

Aroma Bread with Coriander and Fennel

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



159 kcal

Ingredients

- 3 tablespoons caraway seeds
- 24 servings cornmeal for sprinkling
- 3 tablespoons fennel bulb
- 2 ounces coarse salt whole stone-ground medium grain
- 0.3 teaspoon yeast instant
- 3.8 ounces rye flour whole
- 1.5 teaspoons sea salt fine
- 0.3 cup sesame seed
- 0.5 cup farro whole wheat drained

- 12 ounces grain spelt flour whole
- 2 tablespoons suya seasoning mix (see below)
- 0.5 cup sunflower seeds
- 2 cups water cold
- 6 tablespoons coriander seeds whole

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- pot
- plastic wrap
- loaf pan
- wooden spoon
- kitchen thermometer
- broiler
- kitchen towels
- spatula
- dutch oven
- serrated knife
- pot holder
- dough scraper

Directions

- To prepare the dough, start at least 12 hours ahead.

- Whisk together all the ingredients except the whole grain berries and the water in a large bowl. Scatter the grain berries on top and add almost all the water. Stir with a dough whisk or a wooden spoon until the flour is incorporated. The dough should be wet and sticky to the touch, like firm oatmeal; otherwise, add a bit more water. But don't worry too much about the liquid-to-flour ratio, as this is a forgiving dough. Cover loosely with plastic wrap and let sit at room temperature to ferment for at least 12 hours and up to 18 hours.
- The next day, finish the bread.
- Sprinkle a linen or cotton kitchen towel (not terry cloth) with cornmeal and generously flour your work surface. Using a bench scraper or a rubber spatula, scrape the stringy, bubbly dough onto the work surface. Using floured hands, fold it exactly 4 times, always toward the center — from the right and from the left, as well as from the top and the bottom. Turn the loaf upside down so the fold is at the bottom, and set it on the kitchen towel. Fold the towel over the loaf to cover, and let sit for about 1 hour.
- After about 30 minutes, position a rack in the bottom third of the oven and preheat to 475°F.
- Place a 4 1/2- to 5 1/2-quart cast-iron pot or Dutch oven with its lid in the center of the rack. After about 1 hour, your loaf should have nicely risen. (When you press it with your finger about 1/4 inch deep, the dimple should remain; if not, wait 15 more minutes.) But again, don't worry too much — I have sometimes been less than precise and still succeeded.
- Using thick pot holders, carefully remove the cast-iron pot from the oven and place it on a couple of folded kitchen towels (to avoid cracking); uncover. Unwrap the dough, sprinkle with a bit more cornmeal, and invert directly from the kitchen towel into the pot, seam side up (it might look a bit wiggly; that's normal). If the dough doesn't drop into the center, shake the pot once or twice (use caution, it is hot!).
- Cover with the lid and bake for 30 minutes. Uncover and bake until the loaf is nicely browned and an instant-read thermometer inserted into the center registers 200°F, 20 to 25 minutes. Using thick pot holders, remove the loaf from the cast-iron pot and transfer to a wire rack. If you can resist, allow to cool completely, about 3 hours, before cutting the loaf with a sharp serrated knife. And a sharp knife it must be — this is a German-style bread, after all.
- To vary it: You can use 3 cups regular whole wheat flour (13 ounces) for a slightly denser loaf. If you don't have a cast-iron pot, use a 10-inch cast-iron skillet.
- Bake until an instant-read thermometer registers 200°F, 40 to 45 minutes. You can also bake the bread in a 9 by 5 by 3-inch loaf pan. Grease the pan well with oil and sprinkle with 1 to 2 tablespoons flax seeds or sesame seeds. After folding the dough as in step 2, drop it seam side up right into the pan. Cover with a dish cloth for about 1 hour (do the finger-poke test as in step 3). After 30 minutes, place a rack in the bottom third of the oven and preheat to 425°F.

- Bake until an instant-read thermometer registers 200°F, about 60 minutes.
- Transfer the pan to a wire rack to cool for about 5 minutes. Run a knife around the edges, unmold, and return to the wire rack, right side up, to cool completely before cutting. For a nicer crust when using a skillet or a loaf pan, slide a second rack with a broiler tray into the lowest level of your oven when preheating. After you place the loaf in the oven, carefully add about 1 cup hot tap water to the tray. Stand back so the steam doesn't hit you! To time it: Soak the whole grain berries the morning before, no later than lunchtime.
- Mix the dough (as in step
- in the late afternoon or evening. Finish and bake the loaf (steps 2 through
- in the morning, but no later than 18 hours after you start the dough.
- Reprinted with permission from Ancient Grains for Modern Meals: Mediterranean Whole Grain Recipes for Barley, Farro, Kamut, Polenta, Wheat Berries & More by Maria Speck. Text copyright © 2011 by Maria Speck; photographs copyright © 2011 by Sara Remington. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. Maria Speck grew up in Greece and Germany before moving to the United States as a young adult. She is a writer and journalist, and has contributed to Gourmet, Saveur, and Gastronomica, as well as Marie Claire and Elle. Her popular cooking classes in Cambridge, Massachusetts, focus on the flavors and cooking styles of the Mediterranean and on creating innovative and delicious meals with whole grains.
- add notes my notes
- edit my notes
- done

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:5.93, Inflammation Score:-3, Nutrition Score:7.0365217379902%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg

Nutrients (% of daily need)

Calories: 158.53kcal (7.93%), Fat: 3.83g (5.89%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 21g (7.64%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 1065.54mg (46.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Manganese: 0.47mg (23.68%), Fiber: 5.59g (22.35%), Iron: 2.43mg (13.51%), Magnesium: 42.97mg (10.74%), Copper: 0.2mg (10.2%), Vitamin E: 1.37mg (9.13%), Phosphorus: 88.17mg (8.82%), Vitamin K: 9.23µg (8.79%), Vitamin B1: 0.13mg (8.77%), Vitamin B6: 0.15mg (7.37%), Zinc: 0.94mg (6.25%), Selenium: 4.18µg (5.97%), Calcium: 55.95mg (5.6%), Vitamin B3: 1.05mg (5.24%), Folate: 20.81µg (5.2%), Potassium: 138.71mg (3.96%), Vitamin B2: 0.05mg (2.99%), Vitamin B5: 0.18mg (1.85%)