

Peasant Rye Sourdough With Flax and Sunflower Seeds

Soaker Seeds

Two Loaves	Ingredient	One Loaf
¼ cup, 33 g	Raw unsalted sunflower seeds	2 Tbsp 16 g
¼ cup, 40 g	Flax seeds, whole	2 Tbsp, 20 g
1 cup, 237 g	Water	½ cup, 119 g

Six to ten hours before mixing up the dough, add water to the sunflower seeds and flax seeds and allow to stand at room temperature. Drain off excess water when ready to make the dough.

Starter

Two Loaves	Ingredient	One Loaf
1 cup, 230 g	Rye starter, 24%	½ cup, 115 g
1 ½ cups, 356 g	Water, room temperature, 37%	¾ cup, 178 g
2 cups, 270 g	Rye flour, 28%	1 cup, 135 g
1 ½ cups, 204 g	Bread flour, 21%	¾ cup, 102 g

Six to ten hours before mixing up the dough, stir together the rye starter and water in a large bowl and allow to soften for a few minutes. Stir in the rye and bread flour until smooth, cover, and allow to ferment at room temperature.

Dough

Two Loaves	Ingredient	One Loaf
	Starter from above	
	Soaker from above	
1 ½ cups, 356 g	Water, room temperature, 37%	¾ cup, 178 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	¾ Tbsp, 11 g
3 ½ cups, 476 g	Bread flour, 50%	1 ¾ cups, 238 g

Add water to the starter mix and allow to soften for a few minutes, then stir in the salt and bread flour. Stir until smooth then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 6-9 hours then refrigerate or proceed to baking.

Remove dough from the refrigerator and divide in half if making two loaves. Shape the dough into a batard and place on a baking sheet or peel covered with parchment paper. Cover with plastic wrap and allow to rise at room temperature for 30-45 minutes or so while the oven warms up.

Preheat the oven, baking stone and steam pan to 450 degrees. When ready to bake, remove the plastic wrap, slide the loaf onto the baking stone and pour a cup of tap water into the steam pan. Bake for 50 minutes then remove to a cooling rack. Allow to cool completely before slicing.