

Fennel Seeds Ciabatta

Ingredients:

400 grams All Purpose Flour

100 grams Manitoba Flour

375 grams water

20-25 grams sourdough 100% hydration

6-8 grams marine salt

5 grams Fennel Seeds

I doubled the measures in these pictures, and divided the doughs after. It is faster when you prepare a large number of breads at a time. So you'll see a 1 kilogram flour bread.

Let's start with feeding the sourdough 6 hour before.



Blend the dry ingredients in a large bowl: the two flours, salt and fennel seeds.



Then dissolve the starter in the water.



Pour the liquid in the bowl with the dry ingredients...



...and mix quickly. Just take care that all the flour is incorporated.



Cover with a cloth and then with plastic. I also put another heavy cover to keep the dough warm.



Let's go to bed... In the morning you'll find a very bubbly thing in the bowl. It has leaven nicely.



Now, pour the dough on a well floured surface, sprinkle with some other more flour, spread a little and bend two or three times. Remember to flour your hands, so that the wet dough doesn't stick.



At this point I divided the dough into half.

I usually repeat the bending process several times, using just a little flour. This helps to develop a nice holey texture. Finally form the Ciabatta shape with a final bending.



In the meantime lit the oven and preheat.



When the oven is warm enough slash the dough and bake. It takes about an hour in my wood stove.

