

## Sesame Sourdough - makes one large loaf

### Starter Re-feed - 8 hrs @ 28°C

10g	Mature Starter
25g	Strong White Flour
12g	Wholemeal Flour
12g	Dark Rye Flour
40g	Tepid Water

### Levain - 12hrs @ 28°C

15g	Starter
40g	Strong White Flour
20g	Wholemeal Flour
20g	Dark Rye Flour
65g	Tepid Water

### The Dough

90g	Levain
450g	Strong White Flour
50g	Wholemeal Flour or Spelt Flour
350g	Water (32°C)
10g	Sea Salt
10g	Tepid Water
75g	Sesame Seeds
Extra for coving the loaf	

### **Method** : Approx schedule :

#### Day 1 :

8am Re-feed starter  
8pm Make up the levain

#### Day 2:

8.00am: Autolayse levain, flour and water  
8.40am: Add the salt and remaining water  
9.10am Lamination Fold  
9.35am 1st Stretch and Fold  
10.05am 2nd Stretch and Fold  
10.35am 3rd Stretch and Fold  
11.05am Bulk Fermentation at 28°C  
1.05pm 25-50% increase in size  
1.05pm Pre-shape and rest  
1.25pm Shape  
1.25pm Retard in the fridge for 24-30hrs

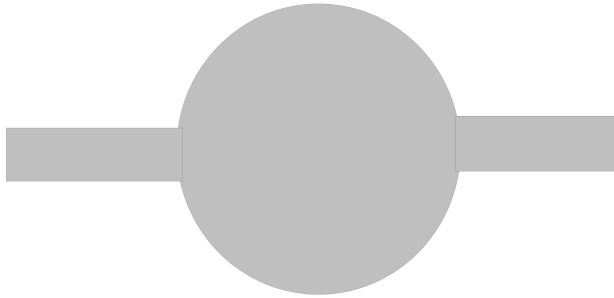
### Day 3:

7pm the next day: Bake !

#### Technique

1. On day one, remove your starter from the fridge. Discard all but approx 10g of it and to this add the flours and water, and mix well
2. Cover and leave this to ferment for 8 hrs ideally at 28°C
3. After 8 hours, use 15g of the starter to a large jar or lidded pot, and mix to this the flour and water. Mix in well. Use a marker pen, or elastic band to mark the height of the levain.
4. Cover and leave this for 12 hrs to either double or triple in size.
5. Once your levain is ready, add 90g of this to ideally a straight sided clear/opaque bucket, or steep sided bowl. To this add the flours ,water ( not the salt or 10g water yet) and Sesame Seeds. Mix this until there are no dry bits of flour. \*\*\* the remaining levain leftover now becomes your starter for your next loaf and can be stored in the fridge.
6. Mark the bucket with a marker or elastic band to indicate the height of the start of the dough.
7. Leave this to Autolayse ( rest without salt) for 40mins at 28°C
8. After 40mins, add the salt and remaining water. Mix this well into the dough.
9. Leave this to rest for 30mins
10. Do a lamination fold. Lift the dough out of the bucket/bowl and onto a dry clean work surface.
11. Working with your hands under the dough, and from the centre outwards, carefully stretch the dough as far as it will allow you to stretch, BUT without breaking or tearing the dough. \*\*\* better to under stretch than over stretch.
12. Once fully stretched, carefully fold the dough into thirds and roll up and place back in the bucket/bowl to rest for 30mins
13. After 30 mins, lightly wet a hand, carefully slide your hand under the dough and carefully lift a section and with a slight 'wiggle', but only lift as far the dough will allow and without tearing the dough, then fold this over and onto the dough.
14. Repeat this 4 times around the dough. This is 1st stretch and fold
15. Leave to rest for 30mins and repeat step 13. This is the 2nd stretch and fold
16. Leave to rest for 30mins and repeat step 13. This is the 3rd stretch and fold
17. Leave the dough to bulk ferment now ideally at around 28°C until it has reached a 25 -50% increase in size
18. Once the bulk ferment is complete, it is now time to pre-shape. Carefully remove the dough from the bucket onto a work surface. Using a wetted hand or a bench scraper carefully roll the dough towards you, turn 90° and repeat. You should see tension and the dough tighten up in a ball shape. Don't do this to the extent the dough begins to tear !
19. Cover the pre-shaped dough for 25mins
20. Dust your bannaton basket well with flour
21. Sprinkle some flour around the outside of the dough, but not on the dough.
22. Using your bench scraper ( credit card, or a piece of cardboard if not) and push the flour under the dough. This releases it from the bench and stops it sticking.
23. Now gently pull the dough and flatten it out ( but not too much)
24. Begin lifting an edge, lift and fold onto its opposite side of the dough, repeat this going around the dough - you are aiming to introduce tension into the dough.

25. Now turn the dough over and repeat drawing the dough toward you, turn 90°C and repeat. Repeat this until you have good tension in the dough but NO tears!
26. Add some sesame seeds to a salt baking tray and roll the shaped loaf in the seeds
27. Carefully lift into the banaton basket and cover ( I use a shower cap for this)
28. Place in the fridge to retard the proving and to bake the next day
29. Place your dutch oven in the oven on the bottom shelf and turn your oven onto 250°C Fan for about 45mins
30. Cut out a piece of parchment paper, a circle the diameter of the base of the Dutch Oven and with two long strips coming from it ( handles)



31. Remove the basket and dough from the fridge
32. Have a 'lame' or sharp craft knife, and spray bottle with water close by
33. Turn the dough onto the centre of the parchment paper
34. Dust off the excess flour and using a lame, score the dough - going all the way from one edge to another is my favourite.
35. Spray the surface of the dough with water in the spray bottle ( this further helps develop the crust)
36. Carefully lift into the dutch over using the handles, replace the lid and place in the oven
37. Bake for 30mins at 250°C with the lid on
38. After 30mins, remove the lid ( careful its very hot !)
39. Bake for a further 15 -20mins at 250°C, or until you see some slight charing in the score edges and lovely rich deep golden colour on the crust.
40. Remove from the oven, and dutch oven and allow to cool on a rack for 30mins before cutting into it.