



## The Sunflower Seed Crown Recipe

### The Sunflower Seed Crown (makes 2 loaves)

#### Ingredients

##### **Stage 1: Combine the following:**

- 360g Organic Strong White Flour
- 360g Organic Strong Wholewheat Flour
- 300g fresh activated starter
- 480g Filtered water
- \* brown rice flour for dusting

##### **Stage 2: Allow to rest or 'autolyse' for 30 mins**

(cover the bowl with plastic shower cap or tea-towel)

##### **Stage 3: Oil & Salt**

1. Add 15g of pink Himalayan salt. Mix well.
2. Remove dough & place in a fresh clean oiled bowl (1-2Tbsp of olive oil)
3. Allow to rest for 30 mins (covered with a plastic shower cap or tea-towel)

##### **Stage 4: The Letter Folding Stage!**

4 Rounds in Total - 30 mins apart

##### Method:

1. Dust the counter with brown rice flour
2. Place your dough on the counter & spread out as much as possible in a rectangular shape with your hands
3. On the upper top side, pull the dough up & out in a stretching motion. Fold it back on to itself & into the middle. Now do the same on the opposite long edge. Then fold the short edge into the centre & then do the same on the opposite short edge. You should end up with a smaller folded 'letter'.
4. Flip it over & do the same on the other side
4. Place back in the oiled bowl, covered with a plastic shower cap or tea



towel, for 30 mins.

5. Repeat this process 3 more times.

### **Stage 5: Forming, Shaping & Proving**

1. Dust the counter with brown rice flour

2. Place your dough on the counter & using a dough cutter, cut the dough in half. You can use your digital scales to measure each dough ball. Each one should be ca. 750g. Place one ½ aside & start working on the other half.

#### **3. The Clock:**

Form it into a round shape, then pick up an outside edge & fold it into the middle of the dough, repeat this in a clockwise motion until you end up with a smooth finish underneath. This is known as 'the clock' pulling the dough up & out with your right hand at 12-o'clock at the same time turning it with your left hand to 3-o'clock and pulling the dough up & out. Repeat in the same way all the way around the clock – 12-o'clock, 3-o'clock, 6-o'clock, 9-o'clock

#### **4. Sewing: to build tension**

Flip your dough over to reveal the smooth finish. Then flatten it out a little with your hands. Pinch the dough on the top two corners like ears & pull out - crossing over each other repeat in the middle & at the bottom so that create a seam like 'stitch' down the middle.

Then take the top part and roll it half way into the middle & then roll the rest over to the bottom. This will form a neat dough ball. The whole point of these steps is to build tension in the dough so that you get a really good oven spring & rise.

#### **5. Final shaping**

Cup your hands around the dough & on a clean bit of counter top (no flour) pull the dough towards you so that you feel the underside dragging off the counter. This action tightens the outer 'skin' of the dough which will result in a crunchy crust when cooked. Lift it and place back at the starting point. Repeat this action multiple times to get a perfectly smooth outer skin & to build further tension in the dough. Put to one side & repeat with the other half.



## **6. The sunflower Seed Crown: You will need a proving basket for this**

a) Double Prove: 3+hours counter prove at ambient temperature, followed by an overnight fridge prove (this is what I do) The counter prove will cause the dough to increase in size. Be careful when the weather is warm as your dough can very quickly overprove...

### What to do:

Take your bamboo proving basket & sprinkle a layer of sunflower seeds into the bottom, keeping them in a single layer and only in the centre. Then rub your prepared dough with olive oil & place into the proving basket seam side up (facing you). This will help the seeds to stick to the dough. Cover it again with your shower cap & allow to counter prove for 3+ hours (depending on the temperature in your kitchen) before placing in the fridge overnight (8+hours) for its second prove.

## **Stage 7: Getting Ready To Bake & Baking**

1. Preheat your oven to 280C (very hot!) or min. 250C
2. Remove the dough from the fridge & take off the plastic shower cap.
3. Place a sheet of parchment paper directly onto the counter.
4. Flour your right hand & invert the dough onto your hand & place gently on the paper. This will avoid disturbing the sunflower seed crown.
5. Lift the paper with the dough on it into your Pyrex lid & cut off the excess paper.
6. Now using your bakers lame, make some incisions all around the rim of the crown. This will encourage the openings to elevate the crown a little
7. Place the dome lid on top & place in your pre-heated oven to bake for 40 mins at 260-280C. You can remove the lid for the last few minutes if necessary to brown the seeds
8. Remove from the oven once you are happy with the colour & take out of the bowl & place on a wire cooling rack. Allow to cool for min 30+ mins before slicing.