



Sponge mixture (day before)

80g warm water
80g strong white flour
1g dried yeast

Dough ingredients

175g malt flour
60g light rye flour
10g warm milk
70 warm water
15g honey
5g salt
15g olive oil
zest of one lemon (fine)
8g lemon juice

Method

To make the overnight sponge mix the flour, water and yeast in a 2 litre bowl, cover and leave at room temp overnight. In the morning add the remaining ingredients. This pre-ferment improves flavour and digestibility and saves on yeast.

Next day, add the warm milk, warm water, honey, remaining flours, lemon juice, lemon zest and salt to the sponge mix. It may help to dissolve the honey in the milk first. Mix until you have a smooth dough then add in the olive oil and knead gently for about 10 minutes until it is smooth and springy.

Put the dough in a moistened bowl in a warm place covered with a cloth for one hour. Now knock back the dough, i.e. press all the gas out of it. Gather the dough into a rectangle. Fold in the corners, fold in the new corners then fold in half. Now roll it back and forward a few times. Turn the dough over so that the seam is underneath. Now tuck in the ends and sides using the edge of your hands to get the baton shape. Dust loaf with flour (optional) then let it prove in shape for 40 minutes.

Put the loaf on a floured tray in a warm place to prove for approximately 45 minutes. Flour the shaped dough optionally slash the top. Bake at 180°C for 45 minutes. Cool on a wire rack covered with a cloth for a few minutes then serve warm.

Serving Good with soup, with cheese, with vegetable stew.