



Ancient Grain Baguettes - Fresh Milled

These are crusty on the outside, and perfection on the inside. Using Kamut, Einkhorn, and Spelt - the flavors are out of this world!

Ingredients

- 190 g wheat berries, Khorasan (Kamut)
- 120 g wheat berries, Einkhorn
- 75 g wheat berries, Spelt

YUDANE INGREDIENTS

- 30 g flour, any (from milled flour)
- 60 g water, boiling

REMAINING INGREDIENTS

- 300 g water, cold
- 10 g yeast
- 8 g sea salt
- 12 g vital wheat gluten (optional)

Directions

1. Mill the flour
2. Prepare the yudane by mixing 30 grams of your flour with 60 grams of boiling water to form a paste.
3. Add all ingredients to the mixing bowl, adding the water first, then the yudane. Finally, add the remaining ingredients with the yeast on top.
4. Mix with the whisk attachment, first on low to incorporate the flour, then kick it up to high speed for up to 3 minutes.
5. If the dough climbs the paddles or the machine starts rocking, you're done with the whisk. If you need to do more kneading, use the dough hook for the remainder, and stop when the dough is smooth and shiny and cleans the bowl.
6. Add the dough to an oiled bowl.
7. Imagine the dough is a clock face. Grab the dough at 12 o'clock and stretch it up into the air and press it down gently into the center of the clock face. Turn the bowl and do the next number on the clock. Repeat this step until the dough has tightened up and it isn't stretching as far.
8. Place the dough onto an oiled board, and divide (or scale) it into 3 equal sections approximately 250 grams each in weight.
9. Shape each section into a batard, and place it into a baguette baker to proof, or let it proof on the oiled board, covered. We are letting the dough rise until it looks about doubled in size.
10. Twist the dough and allow it to rise a few minutes before baking, or score the top of the dough long ways and only slightly on an angle, with 3 or 4 long slashes.
11. Bake at 450 F for 15 minutes with STEAM (I throw a few ice cubes into the oven) or in a covered baker.
12. Remove the lid of your baker and drop the oven temp to 400 F. Bake another 15-20 minutes, or until your crust is as dark as desired. The darker the crustier.
13. Remove from the oven, and let cool on a baking rack.
14. Store on the counter cut side down, or in a paper bag for crusty crusts. Plastic bags will be fine for softer crusts.

Notes