

## Honeyed Spelt and Oat

**Rating (01-10):** 08

**Hours to prepare:** 40

**Leaven type:** Sourdough Starter

**Recipe Source:** 'Sourdough' (Author: Sarah Owens) – p.123

**Bread Volume:** Makes two 688g boule loaves

**# of Times Baked:** 7

**Last Time Baked:** May 8, 2023



## Special Notes:

When I first baked this bread in January-2016, I had very good results: my dough slashing was the smoothest I had ever done; oven spring was great; appearance was very good; and the taste was very good, exceeded my expectations. I'll definitely bake this bread again. I suspect the good slashing and oven spring were the result of proofing slowly and making a very tight dough ball during final shaping.

When extracting the dough from the refrigerator to bake, make sure to not over-proof the dough (e.g., just give it 25-30 minutes on the counter away from the oven!)

Other things to remember when baking this particular bread:

- Use a generous amount of the 50-50 rice flour/whole wheat flour mix when coating the proofing container (e.g., banneton)
- When performing the final shaping, make the dough surface tension much tighter (without ripping the dough)
- Don't bake too long (since each is a relatively small loaf, check internal temperature and avoid overbaking – it seems like 33-35 minutes of baking at 430F is sufficient most of the time)

An alternative approach to baking this bread is to combine the steps outlined in the 'Day Before Baking' and 'Baking Day' into one day. Instead of performing a delayed fermentation overnight in the refrigerator, just let it ferment for 3-4 hours, but make sure you don't overproof (check the Proofing Dough hint).

## Special Tools:

- Dutch Oven combo cooker
- Sharp lame, Exacto knife, or serrated blade

## Ingredients:

### Leaven

INGREDIENT

QUANTITY

Water (78°F)	40g
Mature Starter	30g (100% hydration starter)
Whole Spelt Flour	40g

### Soaker

<u>INGREDIENT</u>	<u>QUANTITY</u>
Rolled Oats	140g
Boiling Water	275g

### Dough

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>BAKER'S %</u>
Water (80°F)	245g	45
Leaven	110g (all)	20
Soaker	415g (all)	75
Honey	45g	8
Total Flour	550g	100
-- White Flour	-- 445g	-- 81
-- Whole Spelt Flour	-- 105g	-- 19
Salt	11g	2

### Topping

<u>INGREDIENT</u>	<u>QUANTITY</u>
Rolled Oats	handfull
Egg Wash	1 egg & 1 TBSP water mixed

## Directions - Prep:

Ensure that the sourdough starter has been removed from the refrigerator and has been fed enough times to ensure it is rising and falling in a predictable manner.

## Directions – Two Nights Before Baking:

Two nights before planning to bake, prepare the leaven by mixing together the leaven ingredients listed above. Cover and let rise overnight at a cool room temperature (65°F).

At the same time, prepare the soaker in a separate bowl using the soaker ingredients listed above. Place oats in the bowl and then add the boiling water over top. Cover and let sit at room temperature until ready to mix dough.

## Directions – Day Before Baking:

Sometime in the late morning or early afternoon, start preparing:

