

# Barley and oat sourdough

By Michael Klausen, Brasserie Bread

This month I made a barley and oat sourdough bread. I love working with grains that have sprouted and it always reminds me about the amazing complexity of grains and bread.



When you see the little white tails coming out of the grains you can see that it is alive. What is even more interesting is what happens to the grain when it sprouts. The soaking of the grains hydrates them and activate the enzymes in the grain, making them a lot more healthy. I have used a small amount of sprouted grains, so it is not a heavy loaf. Enjoy.

## Ingredients

375g organic sourdough starter  
610g organic flour  
70g organic rye flour  
35g organic stone ground whole meal flour  
20g sea salt  
385g water  
60g soaked and sprouted organic barley  
30g soaked and drained rolled organic oats

## Method

- 1 Soak the barley overnight and drain. Leave at room temperature for 12 to 24 hours until you see the sprouting.
- 2 Soak the oats over night.
- 3 Add the starter, flour, water to a mixer
- 4 Mix on slow for three minutes and then add the salt. Mix on fast for three minutes.
- 5 Add the barley and oat at the last minutes.

**Hint: If you add the grains too early it can cut the gluten and make a very flat bread**

- 6 Leave in the bowl and give one revolution every 10 minutes for one hour.
- 7 Let the dough rest for 20 minutes.
- 8 Divide the dough into two halves. Pre-shape the dough into a round bowl and leave for 15 minutes
- 9 Shape and place into the baskets and prove for five hours at room temperature
- 10 Bake in a deck oven at 210°C for 35 to 40 minutes. Voila! ■