



Fresh Milled Sourdough Ciabatta Rolls

Quick easy mixing, same day recipe

Ingredients

- 425 g wheat berries, hard

DR. MEL'S QUICK NO WAIT YUDANE

- 40 g water, boiling
- 20 g flour, any (from milled)

REMAINING INGREDIENTS

- 210 g water, cold
- 200 g sourdough starter, liquid
- 30 g syrup, date
- 20 g extra virgin olive oil
- 100 g egg, whole (2 eggs)
- 7 g sea salt
- 10 g lemon, juice (or 1/8 tsp vitamin c powder)
- 12 g vital wheat gluten (1 tbsp vital wheat gluten (optional))

Directions

1. Mill your grain into flour on the finest setting you can.
2. Prepare Yudane:
3. Mix yudane ingredients together using a spatula or spoon. I use a tea kettle to boil the water. It **MUST** be boiling, and not just hot. This will make a hot paste.
4. Mixing the Bread Dough:
5. Put the **COLD** water into your mixing bowl, and then add in the yudane. Give it a swirl in the bowl to cool it down.
6. Add the remaining ingredients **EXCEPT** the salt.
7. Mix with your balloon whisk on high speed for 1 - 1 1/2 minutes on high speed. Note: I no longer use a whisk, but I do use my dough hook at top speed for a few minutes and get a similar result.
8. Let the dough rest for 15 minutes.
9. Add the sea salt, and mix the dough for another minute on high speed.
10. Bulk Fermentation:
11. We are going to shape the dough on an oiled board with wet hands into the shape of a bun, and let the dough rest on oiled parchment for the bulk ferment.
12. tIf you would like parmesan romano or cheese rolls, stretch the dough as thin as you can without it breaking, and sprinkle some cheese on the surface of the dough. Fold the dough to shape it into a roll (I chose to shape into square rolls), and let it rise with the seam side down.
13. Cover the rolls with a wet towel, checking periodically to make sure it hasn't dried out. If it has, re -wet and wring it out, placing it back over the rolls.
14. Final Shaping:
15. Once the rolls have risen and are looking jiggly when you tap on them with your finger, preheat your oven to 450 F.
16. You can do a coil fold, or additional very gentle shaping to add a little extra air into each roll, and let them rest while the oven preheats.
17. Baking Prep / Scoring:

18. Lightly dust the rolls with flour, and if you wish, score the top of the roll with a very sharp razor or bread knife.
19. Spray the rolls well with water. Place into a hot oven and quickly close the door.
20. Baking:
 21. Bake for 15 minutes or until the center of the roll is over 190 F.
 22. Let cool with air all around the rolls for at least an hour before slicing,
 23. Ciabatta rolls will stay crispier on the outside if kept in a paper bag once cooled. If you prefer soft crust, store them in a container or bag that will keep the moisture in the rolls.

Notes