

Buckwheat Walnut Flatbreads

Ingredients:

- 1 ½ cups lukewarm water
- 1 tsp. Yeast
- 2 tsp. Molasses or honey
- 2/3 cup sourdough (ripe, fed)

In large bowl of a stand mixer, combine the water and yeast. Let stand for 5 to 10 minutes to dissolve the yeast.

Stir in the sourdough and molasses.

- 3 cups bread flour
- ½ cup white whole wheat flour
- ½ cup buckwheat flour

In a medium bowl, combine the three flours. Next, stir the flours into the yeast mixture. With a spoon and your hands, form a shaggy ball. Cover the bowl with plastic and let it sit on the counter for 1 hour.

- 2 tsp. Salt
- 2 T hot water

Stir the salt into the hot water to dissolve it. Pour the (cooled) salt water over the dough and mix it gently in with your hands. Attach the dough hook and knead the dough on low speed for 1 minute.

Cover the bowl with plastic and refrigerate it overnight.

The next morning remove the bowl to the counter and let it sit for 2 hours to warm up the dough.

- 1/3 cup chopped walnuts
- 2 T of 3-seed mix (made with equal amounts of chia seeds, sesame seeds and flax seeds).

Leaving the dough in the bowl, wet your hands and do the first set of stretch-and-fold.

(Sprinkle the dough with walnuts and 3-seed mix as you work the dough).

Wait 30 minutes and do two more sets of stretch-and-fold, 30 minutes apart.

Prepare two baking sheets by lining them with parchment paper. Put baking stones in your oven.

Spray some water on your counter (wet your hands) and turn the dough onto the counter.

Cut the dough into four equal portions. Using wet hands, gently fold each portion into a round ball and place two balls on each baking sheet.

Spray some water on the tops of the loaves and sprinkle with more of the seed mix and some sea salt.

Cover the dough * and let the loaves proof for about 1 hour. During the final proofing, after loaves have almost doubled in size - preheat your oven to 450 degrees F.

Use a baking peel – sliding it under the parchment paper - to transfer the loaves to the hot baking stones.

Bake for 22 minutes and check to see if loaves have browned on both sides. Continue baking another 5 minutes. Remove breads to a wire rack to cool thoroughly.