

Whole Wheat and Flax Sourdough Bread
From Marty's Kitchen. Spring 2020

This recipe was developed out of necessity when this Spring, when yeast was in short supply and I needed to make my favorite bread. My son helped me convert the recipe from a bread machine/yeast recipe to sourdough. Now it's the only way I make it. Be careful handling the very hot Dutch oven when putting in the dough/taking it out.

Whole Wheat and Flax Sourdough Bread

Makes a 2lb loaf

Ingredients:

245g warm water
155g white bread flour
135g whole wheat flour
50g flax meal
36g vital wheat gluten
100g sourdough starter
1 tablespoon oil (I use olive oil)
2 tablespoon molasses
1 teaspoon salt
2 tablespoon honey
1/3 cup sunflower seeds (raw)
1/3 cup pepitas/pumpkin seeds (raw)

Directions:

Add all ingredients (except nuts) to the mixer and use the dough hook to knead until windowpane (about 8 minutes). Add nuts the last few minutes of kneading. Dough may be sticky. Place dough in oiled bowl, cover and let rest for 3 hours. Turn dough out on floured surface, stretch and fold around dough about 6-8 times. Place in oiled/floured bowl, cover and place in refrigerator overnight.

In the morning, preheat covered Dutch oven in 500 oven for at least 30 minutes. While oven is heating, place dough on parchment on countertop, score top of dough. Once preheated, carefully place the dough/parchment paper in the Dutch oven (it's very hot), cover with lid.

Bake covered for 15 minutes at 500 in the Dutch oven.

Turn oven down to 350, carefully remove loaf from Dutch oven, place directly on oven rack (throw away parchment), bake additional 20 minutes or until dark golden brown.

yummy and moist!