

Mustard Rye Sourdough

Starter

Two Loaves	Ingredient	One Loaf
1 cup, 230 g	Rye sourdough starter, 22%	½ cup, 115 g
1 cup, 237 g	Water, room temperature, 22%	119 g
2 cups, 270 g	Rye flour, 25%	135 g

Dough

Two Loaves	Ingredient	One Loaf
½ cup, 80 g	Polenta, 7.5%	¼ cup, 40 g
2 ¼ cups, 533 g	Water, room temperature, 50%	1 cup plus 2 Tbsp, 267 g
¼ cup, 85 g	Honey, 8%	2 Tbsp, 43 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
1/3 cup, 90 g	Prepared mustard, 8%	3 Tbsp, 45 g
2 Tbsp	Mustard seed	1 Tbsp
2 Tbsp	Caraway seed	1 Tbsp
4 ¼ cups, 578 g	Bread flour, 54%	2 cups plus 2 Tbsp, 289 g
1 cup, 135 g	Rye flour, 13%	½ cup, 68 g

In the evening of day one, mix the rye starter and water in a large bowl. Allow the starter to soften for a few minutes then stir in the rye flour. Cover and allow to ferment overnight at room temperature.

In the morning of day two, sprinkle the polenta on a baking sheet and toast for 8-10 minutes at 350 degrees. Allow to cool while getting the other ingredients around.

In the morning of day two, stir the water into the starter and allow to soften for a few minutes. Stir in the honey then polenta, salt, mustard powder, mustard seed and caraway seed. Stir in the flours then stir with a large spoon until well mixed then cover and allow to rise at room temperature for 8-10 hours.

Divide the dough in half (if making two loaves) and form the dough into boules or batards. Place loaves on parchment paper on a peel or cutting board, cover loosely with plastic wrap then allow to rise at room temperature for about 30-45 minutes while the oven warms up.

Meanwhile, preheat the oven, baking stone and steam pan to 450 degrees. Uncover then score the loaves, and 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 45 minutes then remove to a wire rack to cool.