

NOTE: This recipe comes from my Artisan Coaching Program Vault, featuring unpublished videos and advanced training resources.



THE SOURDOUGH SCIENCE
ACADEMY

Easy Spelt & Rye Sourdough Bread (No Wheat Flour) Using the 2 Hour Sourdough Method™



Ingredients:

- A Water – 260g
- B Sourdough Starter – 180g
- C White Spelt Flour – 315g
- D Whole Rye Flour – 45g
- E Salt – 12g

Baker's Percentages

- 75% Hydration
- 90% White Spelt Flour
- 10% Whole Rye Flour
- 50% Sourdough Starter
- 2.5% Salt

Method

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1. In a large mixing bowl, combine the water, sourdough starter mix
2. Add white spelt flour, rye flour and salt.
3. Mix thoroughly until no dry flour remains.
4. Cover the bowl with a damp towel or plastic wrap and let the dough rest for 1 hour.
5. Perform three rounds of stretch and folds, spaced every 20 minutes.

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6. After the final fold, lightly shape the dough into a oval shape.

7. Check the Final Dough Temperature (FDT).

If the dough temperature is around 27°C, place the dough directly in the refrigerator.

If the dough temperature is below 27°C, leave it at room temperature for 30 minutes to 2 hours, depending on the ambient temperature.

8. Transfer the dough to the refrigerator and allow it to ferment slowly for approximately 20 hours. (you can try between 12 to 30 hours)

9. When ready to bake, preheat your oven to 260°C (500°F) with a Dutch oven inside.

10. Bake the bread covered for 25 minutes at 260°C.

11. Remove the lid, reduce the oven temperature to 220°C (430°F), and bake uncovered for an additional 15 minutes until a deep golden crust forms.

12. Remove the bread from the oven and allow it to cool on a wire rack for at least 2 hours before slicing.

