



# BEYOND BASICS

with **NATURAL**  
**YEAST**

Recipes for Whole Grain Health



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**BEYOND  
BASICS**  
*with* **NATURAL  
YEAST**

Recipes *for* Whole Grain Health



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**BREAD**

# Multi-Grain Roasted Flax and Pumpkin Seed Loaf



*Roasting seeds releases their fragrant oils, which flavor your dough and seduce your nostrils. The first time I made this loaf, the roasting seeds smelled so heavenly that I nearly ate them all before I got them in the mixer. Now I just accept my weakness and roast extra seeds for nibbling.*



## INGREDIENTS

½ cup starter (stir before measuring) 2½ cups lukewarm water  
1 Tbsp. olive oil  
2 tsp. salt  
2½ cups whole wheat flour  
2½ cups whole grain spelt flour (if necessary, add up to 1 additional cup whole wheat or spelt flour) ¼ cup roasted pumpkin seeds ½ cup roasted flax seeds, divided into ¼-cup portions ¼ cup roasted sunflower seeds

## SETTING UP THE DOUGH

(At least 10 hours before baking) **COMBINE** the starter, water, olive oil, and salt in a mixer.

**ADD** the flour, 2 cups at a time, allowing the mixer to incorporate the flour before adding more.

**CONTINUE** adding the flour until the dough “cleans” the sides of the mixer bowl. (There may be residual bits near the top, and here and there along the sides, but the lower half of the bowl should be clean.) Once the sides have cleaned, allow the dough to knead for 10 minutes.

**WHILE** the bread is kneading, prepare your seeds. You can do this in the oven or on the stovetop.

**OVEN-ROASTED SEEDS:** place the pumpkin seeds, sunflower seeds, and  $\frac{1}{4}$  cup flax seeds onto a cookie sheet and place in the oven under the broiler. Watch closely, stirring the seeds occasionally until they begin to pop and brown.

**SKILLET-ROASTED SEEDS:** place the pumpkin seeds, sunflower seeds, and  $\frac{1}{4}$  cup flax seeds in a skillet and set the heat to medium. Stir occasionally until the flax seeds begin to pop, then cover with a lid and continue to stir occasionally until the seeds are browned.

**OPTIONAL:** separate and reserve  $\frac{1}{4}$  cup of the roasted seeds to garnish the outside of your loaves after shaping.

**ROAST** the remaining  $\frac{1}{4}$  cup flax seeds and grind them into meal using a food processor or blender (flax seed is only digestible when ground, the other whole roasted flax seeds are more for texture and aesthetics).

**A FEW MINUTES** before the end of kneading, dump the roasted seeds and ground flax seed into the mixing bowl and wait until incorporated into the dough.



**REMOVE** the dough and any loose seeds onto your work surface and knead the dough a few times, until texture is uniform and the remainder of the seeds have been incorporated into the dough evenly. This can take a minute or two, so be patient. If the dough is very sticky, dampen your work surface slightly with water. Do not “flour” your surface; this will dry out your bread.

**PLACE** the dough smooth-side up into a pregreased bowl or container. (Remember to choose a container that allows your dough room to double in size. You can also split your dough and use two smaller bowls.).

**COVER** your bowl with greased plastic wrap or with a thick, damp kitchen towel (thin towels dry out too quickly and stick to the dough).

**PLACE** on the countertop to rise overnight (or all day) for 6–12 hours.

*Does your starter need to be fed? If so, now's the time!*

## **SHAPING AND FINAL RISE**

**AFTER** a minimum of 6 hours, turn the dough out of the bowl onto your work surface.

**USE** a dough scraper or sharp serrated bread knife to cut the dough into 2 equal pieces.

**SET** the pieces aside on a damp surface and grease your pans or flour your proofing baskets (page 12). (This gives your dough time to “relax” before shaping.) **SHAPE** each piece individually into sandwich loaves, artisan boules, or rolls. (For more details on shaping your dough, see Section 9 in *The Art of Baking with Natural Yeast*.) **OPTIONAL:** For garnished loaves, roll the shaped dough in the seeds reserved previously, before placing the dough in pans, or simply moisten the top of the dough in a pan and lightly sprinkle and press the seeds to the top of the dough, being careful not to flatten the loaf.

