

Multigrain Spelt Sourdough

Starter

Two Loaves	Ingredient	One Loaf
½ cup, 108 g	Liquid levain, 9%	¼ cup, 54 g
½ cup, 119 g	Water, 10%	¼ cup, 60 g
1 ½ cups, 213 g	Spelt, 17%	¾ cup, 107 g

Prepare the both the starter and soaker the evening prior to baking. Mix the liquid levain, water, and spelt in a large bowl. Cover and allow to ferment overnight at room temperature.

To start the soaker, mix the water, old fashioned oats, pumpkin seeds, flax seeds and sunflower seeds together and allow to soak at room temperature overnight.

Soaker

Two Loaves	Ingredient	One Loaf
1 cup, 237 g	Water, 19%	½ cup, 119 g
½ cup, 40 g	Old Fashioned Oats, 3%	¼ cup, 20 g
¼ cup, 35 g	Pumpkin seeds, 3%	2 Tbsp, 18 g
¼ cup, 40 g	Flax seeds, 3%	2 Tbsp, 20 g
¼ cup, 31 g	Sunflower seeds, 2.5%	2 Tbsp, 16 g

Dough

Two Loaves	Ingredient	One Loaf
2 ½ cups, 593 g	Water, 48%	1 ¼ cup, 296 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
2/3 cup, 267 g	Corn syrup, 21%	1/3 cup, 113 g
3 cups, 408 g	Bread flour, 33%	1 ½ cups, 204 g
1 cup, 130 g	Whole wheat flour, 10%	½ cup, 65 g
1 cup, 135 g	Rye flour, 11%	½ cup, 68 g
½ cup, 71 g	Cornmeal, 6%	¼ cup, 36 g
2 cups, 284	Spelt flour, 23%	1 cup, 142 g

The next morning, stir the starter and soaker together and add the remaining dough ingredients. Stir until smooth then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 7-9 hours.

When ready to bake, divide the dough in half (if making two loaves). Shape each half into a boule, batard or torpedo then place on a peel or baking sheet covered with parchment paper. Sprinkle the loaves with flour then cover loosely with plastic wrap. Allow to rise at room temperature for 1 hour.

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Meanwhile, preheat the oven, baking stone and steam pan to 450 degrees. Uncover the loaves and score, then slide onto the baking stone. Turn the oven down to 400 degrees and pour 1 cup of water into the steam pan. Bake for 45 minutes and remove to a wire rack to cool.