

## Sourdough Ciabatta

Two Loaves	Ingredient	One Loaf
1 cup, 215 g	Liquid levain, 25%	½ cup, 108 g
3 cups, 801 g	Water, room temperature, 94%	1 ½ cups, 400 g
4 tsp, 18 g	Salt, 1%	2 tsp, 9 g
4 Tbsp, 34 g	Gluten, 4%	2 Tbsp, 17 g
6 cups, 816 g	Bread flour, 96%	3 cups, 408 g

Sixteen to 20 hours prior to baking, stir the liquid levain and water together in a large bowl. Stir in the salt, gluten and bread flour until smooth, then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 8-10 hours (overnight).

After the initial rise, coat a rubber spatula with nonstick cooking spray then gently fold the dough 3-4 times within the bowl. Cover and allow to rise at room temperature for another 7-9 hours.

Preheat the oven, baking stone and steam pan to 500 degrees. Spread a tablespoon of olive oil over the work surface then sprinkle the surface heavily with flour. Gently use a spatula to scoop the dough out onto the work surface. Divide the dough in half (if making two loaves), then gently pull each loaf out into a rectangle about 5 by 10 inches in size. Grab both ends of the loaf with both hands and gently flip the loaves onto a peel or baking sheet covered with parchment paper and immediately slide onto the baking stone. Turn the oven down to 475 degrees and bake for 30 minutes or until the top is golden brown. Remove to a wire rack to cool.

**Ciabatta integrale:** Substitute  $\frac{3}{4}$  cup (one loaf) or 1 ½ cups (two loaves) whole wheat flour for the same amount of bread flour. Add an extra 1 Tbsp water (one loaf) or 2 Tbsp water (two loaves).