

Blackberry, poppy seed and pea flower water sourdough

From Vanessa Kimbell's 'The Sourdough School' (p. 130)

Notes

This one is interesting because of the pH indicator properties of the tea. With a shorter fermentation and less acidity, the loaf turns a colbolt blue, but under a more intence fermentation, it goes a rich violet. To make the tea, brew 2-3 heaped tablespoons of butterfly pea flowers per 800g of water. Leave to cool, strain and then bring up to required temperature.

Blackberries (or blackcurrants), poppy seeds and aniseeds (optional) are all inclusions.

Ingredients

	Bakers %	500g total	1kg total	2kg total	3kg total	4kg total
Leaven Flour	10.3%	22	44	88	131	175
Leaven Water	9.2%	20	39	78	117	157
Leaven Starter	2.6%	5.53	11	22	33	44
Flour	85%	181	362	723	1085	1447
Tea	80%	170	340	681	1021	1362
Blackberries	20%	43	85	170	255	340
Wholegrain Flour	10%	21	43	85	128	170
Poppy Seeds	10%	21	43	85	128	170
Rye Flour	5%	11	21	43	64	85
Salt	2%	4.26	8.51	17	26	34
Toasted Aniseeds	2%	4.26	8.51	17	26	34