**ALLOW** the loaves to rise in a warm place for 2–2½ hours, or until the dough slowly returns a gentle fingerprint.

**PREHEAT** the oven to 350 degrees.

**BAKE** for 35 minutes, or until a thermometer inserted into the bottom of the loaf reads at least 180 degrees.

**REMOVE** from the pans and allow to cool completely before cutting.



# Harvest Moon Bread

*I recently took a trip to visit some friends on their farm, and since I had brought my starter along, I took advantage of all the true farm-fresh ingredients at my fingertips and whipped up some dough. Fresh butter from their cows, raw honey from wild hives, and home-grown coarsely-ground wheat all went into the mixing bowl. What came out of the oven was some of the best bread I have ever tasted. We sliced and buttered it, then headed outdoors to eat around the campfire and watch the Harvest Moon rise. Since I can't very well put the full October moon on the recipe list, you may have to do without, but your finished loaf may lack that certain magical something.*

*Note: This bread only has one extra-long rise, since the texture of the dough does not hold shape well and does not benefit from an additional rise after shaping.*

*Coarsely ground flour has a lower glycemic index than finely ground flour, since it takes longer to digest and enters the bloodstream at a slower rate, which can make it an excellent choice for diabetics.<sup>1</sup>*



## INGREDIENTS

2½ cups water

2 cups starter

1 Tbsp. fresh butter\*

¼ cup raw or wild honey\*

2 tsp. salt

5–6 cups coarsely ground flour \*No farm-fresh butter or wild honey? Whatever you have in the fridge and pantry will work too.

## SETTING UP THE DOUGH

(At least 6 hours before baking) **COMBINE** water, starter, butter, honey, and salt in mixer.

**ADD** the flour 2 cups at a time, allowing the mixer to incorporate the flour before adding more.

**CONTINUE** adding flour until the dough “cleans” the sides of your mixer bowl. This will take slightly longer than normal with coarsely ground flour, because the larger bits take longer to absorb water.

**TIP:** if you have time, mix the dough with 5 cups of flour until the flour is wet, then put the lid on your mixer and let it rest for 10 minutes before turning it back on and judging whether more flour is needed.

**ONCE** the sides have cleaned, allow the dough to knead for 10–20 minutes, or until it holds together in a dough ball as it moves around the mixer. This dough will not pass the windowpane test (see [page 12](#)) because of the texture of the flour. The dough will feel a little wet to the touch, without being tacky. That is okay; we want the flour to continue soaking up water as it rises.

**PLACE** the dough smooth-side up into a pregreased bowl or container. (Remember to choose a container that allows your dough room to double in

size. You can also split your dough and use two smaller bowls.)



**COVER** your bowl with greased plastic wrap or with a thick, damp kitchen towel (thin towels dry out too quickly and stick to the dough).

**PLACE** on a countertop to rise overnight (or all day) for 6–12 hours.

Does your starter need to be fed? **Now's the time!**

## **SHAPING AND FINAL RISE**

**AFTER** a minimum of 6 hours, turn the dough out of the bowl onto your work surface. The dough will be noticeably different from regular bread dough, with no strong “gluten sheath” to hold everything tightly together.

**USE** a dough scraper or sharp serrated bread knife to cut the dough into 2 equal pieces.

**SET** the pieces aside on your work surface and prepare your pans or baking sheet. (This gives your dough time to “relax” before shaping.) **PREHEAT** the oven to 350 degrees.

**STRONG** as your starter is, it will not be strong enough to lift these loaves to standard “sandwich loaf” heights, so shape them as rounded, free-form loaves and omit the final rising period. (For more details on shaping your dough, see Section 9 in *The Art of Baking with Natural Yeast*.) **IF** you did want to attempt a sandwich loaf, I would recommend a narrower pan with tall sides to encourage the dough to move upwards as it bakes, and allow for a 1–2 hour final rise before baking.

