

100% WHOLE WHEAT SOURDOUGH BREAD RECIPE AND INSTRUCTIONS



DOUGH: 90% HYDRATION

INGREDIENTS:

500g	Super Sprout whole wheat flour from Lindley Mills (keep in mind that this is a thirsty flour..)
450g	Water (lukewarm)
100g	Ripe sourdough starter (important!)
1-1/2 TBS	Psyllium husk - optional for additional protein
1-1/2 TBS	Harvest grains – optional
14g	Salt

PROCEDURE:

- ❖ In a large bowl, mix the starter in the lukewarm water and stir.
- ❖ **NOTE:** I feed the amount of starter needed the night before, and it is ready the next morning!
- ❖ Add the flour to the bowl of water/starter mix and stir with a dough whisk until no dry flour is left.
- ❖ Bench rest (20-30mins)
- ❖ Add psyllium husk (if using), harvest grains (if using), and salt.
- ❖ Mix all again with dough whisk until everything is fully incorporated.
- ❖ Cover the bowl with a damp towel and let the dough rest for 10 minutes.
- ❖ Wet your hands and fold and stretch the dough (still in the mixing bowl) from all 4 sides into itself a few times.
- ❖ **NOTE:** There are enough instructional YouTube videos on [stretching and folding](#)
- ❖ Repeat this a total of 5-6 times at 30-minute intervals.
- ❖ With each stretch and fold, you should notice the gluten development and consistency of the dough changes.

BULK FERMENTATION:

- ❖ Transfer the dough into a dough rising container, target a 75% rise, approx. 4-5 hrs.
- ❖ How long it takes depends on the maturity of your starter and the room temperature. If your oven has “proofing” feature, you can use it for this step.

PRE-SHAPE:

- ❖ On the lightly floured counter, give the dough a few gentle folds and form a rough ball shape.
- ❖ Cover with a damp towel and bench rest for 20-30 mins. in a warm and draft free place.

FINAL SHAPE:

- ❖ Lightly flour the counter and using your hands, roll the dough over from right to left tucking the sides of the dough under while rotating it on the counter and shaping it to a boule with a smooth top.
- ❖ **NOTE:** There are enough instructional YouTube videos on [shaping the boule](#).
- ❖ Put the dough in generously floured (you can use rice flour) proofing basket smooth side down, dust the top lightly with flour.
- ❖ Cover with kitchen cloth and set in a warm, draft free place.
- ❖ **NOTE:** Approx. 6-7 hours from start to this point.

PROOFING:

- ❖ After 2 hours of proofing at room temperature, poke the dough lightly with your finger; if it bounces back mostly, it is ready for baking.

AT THIS POINT, YOU COULD START BAKING RIGHTAWAY:

- ❖ Place the Dutch oven with the lid in your oven and pre heat it to 450F for at least 30 minutes.
- ❖ Invert the dough to parchment paper (or silicone bread sling).
- ❖ With a lame, score the dough swiftly with one stroke.
- ❖ Transfer the dough still on the parchment paper (or silicone bread sling) into the Dutch oven.
- ❖ Bake it covered for 25 minutes at 450F.
- ❖ Remove the lid of the Dutch oven, lower the temperature to 425F and bake for another 10-15 minutes, keeping an eye on it to make sure the color of the crust is to your liking.
- ❖ When the interior temperature of the loaf reaches 190-200F., it is done.
- ❖ Remove it carefully from the Dutch oven and place it on a cooling rack at least 1 hour.
- ❖ ENJOY IT!!

OR YOU COULD COVER THE PROOFING BASKET AND PLACE IT IN THE REFRIGERATOR OVERNIGHT AND BAKE IT NEXT MORNING....

- ❖ First, place the Dutch oven with the lid in your oven and pre heat it to 450F for 30 minutes.
- ❖ Take out the proofing basket out of the refrigerator and invert the dough to parchment paper (or silicone bread sling)
- ❖ With a lame, score the dough swiftly with one stroke.
- ❖ Transfer the dough still on the parchment paper (or silicone bread sling) into the pre heated Dutch oven, drop a few ice cubes in the Dutch oven behind the parchment paper (or silicone bread sling).
- ❖ Bake it covered for 25 minutes at 450F.
- ❖ Remove the lid of the Dutch oven, lower the temperature to 425F and bake for another 10-15 minutes, keeping an eye on it to make sure the color of the crust is to your liking.
- ❖ When the interior temperature of the loaf reaches 190-200F., it is done.
- ❖ Remove it carefully from the Dutch oven and place it on a cooling rack at least 1 hour.
- ❖ ENJOY IT!!

TIP:

1. To prevent the bottom of the loaf from getting too dark, place a sheet pan on the rack under the Dutch oven.
2. If you notice the top of the loaf is getting darker during the second phase of baking (Dutch oven lid off) while the interior temperature of the loaf didn't reach 190F – 200F yet, cover it with aluminum foil for the last 5-6 minutes.