

Flaxseed and Prune Ciabatta-Style Loaves

(makes 2 or 3 loaves)

Flaxseed soaker:

48 grams flax seeds

72 grams water

Mix all ingredients until well incorporated, cover and set aside. Let it sit for at least one hour.

Poolish:

125 grams bread flour

125 grams water

pinch of instant yeast

Mix all ingredients until well incorporated. Allow to ferment 12–14 hrs at room temperature (21°C)

Final Dough:

300 grams unbleached all-purpose flour

50 grams whole wheat flour

25 grams whole rye flour

278 grams water

10 grams salt

84 grams prunes

2 grams instant yeast

Mix together all the ingredients except the flax seeds, and plums. Once everything is thoroughly incorporated, mix in flax soaker and dried plums. Transfer the dough into an oiled container. Dough Temperature: $\pm 25^{\circ}\text{C}$.

Let it rise and give the dough 3 folds (1st fold after 45 minutes then the other two 45 minutes apart). Preheat the oven to 250°C long enough to get a very hot ovenstone in your oven.

Tip the dough out of the container on a floured surface. Gently spread the dough into a large rectangle without degassing it too much. Sprinkle some flour on top and cut with a metal dough scraper into two or three long rectangles. The dough is divided by measurement. Place loaves on a floured couche. Rest for 20 minutes at room temperature.

Use a board to transfer the loaves from the couche to the baking stone.

Bake the loaves on a preheated baking stone on the bottom shelf and an iron skillet (with stones in it to create steam) under it. Place the loaves in the oven, create steam by pouring hot water in the skillet, close the door and turn the oven down to 230°C. Bake for 15-25 minutes, depending on the size of your loaves. They should have a deep brown colour. Let them cool on a wire rack.

(adapted from Cathy's formula)

Original post can be found on my blog "Notitie van Lien" ©2015.

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