**TIP:** This bread bakes gorgeously using the Indoor Dutch oven method on [page 48](#).

**SHAPE** the dough into rounds and place on a greased baking sheet.

**BAKE** for 35 minutes, or until a thermometer inserted into the bottom of the loaf reads at least 180 degrees.

**REMOVE** from the pans and allow to cool completely before cutting.

# Cranberry Ginger Loaf

*This is a beautiful loaf perfect for the holidays. It is very flexible and can easily be baked as sandwich bread, artisan bread, or rolls for Thanksgiving. It is a great way to take advantage of these beautiful berries we only have access to for a few months of the year.*



## INGREDIENTS

2½ cups water

½ cup starter

2 tsp. salt

1 Tbsp. coconut oil

¼ cup honey 1 tsp. ground ginger (or to taste) 5–6 cups whole wheat flour

1 cup quartered fresh cranberries

## SETTING UP THE DOUGH

*(At least 10 hours before baking)* **COMBINE** the water, starter, salt, coconut oil, honey, and ginger in a mixer.

**ADD** the flour 2 cups at a time, allowing the mixer to incorporate the flour before adding more.

**CONTINUE** adding flour until the dough “cleans” the sides of your mixer bowl. (There may be residual bits near the top, and here and there along the sides, but the lower half of the bowl should be clean.) **ONCE** the sides have cleaned, allow the dough to knead for 10 minutes.

**WHILE** the bread is kneading, prepare your cranberries. I use the quartered berries as they are, but here are a few tips: If you want your berries to bleed more color into your loaf, toss them lightly in a tablespoon of sugar and let them sit for

a few minutes before adding them to the dough. For less bleeding, toss them in a tablespoon of flour before adding them.

**A FEW MINUTES** before the end of kneading, dump your cranberries into the mixing bowl.

**WHEN** the dough has been kneaded long enough to pass the “windowpane test” (see [page 12](#)), remove the dough and any loose berries onto your work surface and knead the dough a few times until the texture is uniform, and the remainder of the berries have been incorporated into the dough evenly. This will also create pretty swirls of color in the dough from your cranberries.

**PLACE** the dough smooth-side up into a pregreased bowl or container. (Remember to choose a container that allows your dough room to double in size. You can also split your dough and use two smaller bowls.) **COVER** your bowl with greased plastic wrap or with a thick, damp kitchen towel (thin towels dry out too quickly and stick to the dough).

**PLACE** on the countertop to rise overnight (or all day) for 6–12 hours.

Does your starter need to be fed? **Now's the time!**



## SHAPING AND FINAL RISE

**AFTER** a minimum of 6 hours, turn the dough out of the bowl onto your work surface.

**USE** a dough scraper or sharp serrated bread knife to cut the dough into 2 equal pieces.

**SET** pieces aside and grease your pans or flour your towel-lined proofing baskets (for free-form loaves, see [page 12](#)). This gives your dough time to “relax” before shaping. (For more details on shaping your dough, see Section 9 in *The Art of Baking with Natural Yeast*.) **TAKE** one dough section and pat it out on your damp work surface.

**SHAPE** each piece individually into sandwich loaves, artisan boules, or rolls.

**ALLOW** the loaves to rise in a warm place for 2–2½ hours, or until the dough slowly returns a gentle fingerprint.

**PREHEAT** the oven to 350 degrees.

**BAKE** for 35 minutes, or until a thermometer inserted into the bottom of the loaf reads at least 180 degrees.

**REMOVE** from the pans and allow to cool completely before cutting.

# Dark Rye Bread



Contest Winner: Valerie Penfold *My family loves a good Reuben sandwich. This rye bread is the result of searching the internet and my cookbooks to see commonalities of rye breads so I could create a natural yeast version. Everyone is pleased with the results!*



## INGREDIENTS

½ cup starter

2½ cups water

⅓ cup molasses 1 Tbsp. salt

¼ cup coconut oil ¼ cup cocoa powder 2 cups rye flour 2 Tbsp. caraway seed

5 cups whole wheat flour

## SETTING UP THE DOUGH

(At least 8 hours before baking) **COMBINE** starter, water, molasses, salt, oil, and cocoa in mixer. Add rye flour, caraway, and 3 cups of wheat flour and mix. Add the rest of the flour and any more, until the dough cleans the side of the bowl. Let the dough sit for 5 minutes, and then knead until it is thoroughly combined and you can see the gluten starting to form as the dough pulls into a ball and starts wrapping around the center (about 5 minutes).

