

---

# 50% Emmer (Farro) Sourdough Bread

---

## Ingredients

- 225g Fieldstone Organics Emmer, freshly ground into flour
  - 225g bread flour (could be hard red spring wheat that has been sifted, using only the white flour – save the bran- freeze it for use in something else)
  - 360g water
  - 100g sourdough starter
  - 10g salt
- 

## Method

- Mix the dough ingredients together in a large bowl and cover.
- After a 20-30 minute rest, stretch and fold the dough with damp fingertips. Cover, let the dough rest another 20-30 minutes.
- Do two more rounds of stretching and folding with a 20-30 minute rest in between.
- Let the dough bulk ferment until it has almost doubled in size. In warm temperatures this can take about 5 hours. In colder temperatures or with weaker starter, the dough will need more time.
- Flour your work surface and scrape your dough out of your bowl or bucket.
- Shape the dough into a boule, batard, or oblong loaf to suit your proofing basket and baking vessel.
- Cover and let the dough rise again for about 30 minutes at room temperature and then refrigerate it overnight (8-16 hours). You can also leave the dough at room temperature for longer (1-2 hours) and bake it without the refrigeration stage.
- Preheat your oven and baking vessel to 500F for at least 30 minutes.
- Flip the dough out of the proofing basket and onto a sheet of parchment paper or onto the base of your hot baking vessel. Score or scissor cut the dough, then cover and return the vessel to the oven.
- If your baking vessel is a ceramic cloche, bake at:



- 
- 500°F for 20 minutes, lid on
  - 450°F for 5 minutes, lid on
  - 450°F for 10 minutes, lid off
  - If your baking vessel is cast iron, bake at:
    - 500°F for 15 minutes, lid on. At the 15-minute mark, place a baking sheet directly under the cast iron on the same shelf. This will prevent the base of the bread from burning.
    - 450°F for 10 minutes, lid on
    - 450°F for 10 minutes, lid off
  - When baking is complete, the bread should have an internal temperature of at least 205F and it should sound hollow when you knock on the bottom of the loaf.
  - Let the bread cool for a couple of hours before you slice it.

#### Notes

Recipe adapted from Breadtopia

Emmer has a wonderful, earthy flavour.

