

DAWN'S WHOLE GRAIN SPELT BREAD

I spent a week at the Bread Lab last January to create whole grain pan loaves that would be ideal for toast. I had all sorts of ideas for toppings (see below), but these breads are so flavorful, that butter ended up being my favorite topping.

Recipe by Dawn Woodward

Yield: 2 loaves

Sourdough:

43 grams levain seed

173 grams spelt flour

173 grams water

Mix and let sit 10-12 hours (loosely covered)

Soaker:

288 grams spelt berries

288 grams water

Final Dough:

1265 grams Spelt flour

979 grams water

Soaker (above)

Sourdough (above)

40 grams sea salt

43 grams levain seed (rye or whole wheat)

Mix the spelt flour and water and let rest for 30 minutes. Add the remaining ingredients and knead until evenly mixed. Place in covered container and fold every 40 minutes over the next 2.5-3 hours.

Oil bread pans and let doughs rise for about 2 hours, or a little less.

Options: for a loaf with sprouted grains: Sprout 100 grams each of teff, rye, and spelt, and then add enough water back to sprouted grains to equal weight of the soaker.

Bake at 450F until internal temperature reaches 220F.

Toppings: The spelt is naturally sweet, but has a nice sour tang, so sweet or savory would be appropriate. I love fresh buffalo milk ricotta with apricot or sour plum jam. Or a tahini and carob molasses spread instead of a nut butter.

FIFE FOR LIFE BRAN BREAD

Just because as we worked together in the Bread Lab, Jonathan and I thought it would be fun to do more-than-100%-whole-grain loaf.... we added extra bran.

I highly recommend a digital thermometer, as these breads do get a dark top crust and sound "hollow" before they are thoroughly baked.

Recipe by Dawn Woodward

Sourdough:

45 grams whole wheat levain seed

178 grams Red Fife (or other tasty single varietal wheat)

178 grams water

Soaker:

223 grams Red Fife wheat bran

300 grams boiling water

Soak overnight in covered container

Final Dough:

1307 grams Red Fife Whole wheat

1134 grams water

Total soaker

Total sourdough

45 grams sea salt

Mix together the wheat and water and let rest for 30 minutes. Add the remaining ingredients and knead well. Ferment for 1.75-2 hours in warm environment. Shape into two loaves and place in oiled pans.

Proof for 1.75-2 hours.

Bake at 450F with steam. Bread is done when internal temperature reaches 220F.

Toppings: I really like highlighting the sweetness of the Fife and the bran, so apple, pumpkin or nut butters with honey or some sea salt, any sort of gianduja spread...For savory, some bitter greens mixed with a tallegio-style or fresh cheese.

SONNENBLUMEN ROGGENBROT PAN BREAD

Sunflower-seed rye...a wonderful classic.

Yield: 2 loaves

Recipe by Dawn Woodward

Sourdough:

44 grams rye levain seed

878 grams whole rye flour'

878 grams water

Mix well and ferment 10 to 12 hours

Soaker:

234 grams water

234 grams pumpkin or sunflower seed

(can also do one-third millet seed)

Final Dough:

Sour

Soaker w/water

586 grams rye flour

350 grams water

45 grams sea salt

Combine and ferment for 50 minutes in warm environment.

Put a generous amount of rye flour in shallow bowl and shape two loaves at 1.2 kilo each with wet hands and then roll in the flour, so that they are well coated. Place in oiled pans.

Proof for 2.5 hours, or until top is very cracked and domed.

Bake at 450F (with lots of steam if possible) until internal temperature reaches 220F.

Toppings:

BUTTER!! Or smoked trout with drained yogurt and thinly shaved radishes. If sweet is your thing, this bread stands up well to buckwheat and chestnut honeys. Tarragon, chive and chopped boiled egg would also be pretty yummy....