**MOISTEN** your counter or silpat and your hands with water and pull the dough out of the bowl. Knead the dough 6–10 times until it's a stiff ball, and then place it in a greased bowl, cover with greased plastic wrap, and let it sit overnight to rise (8–12 hours).

## SHAPING AND FINAL RISE

**PULL** the dough onto a wet surface again and divide it into 2 equal pieces. Let it sit for 10 minutes, while you grease 2 loaf pans. Keep your hands wet and press the dough into a big rectangle, fold into thirds horizontally and then vertically, and then tuck the ends under, making the top smooth. Place the dough in the pans and cover with the same plastic wrap used for the first rise. Let rise a second time. After 2–2½ hours, when the dough has a nice rounded top, bake it for 30–40 minutes at 375 degrees until it reaches an internal temperature of 190 degrees. Do not slice until it is completely cool or it will be doughy.

**NOTE:** I live 6500 feet above sea level, and I have to bake the full 40 minutes and have the thermometer reach 190 degrees. I also have to cover it with foil the last 10 minutes to prevent over-browning. I used hard white wheat.



PHOTO FROM GINGERSNAPS PHOTOGRAPHY



PHOTO FROM GINGERSNAPS PHOTOGRAPHY

# Light Rye Bread



Contest Winner: Valerie Penfold *I adapted Grammy's Bread from The Art of Baking with Natural Yeast to create a rye bread for a classic Reuben sandwich. Yummy!*



## INGREDIENTS

½ cup starter  
2 cups water  
¼ cup honey 2 Tbsp. coconut oil  
2 tsp. salt  
2 cups rye flour  
3½–4 cups whole wheat flour  
2 Tbsp. caraway seeds

## SETTING UP THE DOUGH

(At least 10 hours before baking) **COMBINE** the starter, water, honey, oil, and salt in a mixer. Add the rye flour, caraway, and 2 cups of wheat flour and mix. Add the rest of the flour and a little bit more if needed, until the dough cleans the sides of the bowl. Let the dough sit for 5 minutes, then knead until thoroughly combined. You will see the gluten starting to form as the dough pulls into a ball and starts wrapping around the center (about 5 minutes).

**MOISTEN** your counter or silpat and your hands with water and pull dough out of bowl. Knead the dough 6–10 times until it's a stiff ball, and then place in a greased bowl, cover with greased plastic wrap, and let it sit overnight to rise (8–12 hours).


## SHAPING AND FINAL RISE

**PULL** the dough onto a wet surface again and divide it into 2 equal pieces. Let it sit for 10 minutes while you grease 2 loaf pans. Keep your hands wet and press the dough into a big rectangle, fold into thirds horizontally and then vertically, and then tuck ends under, making the top smooth. Place in the pans and cover with the same plastic wrap you used for the first rise. Let rise a second time. After 2–2 ½ hours, when the dough has a nice rounded top, bake for 30 minutes in a 375 degree oven until it reaches an internal temperature of 190 degrees. Do not slice until completely cool or it will be doughy.

# Pumpernickle Bread



Contest Winner: Lori Daniels



Yield: 2 loaves

## INGREDIENTS

½ cup starter

2½ cups lukewarm water

2 tsp. salt

¼ cup honey ¼ cup molasses ½ cup cocoa powder

2 cups dark rye flour

¼ cup caraway seeds (optional) 4½–6½ cups whole wheat bread flour

## SETTING UP THE DOUGH

(At least 10 hours before baking) **COMBINE** the starter, water, salt, honey, and molasses in mixer. Add the cocoa, rye flour, caraway seeds, and 4½ cups of whole wheat flour, mixing and then adding additional flour until the dough cleans the sides of your mixing bowl. Allow the dough to knead for 10 minutes, or until the dough can pass the windowpane test on [page 12](#).

