



COOKING PASSION SINCE 1877

## THE BEGINNING

### Heritage Grains Sourdough Dinner Rolls



Serves 4-6

#### INGREDIENTS

600 g organic **bread flour**  
300 g whole grain **flour** (spelt or emmer)  
100 g whole grain **rye**  
100 g mature and active **sourdough starter**  
20 g sea salt

ALLERGENES HIGHLIGHTED IN BOLD

#### PREPARATION

10 a.m.: Blend the organic bread flour, whole grain flour and the whole grain rye. If you're able to, grind your own flour from whole berries to maximise the flavour and nutrition. Mix the flour blend by hand with 700 g water in a bowl until it is fully incorporated and you can't see any dry spots. Cover the bowl and leave to rise for a full hour to make sure the water is fully absorbed before adding 100 g mature, active sourdough starter, and 20 g salt. Knead it in thoroughly by hand for 5 minutes.

Midday – 6 p.m.: Fold the dough gently over itself from side to side in the bowl (from north to south - west to east) each hour. Wet your hands to keep it from sticking to them. It should double in size during this time. If it rises too quickly, put it in a cold cellar or the fridge to slow it down a bit.

5-6 p.m.: Set your oven on 220 C bread making mode to preheat. Give the dough one final gentle fold and tip it onto a floured surface. It should release from the bowl easily. Sprinkle flour on top of the dough and use a knife to chop it up into pieces that weigh around 80-100 g. Place the slabs of dough on an oven tray and place them in the preheated oven. Add some steam by splashing some water on an oven tray at the bottom, or use the steam function in your oven. Let it bake for 15 minutes or until it is the desired colour. Serve hot and enjoy the earthy complex flavours from the heritage wheat.