

## **Nourish Spent Grain Sourdough Bread**

**Yield: 1 loaf**

### **Ingredients**

500g Unbleached bread flour

325g Tap water (at least room temperature, if not slightly warmer)

125g Spent Grain

10g Salt

15g Sesame seeds

100g Starter (fed 4–5 hours before)

### **Preparing the Dough**

1. Prepare dry ingredients in a large bowl – flour, spent grain, salt, sesame seeds. Mix to evenly distribute.
2. Add starter to water, and mix gently to combine.
3. Add water–starter mixture to dry ingredients. Stir until just combined and then using your hands or the paddle attachment on a stand mixer, mix until well combined.

### **Fermentation**

4. Ferment the dough loosely covered in a non-drafty spot at room temperature for ~ 12 hours.

### **Shaping**

5. Transfer the dough onto a flour-dusted counter top.
6. Shape into a boule. Add more flour if dough sticks to the counter top.

### **Proofing**

7. Place seam side up in a proofing basket dusted with flour or a floured, tea towel-lined bowl.
8. Room temperature proof – bake right away: Proof for 1 hour at room temperature.  
Cold proof – bake later: Proof in the fridge for 8 – 12 hours.

### **Bake Preparation**

9. Preheat the oven to 475° and heat dutch oven with preheat.
10. Transfer dough to a flat surface. Brush away any excess flour and using a sharp knife, razor blade or bread lame, slash the surface of the dough if desired.

### **Baking**

11. Line the hot dutch oven with parchment paper. Add boule seam side down and cover with lid.
12. With lid on, bake for ~ 25 minutes.

13. Remove the lid and continue baking for ~ 10 more minutes.
14. Don't be afraid to bake your boules dark, as this typically results in a richer crust with more complex flavor. Adding cornmeal to the bottom of your dutch oven before baking can help to prevent scorching the bottom of the bread.

### **Cooling**

15. Allow bread to cool for at least 30 minutes before cutting and enjoying.