

## Sourdough for Beginners - Intro

Some say that sourdough is easy. Some say that it is difficult. I'd say that it is actually a little of both. Just like baking is different than cooking, sourdough is also different. You are dealing with a living organism.

There are SO many variables that affect sourdough baking. What works for one may not work for another. From starter creation to baking, sourdough can react differently to different circumstances. And the wild yeast in one area can be different from the wild yeast in other areas. This is why you might see one person have an easy time, and other not so much.

The key for me, has been to **learn sourdough basics** and then learn my dough. Your dough also changes and responds differently with the temperature inside your home, with the weather outside, humidity, gluten development, type of flour, other ingredients, etc., etc..

So the best hack I can offer is to find a recipe you enjoy following and excel at it, before making changes or doing inclusions. After baking weekly for 1 1/2 years, I personally have never done an inclusion. I do experiment with enriched breads (sandwich).

I am a perfectionist so I wanted to excel at the basics first. I also bake sourdough to use and replace store bought bread so I don't really need/want inclusions. I've seen others rush to inclusions before they fully mastered or understand a basic plain dough. Which is fine for them, not for me. You decide what works for you.

YOU.CAN.DO.THIS!

### **Basic Tips:**

- The Sourdough Journey website has a wealth of information on sourdough. Most things are PDFd for quick flyers. Before you start, checkout this starter guide; <https://thesourdoughjourney.com/wp-content/uploads/2023/11/TSJ-Complete-Guide-How-to-Create-a-Sourdough-Starter.pdf>
- Mix WELL....very well...no dry bits at all.
- Best to NOT use a cloth cover. LOVE the weck jars because they come with a glass lid that leaves enough room for gasses to release. If using a mason jar, put the lid on top but do not tighten.
- Start with part whole wheat for extra nutrients and then mostly AP flour. I use about 5% whole wheat and AP in my starter, and bake with bread flour or combination of AP/ Bread flours.

# Mom's Life Tips

## More Tips & Hacks:

1. **Name your starter(s):** This is a fun part! Giving starters names (like my Angelene; Gertie, Doughlene, and Angus) makes the process more fun and helps you bond with your baking
2. **Be patient:** A brand new starter takes time. It may do nothing at first, it may double for days in a row but still not have the maturity to raise bread well. Don't get discouraged.
3. **Success** honestly depends on so many things including the type of bacteria in your area. And there are some areas that are lacking.
  1. **Advise** will come your way via friends, bakers, social media. Know that aside from the science behind some aspects, there is no ONE way to do things. READ the Sourdough Journey's starter guide noted above to learn what your starter should be doing when. Don't just listen to social media videos. Do not plan on baking before 30 days from your starters birth.
4. **Start small:** I see thousands of videos of people starting with a cup of flour. This is such a big starter. it can be daunting to start and keep a new starter going, as it is, why not start small? Especially in the beginning when you should not be saving or using any discard.
5. **Clean the rims:** After every feeding, wipe the rims of both your starter and discard jars. Use half a wet paper towel followed by half a dry one. Grab the rim of the jar with the wet paper towel and wipe both inside and out at the top of jar.
  1. *Why:* Good starter bacteria will control mold inside the jar, but not on bits stuck to the rim. Keeping the edges clean prevents crusts and contamination.
6. **Create a backup(once you are baking):** You never know what might happen. I have seen countless stories of years old starters being dropped or shattering OR out of the blue start growing MOLD.
  1. I am thankful, that I always have some discard in the fridge (which can be used to create a new starter).
  2. Take some starter and schmear on some parchment; cover and let dry. Keep this dried starter in a jar or baggie.
7. **Routine:** Find a routine/schedule that works for you. If its a pain or not enjoyable in anyway, you won't keep it up. Some people prefer to keep their fed starters in the fridge and not have a daily routine and that's great. For me, though I prefer that Angelene not be out of sight/out of mind (which happens to me alot).
8. **Once starter is established:** When I come down in the morning of a bake day, I sharpie where my starter is, then tap the jar gently a couple of times. The starter will deflate, sharpie this level as well. Your starter should come back (stronger). This is when I start mixing.
9. **Multiple jars:** I have multiple jars so that I will typical change jars maybe once a week.

## SOURDOUGH STARTER

A sourdough starter is a living organism. Like any living organism, it needs to be fed, it likes warmer temperatures, and each starter may behave differently as yeasts in the air, flour, your hands may change its makeup. It is important that you listen to your starter's signs. AND what works for one person, may not work for another. There are just too many variables. This is why you see a person make a fabulous loaf the first try, and others go through dozens of loaves before they get a a fabulous loaf.

