



"The Local Buy" Recipe, Episode 304

Colonial Third Bread

Courtesy Magnolia Bread Company

1) Make Sourdough Starter

Ingredients:

- 2 quarts warm water
- 1 tablespoon organic raisins, finely minced
- 8 cups unbleached unbromated flour

Method:

Soak 1 tablespoon finely minced organic raisins in 2 quarts warm water for 2 hours. Add this raisin slurry to 8 cups of unbleached unbromated flour. Mix well and leave at room in an oversized container with a lid slightly ajar at room temperature for 24 hours. (Raisins have a symbiotic relationship with yeast - they are covered with it. In 24 hours the batter should be bubbling a bit.)



2) Cook the Cornmeal

Ingredients:

- 1 cup non-GMO white cornmeal
- 6 cups water

Method:

Bring water to a simmer. Sprinkle cornmeal into water, stirring constantly. Stir until completely absorbed and thick. Set aside to cool to room temperature. (Make sure this is room temperature when you use it in the recipe - yeast dies at around 140 degrees.)

3) Cook the Wheat Berries

Ingredients:

- 1 cup local Winter wheat berries

- 4 cups water

Method:

Bring water to a simmer, add the wheat berries, turn to low. Cook about an hour until berries are tender. Set aside to cool to room temperature. (Make sure this is room temperature when you use it in the recipe - yeast dies at around 140 degrees.)

4) Make the Bread Dough

Ingredients:

- 8 cups unbleached unbromated flour
- 1 cup Sourdough Starter
- Cooked Wheat Berries (see step 3)
- Cooked Cornmeal (see step 2)
- 1 teaspoon instant yeast
- 3 cups warm water (this can vary, you want a soft dough and sticky dough)
- 2 tablespoons sea salt dissolved in 1/2 cup warm water



Method:

In a large bowl mix together the flour, 1 cup of the sourdough starter, all the cooked cornmeal, all the cooked wheat, yeast and water. Mix into a shaggy mass. Let the dough rest for 10 minutes.

Add the salted water. Add more water or flour as needed to achieve a soft slightly sticky dough.

When done mixing, put dough in large oiled bowl, cover tightly and refrigerate for 24 hours.

Shaping / Baking:

Shape dough into 16 ounce batards, or 22 ounce boules, use cornmeal liberally while shaping to keep dough from sticking. Put on sheetpans lined with parchment paper & dusted with cornmeal.

After shaping, place loaves in a cool draft free place to rise. Rising time varies from 2 to 6 hours.

Preheat oven to 400. When loaves have doubled in size put them in oven. Bake batards for about 25 minutes. Bake boules for about 35 minutes. They are done and will sound hollow when tapped!