Tartary Buckwheat Sourdough Loaf
By Mook

Flours 255g Artisan Bread Flour + 70g Tartary Buckwheat flour
Water: 253g (hold back 20-30g if concerned about higher hydration)
Levain 100 g

For my levain build, I like to begin in the early morning. I build mine at around 1:2:2 (for this recipe we'll be requiring 100g levain: so mix 20g starter + 40g water + 40g flour mix*) and let it sit until it more than triples in volume and “peaks”. For my starter, this takes approximately 4-5 hours and ensure with float test.

Remark for Levain

1) *flour for my starter feeds is composed of a mix of 10% Tartary buckwheat, 90% bread flour
2) Peak levain, Different temperature can be varied for getting peak levain.
3) Float test
Step By Step Guide!

**Autolyse**

This is a pre-soak of the flour and water. Functions to jump start gluten development and increase dough extensibility, which can be great for maximizing open crumb!

Add water to the flour mix:

Water: 253g (hold back 20-30g if concerned about higher hydration)

Flours: 70g Tartary buckwheat flour + 255g strong bread flour

Stir until there is no more dry flour remaining. I like to use a silicone spatula to mix, scraping the sides of the bowl and pulling the dough into the center of the mound – pressing down the dough as I go.

Leave the autolyse for anywhere from 2-4 hours (I prefer 3 hours) while the levain finishes activating!

**Add levain**

Add 100 g, levain right on top of your dough. Wet your hand and spread the levain across the top of the dough, then begin hand mixing. Total mixing takes approximately 3-4 minutes due to the high hydration of the dough.

Rest the dough for about 30 minutes before moving on.

**Add sea salt**
I use fine grain sea salt at a little more than 2% (anywhere from 1.8-2.1% works great with this recipe). Sprinkle on 2.1%, or 7.5g, sea salt directly on the surface of the dough. Wet your hand and begin by dimpling in the sea salt. Then start folding the dough down and into itself.

Addition of sea salt helps tighten the gluten structure and adds strength to the dough, while also slowing down the fermentation. This is also the last step that I find I can easily incorporate more water, if necessary. If the dough is feeling overly tight, I will use this opportunity to splash on just a tiny bit of water (maybe 5g at a time) to increase the extensibility of the dough. Deciding to add more water is done in a large part based on the feel. You’ll develop a better sense of your ideal dough hydration based on experience.

Takes me approximately 4-5 minutes total to mix in the sea salt. Let the dough rest another 30 minutes before moving on.

**Light fold**

The next step in the method is performing a fold out on the counter. I like to do this mid-way between the incorporation of the sea salt and the lamination. Always wetting your hand when handling the dough, scrape the dough along the sides of the bowl and then flip the dough out onto a lightly misted surface. I add a bit of water to my bench knife, and then use the knife to release the top of the dough from the counter. I pull gently but firmly from the top down, folding the dough onto itself. I then repeat the process around the dough on all four sides. Really gives you a good idea of how the dough is coming along at this early stage of the bulk fermentation.

Round the ball of dough up and then return to the bowl. Cover and let rest for 30 minutes.

**Lamination**

Mist the counter with just a little bit of water. Scrape the dough around the sides using your fingers, and tip out of the bowl upside down. Use that pre-wetted bench knife to help release the edges.

Lift and gently pull the dough outwards from the center. Use wet hands to do this, and work delicately and slowly. You want to end up forming a rectangular shape. Try not to pull from the edges – pull instead from the center, out. Be careful not to pull too hard on the dough and overstretch: you do not want to tear the dough.

Now, pick up one edge of the dough and fold into the center, being sure to eliminate any large air pockets. Then fold the other side in to the center. Finish by pulling the top down half way, and then the bottom up over the top.
Move your dough to a fresh bulking dish – I like to use a small square (8”x8”) Pyrex dish with low sides. Cover and let rest for 45 minutes.
Stretch & fold (coil fold)

The number and frequency of these folds is going to be dependent on length of bulk, as well as your dough extensibility and how the dough develops over the course of bulk. For a dough like this one, I like to do 3 of them at 30-minute intervals.

