



SOURDOUGH SANDWICH BREAD

INGREDIENTS

- 2 cups (450 grams) active sourdough starter
- 1 1/2 cups (354 ml) lukewarm water
- 1 teaspoon salt
- 3 tablespoons maple syrup
- 1 tablespoon extra-virgin olive oil
- 4 1/2 cups (620 grams) bread or all-purpose flour

- **Supplies Needed:**
- 2 large bowls
- a spatula or wooden spoon
- a lightweight towel ([I like THESE flour sack towels](#))
- a Pullman loaf pan ([Mine is made by USA pan and is sold HERE](#))

PREP TIME: 20 MIN
STRETCH, FOLD, & RISE TIME: 3 HR 51 MIN
BAKE TIME: 55 MIN
TOTAL TIME: 5 HRS 6 MIN

SCHEDULE IDEA:
FEED STARTER AT 8 AM
START BREAD AT 11 AM
PULL BREAD OUT OF OVEN AT 4:06 PM

DIRECTIONS

1. Combine starter and water in a large bowl. Stir until no clumps remain.
2. Stir in salt, maple syrup, and olive oil until well blended.
3. Measure out flour in another large bowl. Make a well in the center of the flour, pour in your liquid mixture, and stir to combine with a spatula or wooden spoon.
4. Then, use your hands to knead the dough well.
5. Clean out the bowl that had the liquid ingredients in it, dry it well, then rub the bottom and sides of the bowl with a little olive oil.
6. Dump the dough ball into the oiled bowl, then flip the dough ball so that both sides have a little oil on them.
7. Cover and place in a warm place for 30 min.
8. When the timer goes off: remove the cover, grab a side of the dough ball, stretch the dough out, up and to the top, and then press it down on top. Complete these "stretch and folds" all the way around the circle of dough 3-4 times.
9. Repeat the 30-minute covered rest time and series of "stretch and folds" 2 more times.
10. When the timer goes off for the third time, uncover the bowl and dump the dough onto a lightly floured surface.
11. Stretch and fold the dough for 10 minutes.

12. Pick up the dough until it elongates to the length of the bread pan.
13. Lie the dough down in front of you, and then roll the long edge in on itself until it forms a log.
14. Pinch the seem all the way down the log.
15. Lightly flour your bread pan.
16. Place the dough log into the bread pan, seam side down, and press down to evenly fill the pan.
17. Cover, place in a warm place, and let rise until the top of the loaf is 1/2" below the top of the pan.
18. Preheat the oven to 425 degrees Fahrenheit.
19. Cover the bread pan with foil, crimping the edges tightly.
20. Bake, covered, for 40 minutes.
21. Remove foil and bake uncovered for an additional 15 minutes.
22. Remove the bread onto a baking rack until cool.