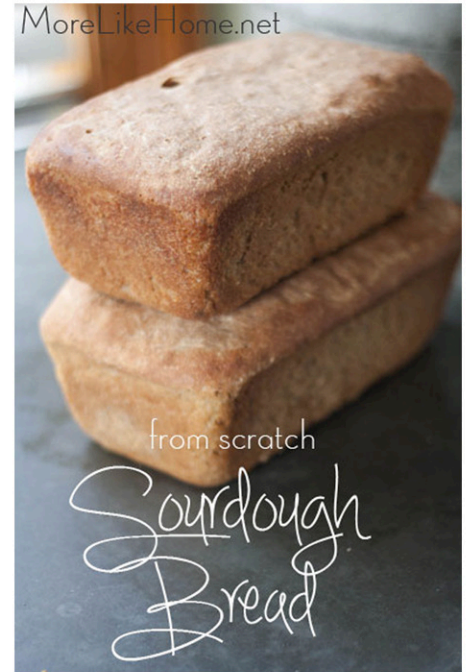


Whole Wheat Sourdough Bread



Preferment 1:

1/2 c. sourdough starter
1/4 c. flour
1/4 c. water

Preferment 2:

3/4 c. flour
3/4 c. flour

Bread:

All of the preferment
4 cups well sifted white whole wheat flour
we like Great River Organic Milling
1.5 c. warm water
4 tsp salt
olive oil

Directions

Preferment:

1. In a large bowl, add 1/2 cup sourdough starter, 1/4 c. flour, and 1/4 c. water. Mix well.
2. Cover with a towel and let sit 6-12 hours. *I put mine in a large pyrex bowl with a lid.*
3. Add 3/4 c. flour and 3/4 c. water and mix well.
4. Cover with a towel and let sit 6-12 hours.

Bread:

1. Add flour, water, and salt to the bowl of preferment. *I start with 3.5 cups flour and slowly add more.*
2. Mix well with a wooden spoon or dough whisk to form a shaggy dough.
3. Using your hands, in the bowl, knead the dough; adding a tablespoon of flour more at a time to help you continue to knead. About an extra 3 - 4 tablespoons. Knead for 3-4 minutes. The dough should remain light and sticky.
4. Once the dough is holding together well and still feels sticky, tacky, yet firm, divide it in half. Add one tsp. of extra virgin olive oil to each half of the dough and shape them into tight balls. (The extra virgin olive oil will give flavor and prevent the dough from sticking to your hands.) *Or shape them into loaves and place them in oiled bread pans. Let them rise in the pans until doubled, then skip to step 10.*
5. Place the dough into a clean, oiled bowl. Cover with plastic wrap, then a cloth towel, and allow to rise for about 3 hours or until doubled in size.
6. Once the dough has doubled, carefully, remove the dough from the bowl onto a floured counter making sure to not compress it. You do not want to release all of its gasses. (View the video for a demonstration)
7. With floured hands, sprinkle a bit of flour onto the dough and shape it as demonstrated in the video into a tight ball.
8. Place it on top of parchment paper, on a cookie sheet or cutting board, and score the top with a sharp knife or razor blade. With a brush, oil the top and sprinkle additional flour on top to get that nice rustic look.
9. Cover with plastic wrap and a towel for an additional 45 minutes.
10. While it's resting, preheat your oven to 500F with a pizza stone inside.
11. After the 45 minutes transfer the boule with the parchment paper to the pizza stone in the oven. *Or just put your bread pans in the oven.* Slide from one surface to the other and bake for 10 minutes at 500F.
12. After the 10 minutes, lower the oven temperature to 350F and bake an additional 25 minutes.
13. Once done, remove the bread with the parchment paper to a cooling rack.
14. Allow the bread to cool completely before slicing. If you slice the bread before it's completely cooled, you will end up with a gummy inside texture.

Here is the video mentioned: <https://www.youtube.com/watch?v=Rws2-U11uz8>