

# Sourdough Wholegrain Spelt Loaf

## The Basics

You will need a **1kg loaf tin** and an **active sourdough starter**. (See my post [How to Create a Sourdough Starter](#) for guidance if you need it.)

**I build my sourdough levain for this bread the night before I want to bake. I then make the scald and mix the dough the next morning, ferment during the day and bake that afternoon.** These timings can be played with depending on your schedule and the temperature of your house.

## The Night Before

*Build your sourdough levain*

45g wholegrain spelt flour

32g non-chlorinated water

13.5g active sourdough starter

**Mix these well** and leave them in a **warm place overnight**. (If you need help, check out my article called [How to Keep Your Sourdough Starter Warm](#).)

## The Next Morning

*Make the scald*

48g wholegrain spelt flour

192g non-chlorinated water

**Put both of these ingredients in a saucepan on medium to high heat and stir the mixture continuously**, with a whisk or wooden spoon, until it starts to really thicken. Turn the heat down to low and continue to stir well for another few minutes – **you are looking for a thick mixture that is not lumpy**. Protocol suggests this mixture should reach 65C/150F. In practice I have found that cooking for 4/5 minutes will do this. Once done, leave this to cool.

*Make the dough*

507g wholegrain spelt flour

11g salt

196g non-chlorinated water

Optional: 1 tablespoon honey

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Mix the salt into the flour in a large bowl. Add your sourdough levain (which should be peaking or have just peaked), the water, the optional honey and the cooled scald. **Mix until well combined using your hands.**

Cover and leave to **bulk ferment** in a warm place. The dough should increase in size by sixty to seventy percent. In the summer, for me, this takes three hours, in the winter, five.

**At the end of the bulk ferment period**, grease and flour your baking tin. Gently tip the loaf out on to a floured board and shape it to fit your tin. Place into the tin, cover and **leave to prove** in a warm place until visibly risen. In my warm house this usually takes between an hour and an hour and a half.

### *Baking*

**If baking in a metal loaf tin**, preheat your oven to 230C/445F. Brush the loaf with water and cook at 230C/445F for fifteen minutes, then reduce the temperature to 210C/410F for another fifteen minutes, finally turning the temperature to 190C/375F for a further thirty minutes. After this time, take the loaf out and check whether it is done by either tapping the bottom and listening for a hollow sound or using a probe thermometer and looking for a temperature of c. 90-95C/194-203F.

**If baking in a ceramic loaf tin with a lid**, preheat your oven to 210C/410F. Brush the loaf with the water and cook at 210C/410F for fifteen minutes, then reduce the temperature to 190C/375C for the remaining cooking time of c. forty-five minutes. After this time take the loaf out and check whether it is done by either tapping the bottom and listening for a hollow sound or using a probe thermometer and looking for a temperature of c. 90-95C/194-203F.

### **Sharing It**

**I want to see and hear about your process:** your ingredients, how you got on with baking, the finished bread, how you eat it and who you share it with. **I post pictures on Instagram @ancestral\_kitchen**, if you're there, post using the hashtag #ancestralcookup and tag me ([@ancestral\\_kitchen](https://www.instagram.com/ancestral_kitchen)). If you don't have instagram, please do comment at the bottom of my blog post – you can upload your pictures there too.

**If you want to give my recipe a go, I thank you.** I've been looking for a community of cooks for a while. If you help make it more than just me in my kitchen, you're guaranteed to make me smile!

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