*This starter is ACTIVE and not a new starter. It may take a couple days of feeding to get it acclimated to your environment.*

### SOURDOUGH INFORMATION

- Visit the **encyclopedia** section of; <http://www.thesourdoughjourney.com>

There is a wealth of detailed step by step instructions, flyers, how to's and information in an easy to read FAQ type format.

- Another informative resource is on You Tube. Look for **Culinary Explorations**. I've adapted his methods into my routine. And his website has access to an excel calculator he created to adapt recipes; lower/higher hydration, larger loaves, etc.
- Know that everyone has their own and sometimes militant ideas on what works best in sourdough. What many don't understand is that there are so many variables that there is no ONE WAY to do things. Do what works for your dough/bread. Experiment one thing at a time and find what A) you like doing and B) works. For instance, I use a low hydration recipe, it is easier dough to work with and has a more closed crumb (less holes). Many prefer an open crumb (lots of holes) that comes with a higher hydration recipe but the dough is SUPER sticky and harder to work with. Definitely not recommended for someone new to sourdough but you can work to towards it if you want. I personally hate working with sticky dough.
- There is also alot of good information on social media; from sourdough groups on Facebook and reddit to TikTok. My handle on tiktok is lauren45211 where I have a few sourdough videos. But be forewarned, I am a liberal. Feel free to visit my unfinished website; [momslifetips.com](http://momslifetips.com) for calculators and information.

### TOOLS

See the attached Tools page for tools that are beneficial in this process. Many are nice to have but not necessary until you are sure you will be staying on this journey. I would recommend getting a scale and using it to measure your feedings, it is much easier and more accurate.

### WHEN TO FEED YOUR STARTER

It is important that you create a routine that you will stick with. You have two options to choose from as far as how you feed your starter. I prefer to feed my starter right before going to bed.

#### Counter:

You can feed your starter DAILY and leave on the counter. Discard each day and feed again at the same time the next day. It is a good idea to try to feed around the same time each day.

This starter should have a **loose lid** allowing gasses to escape but protection from the air.

The weck jars have glass lids that rest on top and are the perfect solution.

#### Fridge:

OR you can feed the starter and put in the fridge (which impedes the yeast growth production) until you are ready to use it. It can stay in the fridge for weeks or longer even. Be sure to take it out a few days prior to your mixing day and feed it on the counter for a couple days to re-establish its activity. This starter should have a **tight lid** while in the fridge.

## HOW MUCH STARTER?

- I keep a tiny starter (5-7g) and discard/feed it at night before bed. When I want to bake, I create a separate “levain” the night prior to desired mixing day, which I feed in a larger jar using a high ratio, while still keeping my tiny “mother” starter.
  - I created a calculator on my moms life tips site that will allow you to enter in your feeding time, when you want your starter ready and how much starter you need for your recipe and it will tell you what to feed your starter. Be sure to be add about 10% more than you need per the note on the calculator.
- I keep all and any starters on a small plate *just in case* (they can grow more than anticipated).
- Doing a tiny starter will help you reduce waste and it takes 5 minutes to feed.

## WHAT TO FEED YOUR STARTER:

- I feed my starter All Purpose flour (it must be unbleached) with about 5% whole wheat flour, you can also use Bread flour but it is more expensive so I use this only for baking.
- Use filtered or bottled water (chlorine can affect your starter).

## HOW TO FEED YOUR STARTER

*Choose your feeding ratio (starter vs flour vs water).*

The ratio you choose determines *how long it takes to get to peak* and *how much starter* you will end up with. Most **new** starters begin with a 1:1:1 ratio. That is; 1 part starter: 1 part flour: 1 part water. This will rise (double) fairly fast depending on a few variables but usually within 4-6 hours. Since this starter is active and established, you can use a higher ratio.

### ***Instructions (nightly)***

1. Stir starter well (to mix yeast)
2. Discard (remove) down to desired starting grams; 5-7g if keeping a small starter.
  1. Keep your discard in a jar in the fridge. This can be used for recipes such as pancakes, crackers, etc.
3. Add your flour and water, stir REALLY well ensuring there are no dry bits. When keeping such a small amount of starter, it is easier to add water first; mix all the starter from the sides and then add the flour.
4. Use a small spatula to remove starter from the sides.
5. Take a wet paper towel and wipe off the rim, then dry it. Mold can develop here as the yeast can not reach here to control it.

I use a 1:5:5 or higher (1 part starter: 5 parts flour: 5 parts water) and feed at night before bed so that it is peaked and ready to mix in the morning, should I choose to. I often do not measure the water and do a little less than the flour ratio, making sure the starter is thick almost like oatmeal. So for instance; if you keep 2g starter, using a 1:5:5; this would be 2g starter/10g water / 10g flour.

## DISCARD

Once a starter is active and established (this does not include newly created starters from scratch) you can save the discard and use it to make many recipes. Discard can be kept in the fridge with lids screwed on tightly. When you remove this jar from the fridge, **be careful** as this is active starter, even while not fed, and can bubble over. Be sure to remove the lid and be mindful of overflow if you do not use shortly after removing from fridge. Yes, I learned this from experience!!

