

Lauren's Sourdough Sandwich Bread

Soft, enriched sourdough sandwich loaf

NOTE: This recipe is a larger loaf adjusted for a domed rise in larger 10x5-inch loaf pans.
See below for original sized loaf recipe at end for smaller 8x5 & 9x5 inch loaf pans.



Ingredients (2 Large 10x5 Loaves)

- 550 g water
- 140 g whole milk (or non-dairy milk)
- 33 g honey (about 1 heaping tbsp)
- 30 g sugar
- 70 g avocado oil (about 5½ tbsp)
- 27 g kosher salt
- 280 g active, risen sourdough starter
- 1,230 g unbleached bread flour

Instructions



Step 1: Mix the Dough

1. Combine milk and water in tempered glass bowl or measuring cup to warm in microwave. I usually only do this in winter. You want about 85 degrees.
2. In a large bowl, combine **water, milk, honey, sugar, avocado oil, and salt**. Stir to mix.
3. Add **starter** and mix well until it is mostly dissolved.
4. Add **bread flour** and mix until all flour is hydrated and no dry bits remain.
5. Cover and let rest **30–45 minutes**.



Step 2: Slap, Punch, and Coil, Knead, Stretch (SPACKS)

1. Turn dough out onto a clean surface (no flour) **OR** work directly in the bowl.
2. Punch, knead, slap/fold, coil/fold, and stretch for **5–10 minutes** to ensure full absorption and elasticity.
3. Shape into a ball and return to the bowl, smooth side up, and cover.
4. **Wait 1 hour** to lamination or move on to Bulk fermentation.



Step 2A: Lamination

1. Gently turn the dough out onto a clean surface. Stretch into a large, thin rectangle, being careful not to tear.
2. Fold in thirds (like a brochure), then fold in thirds again the other direction.
3. Gently push and pull to form a smooth ball.
4. Return dough to the bowl bottom down, cover, and proceed to Bulk Fermentation.

Purpose: Adds strength and structure and can help create a taller, more even loaf. Optional.



Step 3: Bulk Fermentation

1. Cover dough and let rise **4–7 hours MORE** (total BF starts when flour and starter is combined well) at room temperature, or until roughly doubled.
 - Summer: usually **4–5 hours after lamination**
 - Winter: usually **6–7½ hours after lamination**



Step 4: Pre-Shape and Rest

1. Gently turn dough onto a clean surface.
2. Divide into equal sections (total dough ÷ number of loaves).
3. Shape each into a ball doing push me/pull yous to build tension and rest **uncovered 20 mi**

Pre-shape method:

Turn dough upside down and **gently** flatten. Bring bottom up about $\frac{2}{3}$ of the way and press with fingertips to stick. Bring each side into the center, pressing to stick. Turn over and round using pinkies tucked under while guiding with the other hand. Pull dough toward you against the counter to build tension until smooth.

Step 5: Final Shape

1. Grease or line **10x5-inch loaf pans** with parchment, if not using a bread sling.
2. Flip dough ball smooth-side down and flatten very slightly.
3. Fold bottom toward center and press with fingertips, then roll forward and immediately pull back. Repeat until fully rolled.
4. Roll seam-side up, pinch seams well, flip seam-side down, and tuck ends.
5. Lift dough (seam-side up) and place into pan seam-side down.
6. Cover and proceed to Final Proof.

Step 6: Final Proof (loaf pans)

1. Let covered dough rise **2–4 hours** at room temperature, until puffy and just below the rim.
2. For cold proof, cover pans and refrigerate overnight.

Optional Split Artisan Branch (After Bulk Fermentation)

Use only if you want *ONE* portion baked as an artisan loaf. **SEE SEPARATE RECIPE BELOW-at bottom**

1. After bulk, divide dough.
2. Set aside **one portion** for artisan baking; continue sandwich loaf shaping for the rest.
3. Bake separately as an artisan loaf (Dutch oven or steam), per your usual artisan method (SEE BELOW).

Note: This dough will produce a soft-crumb, rustic artisan loaf, not a lean country boule.

Step 7: Same-Day Bake or Cold Proof & Bake

COLD PROOF (next-day bake)

1. Remove from fridge; **no counter rest needed**.
2. Preheat oven to **350–355°F** about 30 minutes before baking.
3. Score.
4. No steam pan needed; spray tops lightly with water.
5. Bake on middle rack **55–60 minutes**, until internal temp is **195–200°F**.
 - Rotate halfway through: swap left and center loaves, rotate 180°. Right loaf stays put.

SAME-DAY BAKE

Follow identical steps once proofed and ready.

Step 9: Cool & Slice

1. Remove loaves from pans immediately and cool on a wire rack.
2. Cool at least **1 hour** before slicing for best texture.

If you want to split the recipe and do one LOAF PAN and one ROUND ARTISAN Loaf using this sandwich bread (softer crust than Phillip's artisan recipe), they are baked differently. Below is how you would do the artisan loaf.

