

Soy Loaves



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 For 4 loaves of about 250 g

Ingredients

200 g of sourdough (active)
100 g of soybean flour
100 g of wholemeal flour
400 g of wheat flour "0"
340 g of water
12 g of salt
soy flakes to decorate

Method

The night before, please refresh the sourdough, so that it wake up. The next day take 200 gr of sourdough and put in a large bowl, add warm water and with a fork, dissolve the yeast well until it's without lumps. Add the flours, salt and mix, then put the dough on pastry board and start working it with the hands, then beat it vigorously 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, deflat 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 four equal parts, then form a loaves. Put them on a 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 and sprinkle with soy flakes and make three vertical incisions on the surface with a cutter, bake with steam in preheated oven at 200°C for 25-30 minutes. Remove from the oven and let cool on a grid before serving.