I use discard to make tortillas, crackers, pancakes, muffins, egg frittata muffins, pizza bites. The longer it sits in the fridge, the more sour it becomes. I typically like to use my discard within 2-3 weeks at most.

| TOOL                   | SANDWICH BREAD | ARTISAN BREAD |
|------------------------|----------------|---------------|
| Bench Scraper          | ✓              | ✓             |
| Bowl Covers/dish towel | ✓              | ✓             |
| Bowl Scraper           | ✓              | ✓             |
| Bread Bags             | ✓              | ✓             |
| Bread Slings           | ✓              | ✓             |
| Dough Whisks           | ✓              | ✓             |
| Dutch Oven             |                | ✓             |
| Lame                   | ✓              | ✓             |
| Loaf Pans              | ✓              |               |
| Mason Jars-discard     | ✓              | ✓             |
| Pastry Mat             | ✓              | ✓             |
| Scale                  | ✓              | ✓             |
| Sheet Pan/Rack         | ✓              | ✓             |
| Thermometer            | ✓              |               |

Some tools are NEEDED, some you can do without. Its all about personal preference and what your budget is and what you think is worth it. Before spending money, get the basics and re-evaluate after baking awhile. \* **below means items I think are necessary for basic beginners.**

**Bench Scraper:** This tool is usually metal and is used to cut your dough when making multiple loaves or rolls. It can also be used doing push me/pull you's during shaping, especially with sticky dough.

**Bowl Covers:** You can use a dish towel but I prefer cloth bowl covers that remind me of shower caps. I wash them with hand soap.

\* **Bowl Scraper:** Similar to a bench scraper but made of plastic and more bendable. These make getting every last drop out of the bowls easier. I have used them to cut the dough as well.

\* **Bread Bags:** There are a multitude of bags to choose from. Beeswax work best for artisan loaves. I use multiple (beeswax inside a cloth or breadbox). You can also get paper bags, plastic and a sealed bread box.

\* **Bread Slings:** Silicon slings come in all shapes/sizes. You line your baking pan with them. They are almost necessary for artisan round loaves. I have round and loaf pan versions. You can use parchment but I prefer these.

**Dough Whisks:** Danish dough whisks really help to mix/combine your starter, flour and other ingredients. There is the original danish dough whisk and the newer curly Q type. I prefer the curly Q, it is easier to clean. These are not needed if you use a kitchenaid.

**Dutch Oven:** Used for artisan round loaves to help keep steam in. You can use a big pot with lid but the dutch or bread ovens are perfect for the higher temps used for artisan loaves.

\* **Lame:** Basically a razor blade with a handle to score your bread.

**Loaf pans:** Regular size is 8x5. I use 10x5 and make extra large sized loaves.

**Mason Jars:** There are many sizes with two mouth types; regular and wide mouth. I use a wide mouth for discard.

**Pastry Mat:** This silicon mat is great for containing mess & providing a nice surface to shape your dough. If you have stone countertops, you probably won't need this unless you detest cleaning dough from counters.

\* **Scale:** This is a MUST for accurate measuring rather than using cups. It can be used for all baking/cooking.

**Sheet Pan w/Rack:** The rack serves as a cooling rack. Use the sheet pan for French bread as well as a myriad of regular cooking uses; roasting veg, sheet pan meals, etc..

\* **Thermometer:** The only TRUE way to tell if your bread is done. If you buy a cheap one, get a spare, these often just stop working. And once you use them to determine bread doneness, its impossible to go without this tool.

# Sourdough Artisan Round Loaf

Adapted from Phillip / Culinary Explorations  
<https://youtu.be/t0t0aD09pLY?si=KG5kyWFeFeZTPExO>

## LEAVEN BUILD (NIGHT BEFORE MIXING)

Feed your starter before bed to ensure you have enough for making bread. See Starter Math calculator for how much on [momslifetips.com](http://www.momslifetips.com) site.

## MAIN DOUGH (MORNING):

### INGREDIENTS:

#### **REGULAR-SIZE SINGLE LOAF**

539g flour, bread  
 329g water, filtered  
 120g starter, active  
 12g salt

#### **TWO LARGE LOAVES**

1213g flour, bread flour  
 741g water, filtered  
 269g starter, active  
 27g salt

#### **TWO REGULAR SIZE LOAVES**

1078g flour, bread flour  
 658g water, filtered  
 240g starter, active  
 24g salt

#### **TWO EXTRA LARGE LOAVES**

1347g flour, bread flour  
 823g water, filtered.  
 299g starter, active.  
 30g salt

## INSTRUCTIONS:

### Mix

1. **Dissolve salt:** In a large mixing bowl, combine **water** and **salt**. Stir to dissolve.
2. **Add flour:** Add **bread flour**. Mix until all flour is combined (no dry bits)
3. **Add leaven: Add your bubbly, ripe leaven.** Mix until all the flour is incorporated (dough will be shaggy). Depending on dough, I will often use dough whisk first, then use one glove.
4. **Rest (autolyse):** Cover and let **rest for 30 minutes** at room temp (25°C/77°F).

