



Chef John39s Whole Wheat Ciabatta

Jacob · 28/09/2024



Prep Time

16 hrs 30 mins

Difficult

Medium

Servings

17 hrs 30 mins

Description

This whole wheat ciabatta is like the old nokhead ciabatta with a higherfiber makeover Since I dont have much whole wheat baking experience I did what any good chef would do I didnt do any research and just tried to figure it out I was quite happy with the taste and texture and going 5050 with the allpurpose flour provided just enough of that crusty chewy normal bread experience

Ingredients

- - 1 cup warm water - ½ cup all-purpose flour - ½ cup whole wheat flour - ¼ cup rye flour - ¼ teaspoon active dry yeast - 1 cup all-purpose flour - 1 cup whole wheat flour - ½ cup water at room temperature - 2 tablespoons shelled sunflower seeds - 1 tablespoon polenta - 1 tablespoon ground flax seeds - 1 ¾ teaspoons salt - 1 ½ teaspoons honey - 1 teaspoon all-purpose flour
- for dusting - ½ teaspoon cornmeal
- or as needed

Instructions

1. Make the sponge: Stir warm water
2. flours (all-purpose flour
3. whole wheat
4. and rye)
5. and yeast together in a large bowl until well combined. Cover the bowl with plastic wrap and let sit until bubbly and doubled in volume
6. 5 to 6 hours. Start the ciabatta: Stir all-purpose flour
7. whole wheat flour
8. water
9. sunflower seeds
10. polenta
11. flax seeds
12. salt
13. and honey into sponge with a wooden spoon until a very sticky dough ball forms
14. about 3 minutes. Scrape down the sides of the bowl
15. cover the bowl with plastic wrap
16. and let rise until doubled in volume
17. 10 hours to overnight. Line a baking sheet with parchment paper. Dust parchment paper with 1/2 teaspoon all-purpose flour and cornmeal. Scrape dough out of the bowl onto a lightly floured work surface; press down to remove air
18. then form into a smooth oval loaf. Place dough onto the prepared baking sheet. Dust top of loaf lightly with remaining 1/2 teaspoon all-purpose flour
19. cover with plastic wrap
20. and let rise until doubled in volume
21. about 1 1/2 hours. Preheat the oven to 450 degrees F (230 degrees C). Place a baking dish filled with water on the bottom rack of the oven. Remove plastic wrap from risen dough and mist the top of the dough with water. Bake in the preheated oven
22. misting the top of the loaf with water every 8 to 10 minutes
23. until loaf is golden and sounds hollow when tapped
24. 30 to 35 minutes total. Transfer bread to a cooling rack and let cool completely before slicing.