

## Whole Wheat Sourdough with Fennel and Currants

Two Loaves	Ingredient	One Loaf
1 cup, 230 g	Stiff levain, 20%	½ cup, 115 g
1 cup, 237 g	Water, 21%	½ cup, 119 g
1 ½ cup, 195 g	Whole wheat flour, 17%	¾ cup, 98 g

In a large bowl the night prior to baking, stir the water and stiff levain together. Allow to stand a few minutes to soften the levain then stir in the whole wheat flour. Cover and allow to ferment at room temperature overnight.

Two Loaves	Ingredient	One Loaf
1 cup, 237 g	Water, 21%	½ cup, 119 g
1 cup, 245 g	Milk, 22%	½ cup, 123 g
¼ cup, 55 g	Oil, 5%	2 Tbsp, 28 g
2/3 cup, 227 g	Corn syrup or honey, 20%	1/3 cup, 114 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
3 cups, 390 g	Whole wheat flour, 35%	1 ½ cups, 195 g
4 cups, 544 g	Bread flour, 48%	2 cups, 272 g
½ cup, 56 g	Wheat germ, 5%	¼ cup, 28 g
4 tsp	Ground fennel	2 tsp
2 Tbsp	Fennel seeds	1 Tbsp
1 cup, 150 g	Currants, craisins or raisins, 13%	½ cup, 75 g

The next morning, stir the water, milk, oil and corn syrup or honey to the starter and stir until smooth, then stir in the remaining ingredients until smooth. Stir vigorously for another 15-30 seconds then cover and allow to rise at room temperature for 7-9 hours then proceed with baking or refrigerate dough until ready to use.

Divide the dough in half (if making a two loaf batch) and form the loaves. Place on a parchment covered peel or baking sheet then cover lightly with plastic wrap and allow to rise at room temperature for another 30-45 minutes while the oven warms up.

Preheat the oven, baking stone and steam pan to 450 degrees. Sprinkle the loaves with whole wheat or white flour, then score and slide onto the baking stone. Pour 1 cup of hot water into the steam bath and turn the oven down to 400 degrees. Bake for about 45 minutes then remove and cool on wire racks.