

Emmer Country Loaf

This is a more conventional loaf showcasing the flavor of emmer. Watch out for lots of oven spring.

Soaker

Two Loaves	Ingredient	One Loaf
1 cup, 170 g	Emmer farro (emmer berries) or wheat berries, 18%	½ cup, 85 g
2 cups, 474 g	Boiling water	1 cup, 237 g

Stir the boiling water and emmer farro together and allow to sit 8-24 hours at room temperature prior to mixing up the dough.

Two Loaves	Ingredient	One Loaf
3 cups, 420 g	Emmer flour, 44%	1 ½ cups, 210 g
4 cups, 544 g	Bread flour, 56%	2 cups, 272 g
1 ½ Tbsp, 14 g	Yeast, 1.5%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
¼ cup, 55 g	Oil, 6%	2 Tbsp, 28 g
¼ cup, 85 g	Molasses or corn syrup, 9%	2 Tbsp, 43 g
2 ¾ cups, 652 g	Water, heated to 105-115 degrees, 68%	1 ¼ cup plus 2 Tbsp, 326 g

In a large bowl, stir together the emmer flour, bread flour, yeast and salt. Form a cup in the middle of the dry ingredients and add the oil and molasses or corn syrup then water. Drain any excess water off the soaker, then add to the dough mix, saving back a few tablespoons to place on top of the loaves. Stir together until smooth then stir vigorously for another 15-30 seconds. Cover and allow to rise at room temperature for 2 hours then refrigerate or refrigerate immediately and allow to rise in refrigerator for at least 12 hours prior to using dough.

Remove the dough from the refrigerator and preheat the oven, baking stone and steam pan to 450 degrees. On a floured surface, fold the dough a few times then shape the dough into a boule(s) or batard(s) and place on a parchment covered peel or baking sheet. Sprinkle the remaining soaked emmer farro on top then cover lightly with plastic wrap and allow to rise at room temperature for about 30-45 minutes while the oven heats up.

Score the loaves then slide 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.