

wholemeal bread



✂ For a loaf of about 1 Kg

Ingredients

200 g of sourdough (active)
300 g of wholemeal flour
200 g of wheat flour "0"
300 g of water
10 g of barley malt or honey
12 g of salt

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 malt, flour, salt and mix, until the flour will have absorbed all the liquid. Put the dough on pastry board and start working it with the hands, than beat it vigorously on the pastry board, it takes about 15 minutes. Form a ball, cover with a damp cloth and let rise for 3 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 cloth and let rest for one hour.

Take the dough and form a loaf. Put it in a basket covered with a floured cloth, cover and let rest for another 4-5 hours. Turn the dough on a baking pan covered with baking paper and make incisions on the surface with a cutter, bake in preheated oven for 50-60 minutes at 200°C. During the heating of the oven put a little pot with water to make steam. Remove from the oven and let cool on a grid.