

Sylvia Davatz

4 2/3 c. whole spelt flour
3/4 c. white spelt flour
1 T. sea salt
1/2 c. sunflower seeds
1/4 c. each flax seeds and millet
2 T. amaranth seeds
2 c. 100% rye sourdough starter culture
up to 2 c. water or whey

In the bowl of a mixer fitted with the paddle, combine all the dry ingredients. Slowly pour in the sourdough starter with the motor running on low. Gradually add water or whey to a soft, rather sticky dough. Be careful not to add too much water. Turn the dough out onto a work surface and knead just long enough till it holds together well. It should still be quite moist. Transfer to a bowl, cover with a tea towel moistened with water, and let ferment for about 2 hours. Stretch and fold the dough and let ferment again for about 2 hours. Divide the dough in half and shape each into a round loaf. Place each loaf onto a parchment paper round just large enough to hold it. Let rest, covered, while the oven heats. Heat a covered, 2-quart cast iron dutch oven in a 400° oven for 45 minutes to one hour. Remove the cast iron vessel, place one loaf in it, slash a cross in the top with a sharp razor blade. Quickly mist the inside of the vessel with water, replace the lid and return it to the oven. Bake each loaf, covered, for 30 minutes. Remove the lid (leaving it in the oven for baking the second loaf), and bake the bread uncovered for an additional 15 minutes. Cool before slicing.

The sourdough starter I use is 100% rye. To feed it, I combine 2 T. of the starter with 2 T. water and 3 T. 1 tsp. whole rye flour. Leave for about 12 hours, covered, at room temperature. This formula can easily be multiplied to increase the amount of starter culture.