**MOISTEN** a large work surface with water and pull the dough out onto your work surface. Wet your hands with water and knead the dough a few times, until the texture is uniform. Place the dough smooth-side up into a pregreased bowl that is large enough for the dough to double in. Cover your bowl with greased plastic wrap or with a thick, damp kitchen towel. Place on a countertop to rise overnight (or all day) for 6–12 hours.

## SHAPING AND FINAL RISE

**AFTER** a minimum of 6 hours, turn the dough out of the bowl onto the wet work surface. Wet your hands and use a dough scraper or sharp serrated knife to cut the dough into 2 pieces for sandwich loaves or boules, or 4 pieces for baguettes (For more details on shaping your dough, see Section 9 in *The Art of*

*Baking with Natural Yeast.*) **LET** the dough "relax" for 10 minutes. Shape it as you desire and let it rise in a warm place for 2–2½ hours.

**PREHEAT** the oven to 375 degrees. Bake sandwich loaves for 25–30 minutes, or until a thermometer inserted into the bottom of the loaf reads at least 180 degrees. Remove from the pans and allow to cool completely before cutting.

**IF** you are making boules or baguettes and you want an extra crispy crust, place a baking stone or cast iron pan in oven on the top rack and your broiler pan on the bottom rack and preheat to 450 degrees for at least 15 minutes. Boil 1 cup of water in microwave. Slide boules or baguettes, which have been rising on parchment paper, onto the baking stone and pour the water into the broiler pan. Quickly shut the oven door. Bake for 20–25 minutes.



PHOTO FROM GINGERSNAPS PHOTOGRAPHY

# Simply Sourdough



If you do not like the flavor of true sourdough, this recipe is not for you. If, however, you revel in sour bread that leaves your salivary glands gleeking with joy, step right up—this one's for you.

While this recipe does not make loaves large enough to fill a bread pan, it is great for a spur-of-the-moment treat, or a last-minute dash to have bread for that sandwich/soup/craving you need it for. You will also be pleased to know that this is the quickest bread recipe in the entire cookbook. There is no rise, and no preparation whatsoever. All you need is starter, salt, and a little flour. Intrigued?

This recipe makes quick, single or double serving-sized mini-loaves. It has saved me many times in a quick pinch when I needed bread for packing lunches, and realized the last loaf had been pillaged during the night. If you are the type of person who keeps large quantities of starter on hand, you could make enough mini-loaves to fill a batch of rolls. For the rest of us, this is a great go-to solution for a single serving of bread in a pinch.



## INGREDIENTS

1 cup sourdough starter\*

¼ tsp. salt ¼ cup flour *This recipe will only work if you follow Key to Success #3 (page 5) to keep a thicker starter. A runny starter will not have enough cohesion to work for this recipe.*

## INSTRUCTIONS

**PREHEAT** the oven to 400 degrees.

**NOTE:** I often use our small toaster-oven (also preheated to 400 degrees) to bake one or two of these little loaves, to avoid wasting energy heating the large

oven for something so small.

**STIR** together the flour and salt, then dump it on a small work surface, spreading it out slightly to create a heavily floured work surface.

**POUR** the starter into center of work surface. Flip it to coat all sides. With floured hands, quickly tuck the edges under, rounding and shaping the floured starter into a small boule or bâtard.

(For more details on shaping your dough, see Section 9 in *The Art of Baking with Natural Yeast*.) **PLACE** on a greased baking tray or aluminum foil and put into the oven (even if it's not all the way preheated).

**BAKE** for about 20 minutes, or until the top is brown and the loaf sounds hollow when tapped on the bottom.

**NOTE:** Salt breaks down starter when they come in direct contact, as in this recipe. This is one reason the flour is necessary to help us integrate the salt into the loaf without turning the starter to liquid. Work quickly during shaping to get the roll baking before the salt breaks it down too far.



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