

50:50 SOURDOUGH

(from the Bewitching Kitchen)

100 g active sourdough starter at 100% hydration
390g water
250g whole-wheat flour
250g bread flour
10g salt

Dissolve the starter in the water in a large bowl, mixing well until it is well-dispersed. Add the flours and salt, mix with your hands or with a wooden spoon until it forms a shaggy mass.

After 20 minutes, do a minimal kneading, about 10 times or so until the dough becomes smooth. You will now allow the dough to ferment for 4 hours at room temperature, folding the dough every 40 minutes, and keeping it covered with plastic. You don't have to be precise, but allow the full four hours fermentation to take place. You can do foldings at 40 min, 1h 20 min, 2 hs, 2 hs 40 min, 3 hours 20 min. After that final kneading, leave the dough undisturbed for 40 minutes more, then proceed to shape as a round (or a batard, if you prefer).

Place inside a banetton well dusted with flour and keep it in the fridge overnight, from 8 to 12 hours.

Next morning, heat the oven to 450F.

Invert the dough on a piece of parchment paper and lightly, very lightly coat it with flour, then rub all over the surface with the palm of your hand. Score the pattern of your choice.

Bake at 450F for 45 minutes, preferably covered for the first 30 minutes to retain steam. Cool completely over a rack before slicing.