

— workshop handout —

Sandwich Bread Recipe Sourdough Version

Ingredients:

This is for 2 loaves, it's always easier to work in bulk and freeze.

- 1000 g freshly milled Hard White (or Turkey Red)
- 20 g salt
- 40 g sugar or honey (optional, helps softness + fermentation)
- 100 g active sourdough starter (fed and bubbly)
- 660–720 g warm water (start with 660; adjust as needed)
- 40 g butter or olive oil (optional but makes the crumb softer)

Instructions:

1. Mill your flour and feed your starter the night before
2. Make dough in morning. For easy, mix it all in a mixer.
3. Autolyse. Cover & let it rest for 30+ minutes
4. Knead on a mixer or do 2-3 stretch and folds. I prefer kneading with a mixer when it comes to sourdough bread because it helps it build better gluten.
5. Bulk Rise until double. Warm room helps it rise faster.
6. Divide in two loaves and shape. Place into oiled sandwich pans, cover and let it rise until 1" above the rim of the pan.
7. Bake at 350°F for 40–45 minutes. (You want an internal temperature of 200–205°F)
8. Cool. Let the bread cool completely before slicing. Sourdough especially needs time to set or the crumb will be gummy.

MEET YOUR TEACHER



Hi, I'm Lorina!

I'm a wife, mom of two, and your educator on the benefits of freshly milled flour. Milling our own flour changed my family's health, and I'm passionate about sharing this knowledge with others.

Let's dig in!

LEARN MORE ABOUT FRESH FLOUR

Visit the full workshop for more resources & tutorials.

www.flourishheritage.com

FOLLOW ALONG



@flourishheritage

Flourish Workshops

