

Buckwheat Flatbreads

(Pain au Sarassin avec Miel, Pavot et Tournesol)

This recipe is adapted from Daniel Leader's **Living Bread**. It's flavored with sourdough, buckwheat flour, honey, celery seed and sesame seeds.

Ingredients:

- 1 ¼ cups water
- 2 tsp. Yeast
- 1/3 cup sourdough starter
- 3 T honey

Combine the water and yeast in the large bowl of a stand mixer. Let sit for 5 to 10 minutes to dissolve the yeast. Stir in the sourdough and honey.

- 3 ¼ cups bread flour
- ½ cup buckwheat flour

In a medium sized bowl combine the two flours and mix with a spoon. Then stir all the flour into the yeast/water mixture. Stir and shape into a rough dough. Cover and let sit on the counter for 1 hour.

- 1 ¾ tsp salt

Uncover the dough and sprinkle the salt over it. Leaving the dough in the bowl, wet your hands and gently knead the dough to incorporate the salt. Recover the bowl and refrigerate it overnight.

- 2 tsp. Sesame seeds
- ½ tsp. Celery seeds

1. In the morning remove the bowl and leave covered for 2 hours to come to room temperature. Uncover the bowl but leave the dough inside.
2. Use wet hands to do the first set of stretch-and-fold, sprinkling on the sesame and celery seeds. Recover the bowl and do two additional sets of stretch-and-fold, 30 minutes apart.
3. Prepare two baking sheets by lining them with parchment paper.

4. Shape the dough: again using wet hands, transfer the dough to a spot on the counter that has been sprinkled with water. Use a pair of kitchen shears to cut the dough into four equal parts. Gently shape each piece of dough into a ball, placing two balls on each baking sheet. Sprinkle loaves with water, then sea salt and sesame seeds.
5. Cover each baking sheet and leave on counter until dough has almost doubled in size (30 to 45 minutes).
6. Preheat the oven (with baking stones inside if you have them) to 465 degrees F. Check oven temperature in 20 – 25 minutes.
7. Use a baker's peel sliding it under the parchment paper to transfer loaves directly onto the baking stones.
8. Bake loaves for 20 minutes, then lower temperature to 350 degrees F and bake an additional 5 minutes. Loaves should be well browned and sound hollow when tapped on top.
9. Let loaves cool thoroughly on a wire rack before cutting a slice.