

Two Castle Whole Grain Bread

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(Christy Timon and Abe Faber)

NOTE - All percentages in **BOLD** are data entry points. All other cells are calculated values

Total Flour Pre Fermented in	
Rye Sour	21.68%
White	0.00%
75% Extraction	0.00%
Whole Rye	57.30%

Total Desired Dough Weight (TDW)		8.000 Kg						
Total Formula			Rye Sour		Soaker		Final Mix	
Ingredients	%	Kg	%	Kg	%	Kg	%	Kg
Total Flour	100.00%	3.620 Kg	100.00%	0.785 Kg	0.00%	0.000 Kg	100.00%	2.835 Kg
White Bread Flour	35.13%	1.272 Kg					44.86%	1.272 Kg
75 % Extraction Flour	27.03%	0.978 Kg					34.51%	0.978 Kg
Whole Rye Flour	37.84%	1.370 Kg	100.00%	0.785 Kg			20.63%	0.585 Kg
H2O	57.30%	2.074 Kg	100.00%	0.785 Kg			45.48%	1.289 Kg
Salt	2.49%	0.090 Kg					3.18%	0.090 Kg
Instant Red Yeast	0.50%	0.018 Kg					0.64%	0.018 Kg
Rye Sour Seed	0.72%	0.026 Kg	3.33%	0.026 Kg				
Rye Sour in Final							56.29%	1.596 Kg
Non Diastatic Malt Syrup	1.62%	0.059 Kg					2.07%	0.059 Kg
Rollod Wheat Flakes	5.40%	0.195 Kg			18.50%	0.195 Kg		
Rollod Oats, Non-Instant	5.40%	0.195 Kg			18.50%	0.195 Kg		
Sunflower Seeds	5.40%	0.195 Kg			18.50%	0.195 Kg		
Pumpkin Seeds	12.97%	0.470 Kg			44.43%	0.470 Kg		
Soaker Water	29.19%	1.057 Kg			100.00%	1.057 Kg		
Soaker in Final							74.52%	2.113 Kg
Totals:	220.99%	8.000 Kg	203.33%	1.596 Kg	199.93%	2.113 Kg	282.17%	8.000 Kg

Method

1. Approximately 16 hours before the mix, disperse the sourdough culture into the water, add the rye flour and mix @ 3' until smooth DDT 82° falling to 71° Cover and leave at room temperature to ripen. At the same time, scale the soaker. 4 hrs before mix make soaker with 160-180° water. Cover and let cool,
 2. To Mix the final dough: drain the soaker and reserve the excess water
Begin by adding all the ingredients except the soaker and reserved water to the mixer: 3' SP 1 spiral mixer, incorporate.
 3. Check the hydration add reserved soaker water as necessary: the dough should have a moderate looseness. Mix on second speed for about 2-3minutes. Gluten development will be moderate. Add the soaker 2' SP 1 Desired dough temperature: 77-78° F
 4. Bulk fermentation: 1 hour.
 5. Divide into .850 kg pieces; pre-shape. 150g Rolls
 6. Once relaxed sufficiently, shape into round loaves or pan loaves. Press the surface of the loaves into a damp cloth and then into the seed mixture. Place the loaves with seed side up into round bannetons or loaf pans.
 7. Final proof: 50--60 minutes.
 8. Bake in a steamed oven at 460° F for about 35 minutes. Rolls @ 22-25'
- SEED Topping mix: 100g each: Rolled Wheat, Rolled Oats, Pumpkin seeds, Sunflower Seeds (100g each will cover 8-12 loaves)