

## 100% Emmer Sourdough

Like rye, emmer has low gluten levels but in comparison to rye flour the dough is soft and holds together a bit better than rye. This 100% emmer loaf seems to do best with baking right after loaf formation with no second rise.

### Starter

Two Loaves	Ingredient	One Loaf
½ Cup, 108 g	Liquid Levain, 10%	¼ cup, 54 g
½ cup, 119 g	Water, tap, 11%	¼ cup, 60 g
1 cup, 140 g	Emmer flour, 13%	½ cup, 70 g

### Farro Soaker

Two Loaves	Ingredient	One Loaf
2 cups, 474 g	Boiling water	1 cup, 237 g
1 cup, 170 g	Emmer Farro (Emmer berries) or wheat berries, 15%	½ cup, 85 g

In a large bowl, stir the liquid levain, water and emmer flour together. Cover and allow to ferment overnight at room temperature. In another container, stir the boiling water and emmer farro together and allow to sit overnight at room temperature.

### Dough

Two Loaves	Ingredient	One Loaf
2 1/4 cups, 533 g	Water, from soaker and tap, 48%	1 plus 2 Tbsp, 267 g
¼ cup, 55 g	Oil, 5%	2 Tbsp, 27 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
7 cups, 980 g	Emmer flour, 88%	3 ½ cups, 490 g
All from above	Soaker	All from above

The next morning add the water, oil and salt to the starter and stir until well mixed. Drain excess water from the soaker and then stir the remaining emmer flour and the soaker farro into the dough mixture. Cover and allow to ferment at room temperature for 6-9 hours.

Preheat the oven, baking stone and steam pan to 450 degrees. Divide the dough in half (if making two loaves) and shape each loaf into a boule or batard. Place each loaf on a parchment covered peel. Score the loaves then slide immediately (no second rise) onto the baking stone. Turn the oven down to 400 degrees and pour a cup of water into the steam pan. Bake for 45 minutes then remove to a wire rack to cool.