



Fruits and Nuts Sourdough

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Ingredients:

- 400 g Bread Flour
- 280 g Water
- 120g Levain (1:3:3 – 8 hours 30°C)
- 8 g salt
- 8 g dried figs
- 8 g apricots
- 8 g toasted almonds
- 1 Tbsp orange zests
- 1/2 tsp cardamom

Autolyse flour and water for 1 hour. Mix in the levain and let rest for 20-30 minutes. Mix again, add the salt.

Bulk 4-5 hours at 30°C 3 folds each 30 minutes

Preshape and add half of fruits and nuts. Rest 20-30 minutes. Shape, add another half of filling, and put in banneton.

Cold proof 20-25 hours at the fridge (6 degrees celsius)

Bake at 230° C during 45 minutes with steam at the beginning. Good breads!

Visit Patti on Instagram at: @patti_aguiar

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