



Poolish ingredients for one cob or two

250g (500g) strong white flour

250g (500g) warm water

0.3g (0.5g) dried yeast

Remaining ingredients

140g (280g) warm water (40°C)

2g (3g) dried yeast

175g (350g) strong white flour

50g (100g) wholemeal flour

25g (50g) rye flour

25g (50g) wheat germ

10g (20g) oat bran

11g (21g) salt

Method

Mix the sponge ingredients in a large bowl the evening before so that the mixture will have 12 to 14 hours fermentation by the time you are ready to continue next day. Cover and leave at room temperature hopefully 20-22°C.

Next day add the remaining ingredients in a large bowl and mix by squishing between your fingers, wet your hands first so the dough doesn't stick (so much).

The dough is going to prove now for 2 to 3 hours. At the start give the dough 2 folds 30 minutes apart. Make the folds by going round the dough in the bowl pulling the dough up and out as far as it will go without tearing then folding it back into the middle.

At the end of the proving, ease the dough out onto a floured surface. For two cobs divide the dough into two equal pieces. Follow the instructions below for each dough. Go round the dough pulling an edge gently away from the centre then folding it lightly back into the centre. Do this till you have a neat high mound of dough then turn it over and tuck the bottom edge in using the edge of your hands - again best if you see this done. Flour a proving basket or bowl lined with a well floured tea towel. Optionally sprinkle more oat bran in the bottom of the proving basket/bowl then spritz the top of the dough before you put it in the basket, so that the bran sticks. Now lay the dough in the basket/bowl, pretty side down and let it prove for about 1 hour in a warm and moist place (inside a plastic bag misted with water).

Well in advance heat the oven to 240°C with the casserole & lid. Gently tip the dough onto floured baking parchment. Optionally use a piece of doweling to make a groove across the dough, going right through to the bottom of it. A little flour across where you are going to press makes it easier. Take the casserole out of the oven and remove the lid. Pick up the dough using the edge of the baking paper on either side of the groove which will allow the dough to fold a bit in the middle as you ease it into the pot. Replace the casserole lid.

Bake for 30 minutes. Remove the lid and bake for another 30 minutes.