

# Whole wheat bread

## Description

Whole wheat bread with sourdough and polish



### Yield

30 pieces of 500 g



### Scheduling

Preparation: 35 minutes

Proofing: 12–15 hours

Baking time: 50–60 minutes/240°C



### Nutritional values (100 g or 100 ml)

energy: 832 kJ/199 kcal;

fat: 1.2 g, of which saturated 0.2 g;

carbohydrates: 36 g, of which sugars 0.6 g;

protein: 7.9 g; salt 1 g

## Ingredients

### Whole wheat dough, mixed (20'200 g )

1'815 g whole wheat levain

18'215 g whole wheat polish

170 g table salt

### Whole wheat levain (1'815 g )

900 g whole wheat flour

900 g water 30°C

15 g basic wheat leaven

Slurry the basic wheat leaven with the water, add the flour and mix.

Desired dough temperature: 26–28°C

### Whole wheat polish (18'215 g )

9'100 g whole wheat flour

9'100 g water, 15°C

15 g baker's yeast

Dissolve the yeast in the water, add the flour and mix until lump-free.

Desired dough temperature: 18–20°C

### Additional ingredients (150 g )

150 g whole wheat flour  
(for sprinkling the surface)

## Production

1

### Proofing

Cover the whole wheat levain and whole wheat poolish and leave to double in size at room temperature for 12–15 hours. Continue processing immediately.

2

### Dough production

The recipe does not require any additional flour or water. The two starter doughs are now gently mixed with the table salt by hand or in a planetary mixer until the salt is evenly distributed. This minimizes the impact on the dough structure that has formed during the long proofing process. This method is therefore also particularly suitable for whole wheat breads made from emmer or einkorn.

3

### Portioning

Immediately after mixing, place 600 g of dough into each greased mold (18×9×8 cm).

4

### Baking preparation

Sprinkle whole grain flour over the surface of the dough and press down firmly once with a wet metal scraper.

5

### Baking

Load quickly into a hot oven with plenty of steam. After half the baking time, carefully unmold the breads, open the vent slightly and bake the breads until crispy. They are characterized by an extremely crispy crust, moist crumb and good shelf life.