

5 Seed Sourdough using WorkWith Sourdough Concentrate

Ingredients:

Carr's Strong Flour	1.400kg
WorkWith Sourdough Concentrate	0.600kg
Yeast	0.040kg
Water	1.400kg
Pumpkin seed	0.100kg
Sunflower seed	0.100kg
Poppy seed	0.050kg
Chia seed	0.050kg
Linseed	0.050kg

Method:

- Mix all ingredients except seeds. 4 min slow, then 10 min fast
- Add seeds and mix 1-2 min slow
- Bulk ferment 1 hour
- Scale, mould and shape
- Prove at ambient for 2-3 hours
- For a 500g scale, bake at 220°C for 40 mins

