House Bread

300g	*rye flour*
160ml	*water*
40g	*molasses*
200g	*sourdough*
◇	
150g	*whole wheat flour*
130ml	*water*
◇	
50g	*bread flour*
280ml	*water*
◇	
250g	*bread flour*
18g	*salt*
3½g	*caraway*
3g	*coriander*
1g	*fennel*
½g	*fenugreek*

Prepare a 100% hydration sourdough starter that has recently been fed.

Combine ingredients for rye levain, mix well, and let rest for at least five hours or overnight. It should be bubbly and spongy before being used for this recipe.

Hydrate whole wheat flour soaker for at least two hours and up to overnight.

Combine ingredients for tangzhong, heat in the microwave until it starts to thicken at about 150°F (65°C). That should take about 1¾ minutes. Stir and let cool to room temperature.

Freshly grind spices, then combine prepared dough components and add all the remaining ingredients. Knead until fully incorporated and homogeneous and then continue kneading for about 10 minutes. This is a 80% hydration dough which will be a little harder to handle, but thanks to the tangzhong should still come together. Use either slap-and-fold or use traditional kneading techniques and occasionally gather the dough with a bench knife.

Proof for one hour at room temperature, fold and shape to a dough ball, proof for another hour, shape and final fermentation for two hours. Score before baking.

Final fermentation can also happen overnight in the refrigerator.

Preheate oven to 450°F (230°C), mist loaf, and bake for about one hour on a baking steel. After the first 20 minutes, reduce heat to 350°F (175°C). Interior temperature should reaches at least 205°F (95°C).

Makes one 1200g loaf, or can be split in two smaller loaves.