

Preparation:

Your sourdough should be fed before baking bread and left at room temperature for a few hours. It is best to feed it the night before you want to bake. This way, the microorganisms will become active again after the resting phase in the refrigerator.

Ingredients:

- 800 g spelt flour
- 175 g wholemeal rye flour
- Approx. 100 g sourdough (you should keep approx. 50 g sourdough left from your starter)
- 1 packet of dry yeast
- 15 g salt
- 1 tablespoon bread spice (ground/crushed coriander seeds, fennel seeds, cumin, aniseed)
- 325 ml lukewarm water
- Optional: oat flakes, sunflower seeds, and/or linseeds



Take about 50 g of your sourdough, put it in a clean screw-top jar and put it in the fridge. This part will then be fed again for 1-2 days when you want to bake a new loaf, so that you will have enough active sourdough again.

Mix all the dry ingredients well in a large bowl.

Add the rest of the sourdough to the flour and the other ingredients in the bowl, wash out the container with the lukewarm water and put it in the bowl as well. Now you can gently stir in the water either with a wooden spoon or using the dough hook. When everything is mixed, knead the dough well with your hands.

If you wish, you can now knead in oat flakes, sunflower seeds and/or linseeds. If this makes the dough too dry, add a little more water. The dough should be smooth but still slightly sticky/moist.

Cover the bowl with a cloth and leave the dough to rise in a warm place for 2 hours.

Farmhouse Bread made with Sourdough

Sprinkle some flour on the work surface and shape the dough into a round loaf.

Place the dough in a proofing basket or bowl about the size of your loaf and let the dough rise for another 15 minutes. If you use a bowl, sprinkle some flour in to avoid that the dough will stick to it.

Preheat the oven to 230 ° C and place an ovenproof dish with water on the bottom of the oven.

Place baking paper on an oven tray and turn the loaf out onto the tray. Cut the loaf crosswise and put it on the middle shelf of the oven.

After 15 minutes, turn the temperature down to 200 ° C and bake the bread for another 30 minutes.

When the baking is done, use a wooden spoon to tap on the bread. It should sound hollow. If the bread does not sound hollow, leave it in the oven for another 10 minutes.

Allow the bread to cool before cutting.

Enjoy!

Tip:

If you think you can't eat all the bread during the next 2 days, you can freeze some of it now. You can defrost this bread at room temperature and then bake it in a preheated oven at 210 ° C for 5-10 minutes (the smaller the piece, the faster it is ready). This way you'll always have fresh bread!

