



Recipe for Seeded Sourdough Ruch Bread ♥

Ingredients:

- 150 g Ruch flour
- 150 g wheat flour Tipo 2 ("Emilia" or "Antiqua" from Bongu, W-value 300, protein 14%), alternatively wheat flour T 1050 (with high protein content)
- 225 g water (75%) + 6 g water (2%)
- 60 g levain (20%) • 7.5 g salt (2.5%)
- Seed mix: pumpkin seeds, sunflower seeds, pine nuts, sesame seeds

Preparation:

1. **Prepare the levain:** Mix the levain in a ratio of 1 (starter) : 2 (flour) : 2 (water) and let it ripen.
2. **Autolyse:** Mix both types of flour with 225 g of water and let the mixture rest.
3. **Incorporate the levain:** Once the levain is ripe, add it to the flour-water mixture and mix it thoroughly by hand. Let the dough rest for 20 minutes.
4. **Add salt and remaining water (bassinage):** Incorporate the salt with the 6 g of water and build up tension in the dough using the "slap and fold" technique. Then let it rest for 30 minutes.
5. **Stretch and fold:** Apply the stretch-and-fold technique, then let the dough rest again for 30 minutes.
6. **Laminate & incorporate the seeds:** Gently stretch out the dough, incorporate the seed mix, and let it rest for 45 minutes.
7. **First coil fold:** Fold the dough and let it rest for another 45 minutes.
8. **Second coil fold:** Fold again and let it rest for another 45 minutes.
9. **Third coil fold & bulk fermentation:** Perform a final coil fold and let the dough rise until it has noticeably increased in size and volume (duration depends on room temperature).
10. **Shaping:** Lightly flour the work surface and place the dough on it. Fold the right side toward the center first, then fold the left side over the top. Roll up the dough gently to create some tension. Press the ends together slightly and place it in a proofing basket. Optionally, you can stitch the dough by gently crisscrossing the top from the outside in for extra tension. Cover the dough with a cloth and let it rest at room temperature for another 15–20 minutes.
11. **Cold proofing:** Let the dough ferment slowly in the refrigerator for 12–18 hours at 4–5°C.
12. **Baking:** Turn the loaf out onto a baking mat or parchment paper, dust with some flour, and score as desired. Bake the bread in a preheated cast iron pan at 260°C with the lid on for 20 minutes. Then remove the lid, lower the temperature to 235°C, and finish baking for another 15–20 minutes until golden brown.