



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Italian Style Durum Wheat Bread

Welcome Fall with this Italian Style Durum Wheat Bread with a gorgeous gold color, airy crumb, and chewy crust. Durum Wheat is known for its high protein content and wonderful nutty flavor.

INGREDIENTS

Sponge

- 4½ ounces (¾ cup) bread flour
- 4 ounces room temperature water
- ¼ teaspoon instant yeast

Final Dough

- 9½ ounces (2 cups) durum flour
- 2¾ ounces (½ cup) bread flour
- 2½ teaspoons instant yeast
- 10⅔ ounces (1⅓ cups) water
- 1½ teaspoon salt

INSTRUCTIONS

1. To make the sponge: Stir all of the sponge ingredients together until combined in a medium bowl. Cover with plastic wrap, and set aside for 6 to 24 hours at room temperature.
2. To make the final dough: In the bowl of a stand mixer, whisk the flours and yeast together. Add the water to the sponge and stir with a dough whisk or large spoon. Fit your mixer with the paddle attachment and begin mixing the flour mixture while slowly adding the sponge and water mixture. Mix for about 2 minutes, until there is no visible dry flour. Remove the paddle from the mixer and cover the bowl with plastic wrap. Let rest for 20 minutes.
3. Add the salt to the bowl, and, using the dough hook, knead the dough on medium low for about 5 minutes, until the dough is smooth and begins to clear the sides of the bowl. I added an additional 2 tablespoons of bread flour, but be careful about adding too much. The dough should be very sticky.
4. Scrape the dough into a large oiled bowl and cover with plastic wrap. Let rise for 30 minutes.
5. Using a wet dough scraper or an oiled hand, stretch and fold the dough from all "sides" for eight 45 degree turns of the bowl. Cover the bowl again, and let the dough rest for 30 minutes.
6. After the dough rests, repeat the eight stretch and folds one more time. Cover the bowl with plastic wrap, and let the dough rise until doubled, about 60 to 90 minutes.
7. Set up your oven with a baking stone on the middle rack, and a steam pan (I usually use a broiler pan) on the lowest rack. Heat the oven to 450 degrees F.
8. Place a 13 by 18 inch piece of parchment paper on the counter, and flour it generously. Using a dough scraper, gently scrape the dough out onto the floured parchment. With floured hands, gently pull the dough into a 14 inch by 9 inch rectangle. You do not want to deflate the dough.
9. Fold the long sides of the rectangle over each other, like a business letter that is 14 inches long by about 4 inches wide. Seal the seam, and then, using an oiled or wet dough scraper and floured hands, flip the loaf over so that it is seam side down. Use your hands or the dough scraper to tuck the sides under the loaf to tighten it. Slip a pizza peel or a cookie sheet under the parchment and cover the loaf with oiled plastic wrap. Let rise for about 30 minutes until the loaf has grown by about 50 percent.
10. When ready to bake, bring 1 cup of water to a boil. Holding a very sharp knife or a lame at an angle, slash the length of the loaf and immediately transfer the loaf, parchment and all, to the hot baking stone. Pour the boiling water into the steam pan and immediately close the oven door. (If your oven door has a window, cover it with a towel to prevent water from spilling on it before pouring. Be sure to remove the towel before closing the oven door).
11. Bake the loaf for 30 to 35 minutes, until the interior reaches about 210 degrees F. Transfer the loaf to a wire rack and let cool for about 3 hours.

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