### Knead and First Fermentation

1. **Knead:** After resting, knead the dough in the bowl until smooth. I do 5 - 10 minutes of kneading, punching, stretch & folds, coil-folds, and slap & folds in the bowl. I call this SPACKS (**S**tretch/**P**unch/**a**nd/**C**oil/**K**nead/**S**lap).
2. **Shape into a ball:** shape into a ball by squeezing pinkies under dough and cover.
3. **Bulk ferment:** Let **rest for 1 hour** at room temperature.

### Lamination & Strength Building

1. **Lamination: Gently** stretch the dough on a clean lightly floured (half rice/half bread flours) surface into a rectangle. *I stretch the dough for two loaves to about 15x19 size.*
2. Brochure fold one side to the center, then the other side over it to create three layers.
3. Roll it up to create a parcel (oval) and squeeze/pinch ends (round).
4. **Shape into a ball:** Gently round it by squeeze/turns for tension and return to the bowl. Cover.

### Bulk Fermentation (Continue)

1. **Continue fermenting:** Let dough rise until increased in volume by about 75% (total fermentation time from mixing = **6 hours**). I set a timer starting at 4 hours, then 5 hours, then 6 hours and I check each time.

**NOTE:** I've made this many times and it has ALWAYS been exactly 6 hours for me. Only a couple times was dough ready at 5 hours, during summer. Winter it is usually 7+ hours. Your home temp will change this. And you want to watch the dough, not so much the clock. Use times as guidelines.

### Shaping

1. **Lightly flour (I prefer half bread flour and half rice flour) surface:** Dust countertop with bread flour & rice flour.
2. **Turn out dough:** Gently turn dough out so the floured side is down. Be gentle and try not to press out any bubbles. You want to keep the puffiness as much as possible. Cut in half if you made 2 loaves.
3. **Pre-shape:** Fold two sides of the dough to the middle. Fold the bottom up to create a straight edge. Fold the top down. Do some push/pulls on surface to gently build tension.
4. Rest for 20 minutes UNCOVERED.
5. **Final shaping:** Turn over so ball is bottom up. GENTLY pull slightly to get a little rectangle shape. Roll up from the bottom, coiling inwards to create surface tension. Pinch ends and gently squeeze in/under.
6. **Coat in rice flour:** Lightly dust dough and banneton with rice flour.
7. **Basket/Banneton:** Place dough seam-side up into a floured oval proofing basket (banneton). Stitch & pinch seams.

### Proof

1. **Cover:** using a dish towel, bowl cover or shower cap cover.
2. **Room temperature proof:** Let rise at room temperature for **2 hours**, until the dough fills the basket and springs back slowly when pressed.
3. **Cold proof:** Place in the fridge overnight, still covered (for best flavor and easier scoring). *You can also cold proof for just 2 hours and then bake.*

### Baking (Next Morning or after 2 hours in fridge)

1. **Preheat oven:** Preheat oven and Dutch oven or baking stone to **445°F**.
2. **Remove dough from fridge:** No need to let dough come to room temp. Remove dough, turn out onto bread sling or parchment. Sprinkle flour on top and gently spread flour on top.
3. **Score:** Score the top of dough about 5mm deep with a lame or sharp knife. I do TWO deep scores and go back over the first one making a 2nd cut in the cut already made. Little scores can be done for cuteness.
4. **Bake with steam:**
  1. Place square of parchment into HOT dutch oven.
  2. Place bread sling with dough in dutch oven over parchment (I feel this helps keep bottom from burning).
  3. **Mist loaves and quickly cover** to keep steam in.
  4. Bake covered for **25 minutes** (traps steam for oven spring).
  5. **Uncover & finish baking:** Remove the pot/lid, **MIST**, **Lower Heat to 430**, and **Rotate pans**; continue baking for **another 20-25 minutes** at **430°F** until golden brown and crusty. **Using a thermometer, bread temperature should be 205-210 when cooked.**

### Cool and Enjoy

- Remove from oven and **cool completely** on a wire rack before slicing. Cool at least **1 1/2 hours** as bread will continue to steam cook on the inside. Cutting early will halt this cooking.

### Tips:

- Use bread flour with at least 12% protein for best results. Costco sells an AP flour high in protein.
- The overnight fridge proof improves flavor and makes scoring easier.

## 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.