



The Common Loaf

Makes 2 x 750g loaves

Ingredients: 300g organic wholemeal rye starter
720g organic white strong flour
480g water
15g sea salt

1. In a mixing bowl bring together the sourdough starter, flour and water until all ingredients are wet and there are no large lumps. Cover bowl with a tea towel and leave for 30 mins. This process is called autolyse and allows the gluten, wild yeast and bacteria to develop.

2. After 30 mins: add salt, this will regulate the fermentation and fix the gluten. Return the dough to a clean lightly oiled mixing bowl with the smooth side up.

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7. After 30 mins: divide the dough into 2 pieces, form into balls, place to one side to rest as you flour a cloth lined pyrex dish or proofing basket. Place the dough smooth side down in the floured cloth lined bowl of pyrex dish. Pre-heat the oven to 250C.

8. If you have a 2nd pyrex dish you can repeat the shaping of the dough and placing in a the dish to prove.

(If not you can form your dough into a ball and place the dough smooth side down in the floured cloth lined bowl, cover and place in the fridge until your pyrex dish is available. You can keep your dough in the fridge for up to 24 hrs before baking.)

9. After 90-120 mins: the dough should be ready to bake. Turn over pyrex dish so that it falls into the lid, remove cloth, slash dough about 1/3 of a cm. Replace pyrex bowl back over dough. Place in hot oven at 250C.

10. After 30 mins: check if there is a good colour on the crust, remove pyrex bowl (on top) and continue to bake for 10 more mins until good hard crust all round.

11. When your loaf is baked, remove from the dish and let cool on a rack.

Enjoy The Common Loaf!