



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](#)) or 2 loaf pans

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. Whisk 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 seam 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. Optionally, brush the top with flour and score with a scoring knife.
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.

For a video tutorial go to:

bit.ly/sourdoughsandwichbreadvideo



INGREDIENTS

Yield: 1 round loaf

Note: If possible, use weight measurements, as this will give more consistent results.

- 1/2 cup (125 grams) active sourdough starter
- 1 2/3 cups (368 grams) lukewarm water
- 1/2 teaspoon (12 grams) salt
- 1 tablespoon (20 grams) maple syrup
- 4 cups (500 grams) unbleached bread or all-purpose flour
- **Supplies Needed:**
 - 2 large bowls
 - a spatula or wooden spoon
 - a lightweight towel
 - a Pullman loaf pan ([Mine is made by USA pan and is sold HERE](#)) or 2 loaf pans

PREP TIME: 1 HOUR

STRETCH, FOLD, & RISE TIME:

ABOUT 5 1/2 HOURS

BAKE TIME: 35-40 MIN

TOTAL TIME: ABOUT 7 1/2 HOURS

SCHEDULE IDEA:

FEED STARTER LATE THE NIGHT BEFORE

START BREAD AT 9 AM

PULL BREAD OUT OF OVEN AT 4:30 PM

SOURDOUGH BOULE BREAD

DIRECTIONS

1. Combine starter and water in a large bowl. Whisk until no clumps remain.

2. Add in flour. I like to use a dough whisk at first and then knead with my hands until well combined.

3. Cover and let sit 30 min.

4. Sprinkle salt across the top. Then, add additional water (25 g) across the salt. Knead in until well incorporated, about 5 min.

5. Let sit for another 30 min.

6. 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.

7. Repeat the 30-minute covered rest time and series of "stretch and folds" 2 more times, and then allow it to rise, covered, until doubled, about 2 hours.

8. Uncover the bowl and dump the dough onto a lightly floured surface.

9. Pick up the dough until it elongates into a rectangle shape.

10. Lie the dough down in front of you. Fold over one-third from the top and then one-third from the bottom so that they overlap.

Then, roll from left to right into a cylinder shape.

11. Shape the dough into a round ball by pushing it away and then pulling it towards you in a clockwise motion until it is round and tight.

12. Let rest on the counter for 20 minutes. Then, repeat the process of shaping it into a ball to build more tension.

13. Lightly flour a proofing basket, or oil and flour a large bowl.

14. Place the dough seam-side up into the basket. Cover and let rise until almost doubled, about 1 hour. Dump the loaf gently onto parchment paper, flipping it so that seam-side is now down.

15. Preheat oven to 450 F with your cast iron pot inside.

16. Lightly flour the top of your loaf and score the top. If you want to do a design, score it lightly and then do a "c" along one side. This is where your bread loaf will expand while baking.

17. Add 2-4 T of water into the cast iron pot. Lift the parchment paper and bread into the pot and replace the lid. Move quickly! Return the pot to the oven.

18. Bake for 30 min. with the lid on. Remove lid and bake an additional 5-10 minutes or until the internal temperature is 205 F.

19. Remove the loaf from the pot and allow to cool completely, uncovered, before slicing.

For a video tutorial go to:
bit.ly/sourdoughsandwichbreadvideo

Note that in the video the recipe is doubled.