

fuss free flavours

tasty stuff without the fuss



Muesli Sourdough Loaf

Makes 1 small loaf

Ingredients

Sourdough starter

9oz / 250g / 2 cups strong flour – I used a mix of ½ wholemeal spelt and ½ white

Pinch salt

1 tbs light olive oil

2oz / 50g / ½ cup muesli

Extra flour for dusting

Method

Make your sponge by adding 2 heaped tbs of your starter to about ¼ of the flour and mix, adding enough water so it is the consistency of a thick yogurt. Cover and leave for around 8 hours. Refresh your starter if needed.

When the sponge is bubbly add it to the remainder of the flour and the salt, and stir in enough water to make a dough. Add a glug of oil and knead for 5 min until smooth. Place in an oiled bowl and leave to rise and double in size, at room temperature for about 8 hours.

When risen turn out onto a floured worktop, fold in the muesli (reserving a little to sprinkle the loaf with) then place in to an oiled 1lb loaf tin, sprinkle with the reserved muesli. Leave to rise again for an hour.

Bake at GM6 / 200C / 400F for about 40 mins, until starting to brown. When cooked the loaf will sound hollow when tapped. Turn out and cool on a wire rack.

Notes

Although making sourdough is a lengthy process the actual hands on time is very little. When making sourdough for breakfast I start my sponge mid afternoon and make the dough last thing at night.