

# Country Style Loaf: 35% Whole Wheat



## **Starter Maintenance**

20g water

20g flour

10g starter

Combine ingredients and mix. Ideal temperature is 70-75F. Allow to ferment 10-12 hours. This can be moved to once per day feedings if not used frequently.

## **For the Levain**

50g water

50g flour

10g starter

Four hours before mixing your dough, combine all ingredients and mix. Allow to ferment at room temperature. When ready, it will be bubbly and can be checked by floating a small piece in cool water.

## **For the Dough**

140g whole wheat flour

260g bread flour

340g water

60g levain

10g salt

## **Preparation**

Combine flour, 320g water, and levain. Mix until incorporated, cover, and set aside to autolyse for 30 minutes. Sprinkle salt and remaining water over the dough and press in with fingers and mix through. The temperature of your dough should be between 78-84F. Doughs that are warmer will ferment faster. Let dough rest 30-45 minutes and fold. At the same intervals, fold twice more and monitor temperature. The dough can be placed in the oven with the oven light on or in a warm area of the kitchen to help maintain temperature. After the third and final fold, let rest one hour. Test the dough with another float test to see if it's ready. Once it floats, turn the dough out onto an unfloured surface and, using a dough scraper, shape into a tight round. Rest dough another 30-45 minutes. During this time, prepare bowls lined with floured cloth or bannetons. With flour, shape dough into a boule or batard depending on your basket shape. Let rest a further 45-60 minutes and place into the refrigerator for 8-24 hours. To bake, preheat oven with cast iron pot at 550F. Once preheated, quickly pull out pot and place loaf within, give a score, and put into the oven, reduce temperature to 500F. After 25 minutes, remove lid, reduce temperature to 450F and bake until desired color, approximately 20 minutes further.

## **Note about the video:**

The timing of the transition between refrigerator and oven is crucial. If you watched the accompanying video, the loaves paused during this period and did not come out as tall as they normally would have. Be quick!