



Crusty Whole Wheat Italian Bread with NO ADDITIVES

Rustic whole wheat Italian bread, for the best big holes. This is wet enough to develop gluten with wire whips or the roller and scraper on the Ankarsrum, at highest speed, to develop gluten before switching to the dough hook (if using whisks). KitchenAid friendly recipe

Ingredients

- 320 g wheat berries, hard
- 100 g wheat berries, Khorasan (Kamut)
- 380 g water, cold
- 50 g water, boiling
- 10 g yeast
- 10 g sea salt
- 10 g barley malt syrup
- 10 g lemon, juice (or 1/8 tsp vitamin c powder)

Directions

1. Mill the flour
2. Prepare Yudane:
 3. Place a small cup on your scale, adding 25 g of flour to it.
 4. Zero out the scale, and pour 50 g of BOILING water into the bowl.
 5. Quickly mix into a paste, and set aside.
6. Mixing the dough:
 7. Add water, yudane, salt, barley malt syrup to your mixing bowl using wire whisks.
 8. Turn mixer on low speed, and slowly pour in the flour until incorporated.
 9. Kick up the speed of your mixer to highest setting for about five minutes. The dough will change in consistency from a wet batter to dough that starts to grab on and stretch in the bowl. The sound will also change. Once this happens, turn it off.
 10. Switch to the dough hook or roller and scraper for the Ankarsrum mixer. Sprinkle in your yeast, and knead the dough by mixer or by hand for about 2 more minutes. The dough is still wet enough that you can do it on a higher speed but it's not necessary.
11. Fermentation (and stretch and folds):
 12. Place your dough into an oiled bowl with room to double in size.
 13. Develop some extra structure in your bread by following the directions in the video. This is a special type of stretch and fold for high hydration dough.
 14. Let the 30 dough rest for 30 minutes or until doubled.
 15. Do another set of stretch and folds.
 16. Let your dough rise a second time in your covered bowl IN THE FRIDGE.
 17. Shaping:
 18. Preheat your oven to 450 F. If using a dutch oven, put it into the oven (the bottom only).
 19. Shape your dough, flour it well. Scoring is optional.
 20. Transfer the bread to the oven, add a tray of boiling water for steam, and spray the loaf before closing the door.
 21. Bake at 450 F for 25 minutes
 22. Remove the pan of boiling water or remove the Dutch oven lid, depending on which you are using, and lower the oven temp to 425 F.

23. Set timer for 15 minutes or to your preferred time for desired crust.
24. Remove from the oven and cool on a wire rack fully before slicing.
25. Store in a paper bag, NOT plastic bags or beeswax - they will soften your crust too much. You can also leave this one on the counter, cut side down, if it'll be eaten fast enough.

Notes