

Seeded Multigrain Sourdough Loaves

Ingredients:

- 1 ½ cups warm water
- 1 ½ tsp. Dry yeast
- 1 T honey
- ½ cup sourdough starter, ripe

In large bowl of stand mixer, combine water and yeast. Let this stand for 5 to 10 minutes to dissolve yeast.

Stir in the honey and sourdough starter.

- 3 ¼ cups bread flour
- ¾ cup whole wheat flour

In a medium bowl, combine the flours. Add these into the water/yeast mixture and stir with a fork and by hand to make a shaggy ball. Cover the bowl with plastic wrap or a towel and let it sit on the counter for 30 minutes.

- ½ cup Bob's Red Mill muesli*
- ¾ cup warm water
- 1 ½ tsp. salt

At the same time, combine the muesli and warm water in a medium bowl. When 30 minutes is up, add the soaked muesli and salt to the dough.

Attach a dough hook to your mixer and mix on low speed for 1 or 2 minutes to blend in the muesli and salt.

Cover the bowl and refrigerate overnight.

1. The next morning, take the bowl out and let it sit for two hours to warm up. Uncover the bowl and use wet hands to do the first set of “stretch-and-fold”.
2. Wait 30 minutes. Do a second set of “stretch-and-fold”. The dough should become more elastic and pliable.
3. Sprinkle some water on the counter and transfer the dough to the counter. Use a kitchen scissors to cut the dough into two equal pieces (if making loaves). Cut each portion into four equal pieces – eight total, if making rolls.

4. Prepare two baking sheets by lining them with parchment paper. Shape each portion of dough into a ball and place on baking sheets. Sprinkle each loaf/roll with a little coarse salt and sesame seeds.
5. Cover each baking sheet and let the dough proof for 35 minutes.
6. Check the loaves/rolls to see if they are rising; then preheat the oven to 490 degrees F. Use baking stones if you have them.
7. Use a peel to slide under the parchment paper and transfer dough to the hot baking stones.
8. Bake for 20-25 minutes until breads are browned on top and bottom. Cool thoroughly on wire rack.

*muesli ingredients: whole grain wheat, dates, sunflower seeds, raisins, whole grain rye, barley, whole grain oats, whole grain triticale, almonds, flaxseed and walnuts.