

Sourdough Cracked Wheat Fruit/Nut Bread

This two day bread uses sourdough and yeast for leavening. It's flavored with walnuts, raisins and orange zest. A small amount of bulgur and whole wheat flour gives it added flavor and a pleasing crunch.

Ingredients:

- 1 cup warm water
- 1 tsp. Dry yeast
- 1 T honey
- 1 T oil
- 1 cup sourdough, ripe
- ½ cup prepared bulgur*

In large bowl of stand mixer, combine water and yeast. Let this stand for 5 to 10 minutes until yeast is dissolved. Stir in honey, oil sourdough and prepared bulgur.

- ½ cup whole wheat flour
- 2 cups bread flour
- 1 ¼ tsp. Salt

In medium bowl, combine and mix all dry ingredients. Use a large spoon to stir all of the dry ingredients into the yeast mixture. Use the spoon and your hands to form a shaggy ball. Cover the bowl with plastic and let it sit on the counter for 1 hour.

Next, attach a dough hook and mix at low speed for 1 minute. You should have a soft ball. Cover the bowl again and place it in the refrigerator over night.

The next morning, put the covered bowl of dough on the counter and allow 2 hours for it to warm up. Uncover the bowl and use wet hands to do the first set of stretch and fold.

- ¼ cup chopped walnuts
- ¼ cup raisins
- 2 T minced orange zest

As you gently stretch and fold the dough, sprinkle on the nuts, raisins and orange zest. Recover the bowl and let the dough rest for 30 minutes. Repeat the stretch-and-fold process plus 30 minute rest period – twice more.

Prepare two baking sheets lined with parchment paper. Put baking stones in the oven.

Use a light spray of plain water on a section of your counter. Wet your hands and transfer the dough from the mixing bowl to the counter. Use a kitchen shears to cut the dough evenly in two or four portions. Use wet hands to shape each portion of dough into a ball and place on the baking sheets. Lightly spray each loaf with water, then sprinkle each one with rolled oats and coarse salt. Cover the baking sheets with plastic or large inverted bowls and leave them on the counter to proof – about 35 minutes.

Check to see that the loaves have almost doubled in size, then set your oven to 425 degrees F. Use a baker's peel to slide under the parchment paper and transfer the loaves to the hot baking stones. Bake for 28 to 30 minutes. Cool thoroughly on wire racks.

* combine $\frac{1}{4}$ cup dry bulgur with 1 cup hot water. Let it sit for 2 hours then drain. Measure out $\frac{1}{2}$ cup for the recipe.