

## Bread/Vollkornbrot

## Bread/Vollkornbrot



- A: 35g sourdough starter  
35g flour  
35g whole wheat flour  
70g water at 70F  
B: 35g wheat berries  
250g wheat berries, ground into flour  
C: 15g wheat berries, cracked  
10g malted barley, ground into flour  
85g sunflower seeds  
75g flax seeds  
20g sesame seeds  
15g chia seeds  
9g salt, ground fine  
330g water at 90F  
D: 1/4C rolled oats  
1. Combine (A) in small bowl, cover, and develop laven for 4-5 hours.  
2. Soak (B) in water for 90 minutes.

*From the kitchen of David and Jennifer Deaven*

3. Combine (C) in large bowl, knead to combine, cover, and allow to autolyse for 90 minutes.
4. Combine (A, B, C), knead 5 minutes to combine, allow to rest 30 minutes, knead again 3 minutes, then allow 2 1/2 hours bulk ferment.
5. Place in heavily buttered square pan and top with (D). Place in dutch oven with a bit of water, covered, and bake 500F for 25 minutes. Uncover, reduce heat to 400F, and bake 25 minutes more.  
Servings: 24

\$ID: vollkornbrot,v 1.1 2021/03/19 21:34:05 deaven Exp \$

*From the kitchen of David and Jennifer Deaven*