*Note that very wet, or extensible doughs must be folded more often (at shorter durations); and a stiff, strong dough will likely only take a couple folds throughout the bulk period. Work slowly and diligently to try to achieve symmetry with every coil fold. The more structured the dough, the less likely it will be necessary to do a pre-shape prior to final shaping.

With wet hands - reach under the dough. Pull the dough up slowly and evenly, detaching the dough on the side farther away from you. The dough will naturally wrap under itself. You may need to pull the dough again to fully detach from the top – that’s fine. Once finished, perform the same coil fold again on the other side.

Continue the coil folds on the sides of the dough as well. Remember as you go to pop any large air pockets you encounter. These are not signs of fermentation – they are pockets introduced during mixing and/or earlier folds and lamination.

Cover and let rest 30 minutes.

Repeat the same for 2 more coil folds.

End of Bulk/Shaping

the dough appears puffy & somewhat light. It’s a good sign if your dough is growing as much vertically as it is growing out to the sides of the dish. From the strength and structure building stretch and folds, the dough should have some roundness at the edges and should retain some strength since the last fold. Overall, it should have grown approximately 50% in volume since adding the levain.

Liberally flour your counter surface with all-purpose flour. I also like to add a bit of flour to the bottom part of the dough in the dish for easy removal. Use your floured fingers to help release the dough from the top of the dish. Flip over, hover the dish very closely to the counter top, and give the dough a moment to release on its own. Use a bench knife to tuck flour under the edges of your dough, and then remove the excess flour from the workspace.

Use the knife to help pick up the side flap of your dough with floured fingers, and gently pull out just a bit before folding up on top of the center. Use your hand to pat the dough down during this shaping process to try to rid of any very large pockets of
The more you pat down, the more even your crumb will look. Do the same with the other side flap.

Now, lift the top of the dough and begin to roll down onto itself. I like to use my thumbs to gently but firmly tuck the dough in, creating a tauter surface on the top of the dough. Once you roll fully up and get to the seam on the bottom, seal the edge using your fingers.

Use your fingers to pinch the edges to seal them as well.

Dust the shaped dough lightly with brown rice flour. Brown rice flour is ideal as it really prevents any sticking to your banneton. It helps keep the surface dry and prevents the dough from getting tacky. I also like to pair with a banneton liner, but you can get away without it. Just be sure to very liberally dust your banneton if not using a liner.

Use the bench knife to flip over your dough so that the seam is facing up and the top of the dough is facing down. Gently lift and transfer the dough into the banneton. Cover and proof.

**Final proof**

I almost always do a short room temperature proof followed by a long overnight refrigerated retard. Because I push the bulk stage so far, I do not require a very long room temperature proof. Usually only 10-20 minutes. Then I move to a very cold refrigerator (38degF) for an overnight retard – anything less than about 39-40degF and your dough will not experience any noticeable rise.
Bake (I baked with Dutch Oven)

You will need to preheat your oven and prepare your dough for loading. It takes 60-90 minutes to preheat the oven and you will want to keep your dough in the refrigerator during this time. I put baking stone at the bottom of oven to maintain the heat. I then put the Dutch Oven into the oven, with the lid off to the side of the oven in order to reach the same temperature. Once the oven is fully pre-heated, take the dough out of the refrigerator, and sprinkle the dough with semolina flour. Use a pre-cut sheet of parchment paper and carefully flip out so that the dough is now oriented with the top up and the bottom down. The banneton and now be set aside someplace warm to dry.

Slash the dough approximately half an inch deep and at a 45-degree angle across the top of the dough.

Place the dough in the Dutch oven, cover with the lid and put back onto the oven for 20 minutes. Then remove the lid and continue backing for another 10 to 12 minutes, observing the brownness of the crust.

When the color of the crust meets your goal then remove the Dutch Oven from the oven and remove your baked bread by lifting it out with the corners of the parchment paper. Place the loaf on a rack and let cool for approximately 2 hours.

Then cut and enjoy!

I am also new beginner of making Sourdough, and always pleased to share.

Share photos of your accomplishments.