Artisan Loaf Recipe from Mom's Sandwich Dough

(Single loaf, split from above sandwich batch)

Artisan Round Loaf Timing Options

Option A: Bake the Same Day (recommended for ease)

1. Pre-shape

- Gently round the dough into a loose ball
- Minimal degassing
- Rest **20–30 minutes**, uncovered

2. Final Shape

- Shape into a **boule (round) or batard (oval)**
- Build even surface tension, not tight compression
- Place **seam-side up** in a floured banneton or towel-lined bowl

3. Final Counter Proof (room temperature)

- Proof **1-2 hours**
- Dough should feel puffy but still elastic
- Finger poke should spring back slowly

Option B: Cold Proof (more flexibility, more flavor)

After final counter proof:

- Cover and refrigerate **overnight (8–16 hours)**
- Bake straight from fridge the next day

Oven Setup (IMPORTANT)

Oven Temperature

- Preheat to **450°F with dutch oven**
- Preheat at least **30–45 minutes**

Baking Method (pick one)

Dutch Oven (easiest, most reliable)

- Preheat Dutch oven with lid inside oven
- Load loaf seam-side down onto parchment
- Cover immediately

OR Stone / Steel + Steam

- Preheat stone or steel
- Use steam tray or heavy misting for first 15–20 minutes

You CAN also use a roasting pan with lid.

Baking Timeline

Covered / Steamed Phase

- **20 minutes at 450°F**
- Lid ON or steam present
- Do not open oven

Uncovered Phase

- Remove lid / stop steam
- Bake **15–20 minutes more**
- Crust should be deep golden brown

Internal Temp Target

- **205–208°F**

ORIGINAL (2) SMALL loaves for 8x5 or 9x5 loaf pan

Sourdough Sandwich Bread

Soft, enriched sourdough sandwich loaf



Ingredients (2 Loaves)

- 400 g water
- 100 g milk (or non-dairy milk)
- 24 g honey (about 1 tbsp)
- 22 g sugar
- 50 g avocado oil (about 4 tbsp or ¼ cup)
- 20 g kosher salt
- 200 g *active* sourdough starter
- 900 g unbleached bread flour



Step 1: Mix the Dough

1. Combine milk and water in tempered glass bowl or measuring cup to warm in microwave. I usually only do this in winter. You want about 85 degrees.
2. In a large bowl, combine **water, milk, honey, sugar, avocado oil, and salt**. Stir to mix.
3. Add **starter** and mix well until it is mostly dissolved.
4. Add **bread flour** and mix until all flour is hydrated and no dry bits remain.
5. Cover and let rest **30–45 minutes**.



Step 2: Knead, slap, coil, stretch

1. Turn dough out onto a clean surface/ no flour
2. Knead by hand for **8 minutes** until smooth and elastic.
3. Shape into a ball.



Step 2A: Lamination

1. Gently turn the dough out onto a clean surface. Stretch into a large, thin rectangle, being careful not to tear.
2. Fold in thirds (like a brochure), then fold in thirds again the other direction.
3. Gently push and pull to form a smooth ball.
4. Return dough to the bowl bottom down, cover, and proceed to Bulk Fermentation.

Purpose: Adds strength and structure and can help create a taller, more even loaf. Optional.



Step 3: Bulk Fermentation

1. Lightly oil a clean bowl.
2. Place dough inside, cover, and let rise at **room temperature 4–6 hours**, or until **roughly doubled**.



Step 4: Pre-Shape and Rest

1. Gently turn dough onto counter.
2. Divide if making 2 loaves, then shape into a loose ball and **rest uncovered 20 minutes**.



Step 5: Final Shape

1. Grease two **standard 1-lb loaf pans** (8.5×4.5 inches) and/or line with parchment.
2. Flip dough smooth-side down and flatten slightly.
3. Fold both sides toward the center (like closing a book).
4. Fold opposite corners in, and pinch seams.
5. Flip seam-side down and smooth top.
6. Place into pan(s), seam side down.



Step 6: Final Proof

1. Cover and let rise in loaf pans **2–4 hours**, or until **doubled and puffy**.
2. Dough should rise just below the rim of each pan.



Step 7: Cold Proof OR Bake

COLDPROOF:

1. Place covered loaf pans in fridge overnight
2. Let come to room temp for **1-2 hours** before baking

BAKE:

1. **Preheat oven to 400°F (200°C)** about 30 minutes before baking.
2. Place an empty **metal sheet pan** on the lower rack for steam.
3. Pour **1 cup hot water** into the steam pan and close oven door quickly.
4. **Bake** on the middle rack **for 20 minutes, lower temp to 375°F** and bake for another **20 minutes; total bake time 40 minutes**.



Step 8: Cool & Slice

1. Remove from pans and transfer to a wire rack.
2. Cool at least **1 hour** before slicing.



Notes

- **Honey** adds moisture retention and a mild floral sweetness.
- **Avocado oil** gives a tender crumb without heaviness.
- Keeps soft **2–3 days** in a sealed bag or **freeze sliced** for easy thawing.