

Ciabatta con segale

Although rye isn't associated with Roman baking, it is increasingly used by Italian bakers across the country looking to incorporate a variety of whole grains into their breads. This bread was inspired by the rye ciabatta I saw at Antico Forno Roscioli in Rome (page 232). The breads there are a mix of the very traditional along with the new and novel.

Italian bakers don't maintain a rye sourdough, so when they want to bake with rye they simply build one from the wheat starter they already have, which is what I've done here. To wind up with a rye-flavored ciabatta that is characteristically bubbly and light, I've limited the use of rye to the starter, using wheat flour in the final dough.

Start to Finish: 8 to 14 hours

Rye sourdough starter 6 to 8 hours

knead 10 minutes

first fermentation 21/2 hours

rest 40 minutes

bake 35 minutes

Makes two 509-gram loaves

INGREDIENTS	BAKER'S %	METRIC WEIGHT
R YE SOURDOUGH S TAR TER		
Whole rye flour	100	45 g
Water	100	45 g
Liquid Sourdough Starter (page 182)	22	10 g
FINAL DOUGH		
Tipo 00 flour with W value of 250 to 260	100	500 g
Water	80	400 g
Salt	2.8	14 g
Dry instant yeast	1	5 g
Rye sourdough starter	20	100 g

1. **Prepare the rye sourdough starter:** In a small bowl, stir together the rye flour, water, and liquid sourdough starter until well incorporated. Cover and let ferment at room temperature (68 to 77 degrees) until doubled in volume, 6 to 8 hours.
2. **Make the final dough:** Combine the flour, 300 g of the water, the salt, yeast, and rye sourdough starter in the bowl of an electric mixer fitted with a dough hook. Mix with a rubber spatula until a rough dough forms. With the dough hook, mix on low (2 on a KitchenAid mixer) for 5 minutes. Turn the mixer to medium-low (4 on a KitchenAid mixer) and slowly drizzle the remaining 100 g water into the bowl, pausing every 10 g to allow the dough to absorb the water. Once the water is incorporated, continue to mix on medium-low for 5 minutes more.
3. **First fermentation:** Transfer the dough to a lightly oiled, clear 4-quart container with a lid. Turn the dough over so all sides are oiled. Cover and let stand 1 hour. Turn the dough out onto a lightly floured

counter. Pat into a 6- by 8-inch rectangle and fold like a business letter. Slide both hands under the dough and flip it over so the folds are underneath. Slip it back into the container, cover, and let stand another 1½ hours.

4. One hour before baking, line a baker's peel or rimless baking sheet with parchment paper. Place a baking stone on the middle rack of the oven and a cast-iron skillet on the lower rack. Preheat the oven to 450 degrees.

5. **Final proof:** On a lightly floured countertop, gently press the dough into a rectangle measuring 9 by 11 inches. With a bench scraper or chef's knife, cut into two rectangles, 4½ by 11 inches. Transfer the two rectangles to the baker's peel, bottom sides up. Dust with flour and cover with plastic wrap. Let rest 40 minutes.

6. **Bake:** Right before they go into the oven, with the four fingers of one hand, dimple each ciabatta at 1-inch intervals. Slide the loaves, still on the parchment, onto the baking stone. Place 1 cup of ice cubes in the skillet to produce steam. Bake for 10 minutes. Turn the heat down to 425 degrees and continue to bake until nicely browned and puffy, about 25 minutes. Slide the loaves, still on the parchment, onto a wire rack. Cool completely. Ciabatta con Segale is best eaten on the day it is baked, but can also be stored in a brown paper bag at room temperature for up to 2 days. Leftover loaves can be wrapped in plastic and then aluminum foil and frozen for up to 1 month.

Note for Professional Bakers

The double hydration technique can be used to skip the second folding of the dough. Mix the dough with the first portion of water until the gluten is about 80 percent developed. Then add the remaining water and mix the dough until full gluten development is achieved. One hour after mixing, fold the dough just once, place in an oiled tub, cover, and refrigerate.

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