

recipe by nanna

# SWISS WALLIS SOURDOUGH

## Rye and Spelt Bread

**Step 1: Make  
Levain**  
*Evening Before*

250 g rye flour  
250 g spelt flour  
150 g starter  
500 mL filtered water

Mix flour and water, then add starter. Mix to form a sloppy but glutenous dough. Let sit overnight, covered with a moist towel. *If you prefer to go directly into bulk mixing, combine all flour (1.5 kg) with 1.25L water. Let sit for 30 minutes, then add 50 g of starter.*

**Step 2: Bulk  
Mixing &  
Fermenting**  
*Next Morning*

500 g rye flour  
500 g spelt flour  
750 mL filtered water

Mix flours and water. Let sit for 30 minutes. Then add levain. Mix really well and knead for at least 10-15 minutes. Cover with moist towel and let rest for 2 hrs.

**Step 3: add salt**  
*1-2 hrs later*

30 g salt (4-5 tsp)

Add salt and mix very well. Knead and fold for 10-15 minutes. Cover with moist towel and let rest.

**Step 4: Folding,  
Kneading**  
*every 1-2 hrs*

Return to dough in 1-2 hr increments. Fold at least 10 times every 1-2 hrs. Stretch and fold. Do this until your dough has doubled usually giving it 4-6 hrs depending on temperature. If it is cold inside it will take longer.

**Step 5: Final Fold  
& Proofing**  
*30min to overnight*

Preheat the oven to 450F. Prepare baskets with flour or use a towel in a basket. Add a good amount of flour so dough does not stick to basket or towel. Divide dough into 2 parts. Flour a surface with little flour. Move first part of dough to surface and quickly give a final knead, then fold to a round loaf. Turn upside down into basket to proof. Dust well with additional flour so dough does not dry out. Repeat with second part. Let proof for at least 30 minutes at room temperature or overnight in refrigerator. Your proofing is ready when you touch your dough and give a slight dent and it springs back.

**Step 6: Bake**  
*30 min at 450F*  
*20 min at 350F*

Prepare your baking stone or a cookie sheet with corn meal. Drop your baskets upside-down on the cookie sheet or a corn-meal dusted pizza/bread peel. Move doughs into oven and bake for 30 minutes at 450F before turning it down to 350F for another 20 minutes. This recipe makes 2 free form loaves. Remove from oven to cool. Let rest for 12 hrs until cutting into it!