1. Confirm that the leaven is ready by checking to see if it is puffy and 'active'
2. Pour 245g of 80°F water into a large mixing bowl
3. Add the 110g of leaven and stir to disperse
4. Add the entire soaker and the honey, stirring to combine thoroughly
5. Add 550g of flour (445g of white flour & 105g of whole spelt flour) and mix thoroughly by hand
6. Cover and let the dough rest (autolyze) for 25-30 minutes
7. Slowly and in stages, sprinkle the 11g of salt on the dough, mixing thoroughly by hand
8. Fold dough on top of itself and transfer to a clear container and cover to start the Bulk Fermentation process, maintaining the dough between 78°-82°F for 3-4 hours, and performing a turn every 30 minutes (grab underside of dough, stretch it up, and fold it over top of the rest of the dough 4-5 times during a single 'turn')
9. After the first 2 hours of Bulk Fermentation, turn the dough more gently to avoid pressing gas out
10. Look for signs that the dough is properly developed
  - a. Dough feels aerated and softer
  - b. Dough becomes more cohesive and releases from the sides of the bowl during turns
  - c. The ridges left by a turn will hold their shape for a few minutes
  - d. There will be a 20-30% increase in volume
  - e. More air bubbles will form along the sides of the container
11. Once the dough is developed, pull it onto a lightly floured work surface and lightly flour the surface of the dough
12. Use a bench knife to cut the dough into 2 equal pieces and flip each piece so the floured side is down
13. Fold the cut side of the dough onto itself so that the flour on the surface of the dough is sealed on the outside of the loaf
14. Using hand and bench knife, work each piece of dough into a round shape, developing a taut, smooth outer surface with as few movements as possible
15. Allow shaped loaves to rest (Bench Rest), covered for 20-30 minutes
16. Lightly flour the top surface of the dough rounds and, using the bench knife, maintain round shape & flip each over so floured side is on work surface
17. Create a neat package
  - a. Fold the third of the dough closest to you up & over the middle third of the round
  - b. Stretch out the dough horizontally to your right & fold the right third over the center
  - c. Stretch the dough to your left & fold this third over the previous fold

- d. Stretch out the third of the dough furthest from you & fold this flap toward you over the previous folds, and anchor it in place with your fingers
  - e. Roll the package over so that the smooth underside of the loaf is now on top and all seams are on the bottom
  - f. Cup hands around the dough & pull towards you, rounding it against the work surface to tighten the tension
18. Let the shaped loaf rest a 1-2 minutes
  19. In a small bowl, mix a 50-50 mixture of rice flour & whole wheat flour
  20. Liberally apply rice flour mixture to containers being used for Final Rise (directly on banneton and on a towel that will line a bowl)
  21. Using bench knife, move each dough round into the banneton or bowl so that the smooth side is down
  22. Cover each container with plastic and a towel and start Final Rise at room temperature for about 5 minutes
  23. Transfer proofing containers to refrigerator and perform a delayed fermentation overnight in the refrigerator

## Directions – Baking Day:

After the dough has proofed for at least 10 hours, but not more than 24 hours, take the following steps:

1. Pull one of the proofed loaves out of the refrigerator and bring the dough to room temperature and at the same time extend the proofing for about 30 minutes
2. Place the dutch oven combo cooker in the oven and pre-heat to 500°F
3. Prepare an egg wash (stirring together 1 egg and a TBSP of water)
4. Prepare Loaf#1 for baking
  - a. Remove dutch oven combo cooker from oven and place small amount of rice flour in shallow piece of dutch oven
  - b. Inverting the basket, carefully turn the dough into the shallow piece of the dutch oven combo cooker
  - c. Score the dough with a sharp lame
    - i. make sure surface is very taught when doing final shaping
    - ii. ensure blade is very sharp
    - iii. dry the dough surface (try using a fan)
    - iv. wipe off any excess flour so egg wash will stick better
    - v. gently support dough at opposite direction of slash with opposite hand
    - vi. cut at angle ~1/4" deep using a confident, smooth, quick motion
  - d. Apply egg wash to top of loaf and sprinkle rolled oats onto surface
  - e. Cover and return to the oven
5. Immediately reduce temperature to 430° and bake for 20 minutes
6. After 20 minutes of baking, remove cover

7. Pull the second proofed loaf out of the refrigerator, bring to room temperature, and allow proofing to continue
8. Continue to bake until crust is a deeply caramelized color (~13-15 minutes for small loaves like these – i.e., 688g)
9. Remove bread from oven and from dutch oven combo cooker; return dutch oven combo cooker to oven; and raise temperature of oven the 500°F
10. Once oven reaches 500°F, repeat Steps 4-9 for Loaf#2