



VOLLKORN DINKLEBRÖT (Whole Grain Spelt Bread)

*Created by Nicky Giusto (Central Milling)
for the 2016 Coupe du Monde de la Boulangerie*

This formula challenges the traditional methods of making German 'Vollkorn' style breads. All the flour weight is fermented overnight which makes this bread immensely flavorful and easy on your digestive system. This formula is quick to execute the night before you want to bake. And, it's all mixed by hand so you get the true 'Artisan' experience.

Overview

Desired quantity of dough	grams	3400
Unit Weight	grams	850
Number of Units		4

Soaker

	Baker's %	Weight (g)
Organic Whole Spelt Flour	100	1394
Water	80	1115
Buttermilk	20	279
Honey	6	84
Sunflower Seeds	15	209
Pumpkin Seeds	10	139
Total	231	3220

Final Dough *based on soaker weight*

	Baker's %	Weight (g)
Soaker	100	3220
Water	4.33	139
Instant Dry Yeast	0.15	5
Salt	1.13	36
Total	105.61	3400

Technical

Dough temperature:	74-76°F	
Mixing time	Mixer:	Hand
	First:	N/A
	Second:	N/A
Gluten structure	Incorporated	
First fermentation	12-15 hrs	
Dividing	850g	
Pre-shaping	None	
Resting time	None	
Shaping	Round	
Proofing	Rm Temp	1 hour
Baking	450°F	1 hour
Steam	Yes	

Process

Combine all the ingredients in the Soaker formula. Mix by hand until all the liquid is completely incorporated. There should be no dry flour in this mixture. The mixture will be shaggy and loose. Let the soaker sit overnight, covered, in a plastic or stainless steel bowl.

The next morning.

Preheat your oven to 500°F.

Dissolve the salt in the remaining water weight. Add the instant dry yeast to the Soaker and mix it a little by hand. Then add the salty water mixture and continue to mix till all the water is incorporated. The entire mixture should feel like a dough at this point. Let proof at room temperature for one hour.

After an hour, turn the dough onto a damp surface and cut into four equal parts. Each part should weigh approximately 850g. With a scraper in one hand, create a boule with the dough piece and place it into a large loaf pan. Continue with the remaining three pieces of dough and let proof for one hour at room temperature.

Lightly score an X on the top of each loaf and sprinkle some pumpkin seeds on top of each loaf. Place in the 500°F oven and immediately drop the temperature of the oven to 450°F. If you have the skills to apply steam at this point, do so. Bake for approximately one hour or until the top of the bread is a deep mahogany color.

This bread is best after it cools for at least five hours and is dynamite the next day.

