

Miche from Sourdough

Starter

Ingredient	Amount
Liquid Levain, 17%	1 cup, 215 g
Bread flour, 22%	2 cups, 272 g
Water, 19%	1 cup, 237 g

Dough

Ingredient	Amount
Starter	Mix from above
Water, 43%	2 1/4 cups, 533 g
Bread flour, 33%	3 cups, 408 g
Whole wheat or spelt flour, 23	2 cups, 284 g
Rye flour, 22%	2 cups, 270 g
Salt, 2%	1 1/2 Tbsp, 21 g

In the evening on day one, mix the liquid levain and water in a large bowl. Stir in the bread flour and mix well. Cover and allow to stand at room temperature overnight.

The next morning, add water to the starter mixture and stir until smooth. Stir in the bread flour, whole wheat or spelt, rye flour and salt until well mixed. Cover and allow to rise at room temperature for 7-9 hours.

On a floured surface, fold the dough a few times then form the dough into a boule. Place on parchment paper on a peel or cutting board. Cover lightly with plastic wrap and allow to rise at room temperature for about 45 minutes.

Meanwhile, preheat the oven, baking stone and steam pan to 450 degrees. Uncover and score the loaf, then slide onto the baking stone. Add a cup of hot water to the steam pan and turn the oven down to 400 degrees. Bake for 55 minutes then remove to a wire rack to cool.