

Psomi

Psomi is a Greek sourdough made with whole grains and a sesame seed topping.

| Two Loaves | Ingredients | One Loaf |
|---------------|------------------------|--------------|
| 1 cup, 215 g | Liquid levain, 23% | ½ cup, 108 g |
| 1 cup, 237 g | Water, 25% | ½ cup, 119 g |
| 2 cups, 260 g | Whole wheat flour, 28% | 1 cup, 130 g |

In a large bowl, the evening prior to baking, mix the starter, flour and water together. Cover and allow to stand overnight at room temperature.

| Two Loaves | Ingredient | One Loaf |
|--|------------------------------|--|
| From above, about 3 cups | Starter | From above, about 1 ½ cups |
| 1 ¼ cups, 296 g | Water, room temperature, 31% | ½ cup plus 2 Tbsp, 148 g |
| 1 ½ Tbsp, 21 g | Salt, 2.2% | ¾ Tbsp, 11 g |
| ¼ cup, 56 g | Butter, softened, 6% | 2 Tbsp, 28 g |
| ½ cup, 170 g | Honey, 18% | ¼ cup, 85 g |
| ½ cup, plus more for sprinkling, 64 g | Sesame seeds, toasted, 7% | ¼ cup, plus more for sprinkling, 32 g |
| 5 cups, 680 g | Bread flour, 72% | 2 ½ cups, 340 g |

The next morning, stir the water into the starter, then stir in the remaining ingredients until smooth. Stir vigorously another 15-30 seconds then cover and allow to rise at room temperature for 7-9 hours or until almost doubled.

Remove dough from the refrigerator and divide dough in half (if making two loaves). Shape each dough half into a boule or batard then place on a parchment covered peel or baking sheet and cover loosely with plastic wrap. Allow to rise at room temperature for about an hour.

Preheat the oven, baking stone and steam pan to 450 degrees. Brush the loave(s) lightly with water then sprinkle on sesame seeds and slash the loaves. Slide onto the baking stone. Turn the oven down to 400 degrees and pour 1 cup of hot water into the steam bath. Bake for about 45 minutes then remove to a wire rack to cool.