let the dough rest for 30 minutes.

Knead briefly one last time and let the dough rest for 1 hour.

Shape it as a ball, place in a banetton with the seam side up to rise for 2 hours.

Invert it on a piece of parchment paper, slash the surface and bake in a 450 F oven for 40 minutes, with initial steam.

Allow it to cool completely before slicing.