

Steph's Honey Wheat Sourdough Bread

(Adapted from Brod & Taylor's Country Sourdough:

<https://brodandtaylor.com/country-sourdough-recipe/>)

Yield: 1 loaf

Mother Culture/Starter (how to feed)

25g starter (~ $\frac{1}{4}$ c.)

50g bread flour (~generous, rounded $\frac{1}{3}$ c.)

50g water (~scant $\frac{1}{4}$ c...100% hydration)

Use at peak...can be used as levain. If you have 100g starter, you can skip the next step.

Levain (fancy instructions for how much starter to use in your bread. Hint: 100g starter. If you don't have that much, do this step.)

20g mother culture (starter)

40g white bread or all-purpose flour

40g water (100% hydration)

Use when well-risen, but not yet at peak. Since I usually feed the mother culture (starter) at night, and it is well-risen by morning, I just pull out 100g of the mother culture as the levain and proceed from there. Otherwise, prepare the levain as directed and give it 8-12 hours to mature.

Main Dough Autolyse

377g bread flour (About 3 cups. I substitute about 2 Tbsp of toasted wheat germ for part of this weight of bread flour, and I have also tried substituting a small part-about 48g-of the bread flour with rye, and that turned out tasty).

48g white whole wheat flour (generous $\frac{1}{3}$ cup)

1 Tbsp honey

278g water (scant 1 $\frac{1}{4}$ cup)

Mix together the main dough ingredients until all the flour is moistened. Make a well in the dough and add all the levain. Without mixing the levain into the dough, draw the sides of the dough up and over the top of the levain to encase it.

Let it rest for about 30 min in a very warm (78F) place.

Bulk Ferment

9g salt

Sprinkle salt over the main dough and mix until both the salt and the leaven are fully incorporated. Transfer to a lightly oiled bowl. Return to a warm place to ferment for about 2.5-3 hours. During the first 90 minutes, give the dough three folds. Perform a four-way stretch and fold (<https://www.youtube.com/watch?v=CQHuWDEo3SA>). After all three folds, let the dough rest for approximately another hour until it reaches a volume of 4 cups.

Shape the dough, place in pan (if desired), and let rise in warm place until doubled (about 2-3 hours).

(I also like Bake with Jack's method of doing a cold proof in the fridge overnight! Here is his recipe and method in a printable doc: [Jack's Sourdough Loaf](#))

Bake with steam* at 425F for 15 min. Carefully remove steam and reduce heat to 400F, and bake for an additional 15 min. Watch closely.

*To bake with steam, I preheat a small cast iron pan in the oven. I boil a couple cups of water (in the microwave), and when I add my loaves to the oven I also pour the boiling water into the cast iron pan. If I have a spray bottle handy, I also spray water into the oven to get it all nice and steamy as I add the bread.