












ingredient variation

## GRAIN COUNT SOURDOUGH

A certain degree of competitiveness crops up among bakers when it comes to who can incorporate the most grains into a single bread dough. And that doesn't just happen with grains—it happens with seeds and nuts, too. Once you get past the first dozen or so

inclusions, though, we have to wonder how many different elements will be detectable in each slice. We're guessing not all that many.

But to play along, we offer four options here: breads with 7 grains, 21 grains, 24 grains, or 35 grains.

<b>TOTAL TIME</b>  Active 27 min Inactive 20 h 26 min	<b>DDT</b>  24–26°C/ 75–78°F	<b>DIFFICULTY</b>  Moderate: dough handling  Advanced: preparing grains	<b>OVENS</b>  ★Deck  ★Home  Convection  Combi	<b>YIELD / SHAPES</b>  1 lg boule/bâtard  2 sm boules/bâtards  13 rolls
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	INGREDIENTS	WEIGHT	VOLUME	%
①	Bread flour	400 g	3 cups	100
	Water	265 g	1 ¼ cups	66.25
	Liquid levain, mature see page 3-54	165 g	¾ cup	41.25
	Wheat bran	10 g	1 Tbsp	2.5
	Diastatic malt powder	1 g	½ tsp	0.25
②	Fine salt	10 g	2 tsp	2.5
③	Whole-grain, nut, and seed mix see page 108	210 g	1½ cups	52.5
	<b>Yield</b>	~1.06 kg		

For salt, flours, substitutions, and other notes, see pages viii–xi.

	NET CONTENTS	Weight	%
	Ingredients		
	Flour	483 g	100
	Water	347 g	71.84
	Wheat bran	10 g	2.07
	Salt	10 g	2.07
	Diastatic malt powder	1 g	0.21

Consume within 3 d, or freeze for up to 2 mo.

The grains are pressure-cooked together and cooled down before they are mixed into the dough. (Alternatively, if they are viable, you can sprout the grains instead of cooking them.) The seeds and nuts are toasted and cooled prior to mixing them into the dough.

### GENERAL DIRECTIONS

		PROCEDURE	NOTES	TIME			
				active / inactive			
<b>PREP</b>	grain mix	toast nuts and seeds as needed; combine grain mixture in a pressure cooker, cover with water, and close the lid tightly; cook according to the procedure on page 3-376 for 25 min; allow pressure to release before opening the lid		5 min / 55 min			
<b>MIX</b>	by hand*	combine ① in a bowl, and mix to a shaggy mass; autolyse 30 min; add ②, and mix until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid and plastic wrap	see Hand Mixing, page 3-116	5 min / 30 min			
	by machine*	combine ① in mixer's bowl, and mix on low speed to a shaggy mass; autolyse 20–30 min; add ②, and mix on medium speed to medium gluten development; turn off mixer, add ③, and mix on low speed until fully incorporated; transfer to a lightly oiled tub or bowl, and cover well with a lid and plastic wrap	see Machine Mixing options, page 101	37–41 min			
<b>BULK FERMENT</b>	by hand*	4 h total; 6 folds (1 fold every 30 min after the first hour), 30 min rest after final fold; after the first fold, add ③; mix with your hands using a squeeze, pull, and fold-over motion; check for full gluten development using the windowpane test	see How to Perform a Four-Edge Fold, page 3-129, and Gluten Development, page 3-89	5 min / 4 h			
	by machine*	2½ h total; 2 folds (1 fold every hour after the first hour); 30 min rest after final fold; check for full gluten development using the windowpane test		5 min / 2½ h			
<b>DIVIDE/ SHAPE</b>	divide	lg boule/bâtard	sm boule/bâtard	roll	miche	see How to Divide Your Dough, page 3-136	0–7 min
		do not divide	500 g	75 g	do not divide		
	preshape	boule/bâtard	boule/bâtard	roll	boule	see shaping boules and bâtards, pages 3-152–155, and rolls, page 3-176	5–7 min
	rest	20 min	20 min	20 min	20 min		20 min
	shape	boule/bâtard	boule/bâtard	roll	boule		5–7 min
<b>FINAL PROOF</b>	13 °C / 55 °F	14 h	14 h	n/a	14 h	see Final Proofing Methods, page 3-212; see page 66 for proofing times for rolls	12–16 h
	4 °C / 39 °F	12–16 h	12–16 h	n/a	12–16 h		
<b>SCORE</b>		for scoring options, see page 3-230					30 s–1 min
<b>BAKE</b>		see Sourdough Baking Times and Temperatures, page 67					15–55 min
<b>TOTAL TIME</b>		*Choose by hand or machine					by hand 32 min / 21 h 45 min by machine 27 min / 20 h 26 min