

# Enkir Bread



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✂ For 2 loaves of 550-600g

## Ingredients

200 g of sourdough (active)  
400 g enkir flour  
200 g of wheat flour  
400 g of water  
15 g of salt

## Method

The night before, please refresh the sourdough. The next day take the sourdough and put it in a large bowl, add warm water, rice malt and with a fork, dissolve the yeast well until it's without lumps. Add the flours, salt and mix. Put the dough on pastry board and start working it with the hands, then beat it vigorously (see the video) on the pastry board, it takes about 15 minutes. Form a ball, cover with a damp cloth and let rise for 2 hours. After this time, deflate the dough to obtain a rectangle, and proceed to the fold. Take one third of the overall rectangle and bend the two sides, left and right, one over the other, turn of 90° and repeat the operation. Cover with the wet cloth or with cling film and let rest for one hour, then proceed with another series of folds and let rest for half an hour.

Take the dough, cut it into two parts and form two round loaves. Put the loaves in a basket covered with floured cloth, cover with cling film and let rise until they have doubled (4-5 hours). Put the loaves on a baking pan covered with baking paper, make incisions on the surface with a cutter, bake with steam in preheated oven at 200°C for 30-35 minutes. Remove from the oven and let cool completely on a grid before serving.