

# Simple Sourdough Discard Toasting Bread

author: [Alexandra Stafford](#) total time: 3 hours 45 minutes

yield: 1 loaf or 14 slices



*This recipe will show you how to make the simplest of simple bread recipes using your sourdough discard: a soft but sturdy loaf, great for toast and sandwiches*



## NOTES:

For best results, please use a scale to measure.

**Yeast:** SAF instant yeast is my preference. If you are using active dry yeast, sprinkle it over the water and let it bloom for 15 minutes before proceeding.

**Salt:** The rule of thumb with bread is that the weight of the salt should be 2 to 3% the weight of the flour. For this recipe that is 10 to 15 grams. I always use 15 grams of salt, and I do not find the bread to be too salty, but, as you know, I have a high salt tolerance. Use an amount appropriate to your tastes and preferences. Finally, I always use Diamond Crystal kosher salt, but you can use fine sea salt or whatever salt you like.

**Sourdough Discard:** You can use either freshly discarded discard (as in from a room-temperature feeding of your starter) or you can use discard you've had in the fridge (ideally not older than 2 weeks). Ideally, you are feeding your starter at 100% hydration, meaning equal parts by weight flour and water, which is the hydration of the starter I use in all of my sourdough bread recipes. You can use as much or as little sourdough discard here as you like but adjust the recipe accordingly: if, for example, you want to use 100 grams of discard, use 350 grams of water and 500 grams of flour.

**The pan:** I am using this 9×5-inch USA pan. You could use a 10×5-inch loaf pan here as well. An 8×4-inch pan might be too small here.

## INGREDIENTS

### PLEASE READ ALL NOTES ABOVE BEFORE PROCEEDING:

- 300 grams (about 1 1/3 cups) water, cold or room temperature
- 4 grams (1 teaspoon) instant yeast
- 10 to 15 grams (2 to 3 teaspoons) salt
- 21 grams (1 tablespoon) honey or other sweetener, optional
- 200 grams (about 1 cup) sourdough discard
- 450 grams (about 3.5 cups) bread flour, plus more for dusting
- softened butter for greasing
- olive oil for drizzling

## INSTRUCTIONS

1. **Mix the dough:** In a large bowl, combine the water, instant yeast, salt, and honey (if using). Stir to dissolve the salt and honey. Add the sourdough discard and stir to combine. Add the flour, and stir until

you have a wet, sticky dough ball. Cover the bowl and let it rest for 30 minutes.

2. **Stretch and fold:** Fill a small bowl with water. Using a wet hand, stretch and fold the dough by grabbing an edge and pulling it up and towards the center. Repeat this stretching and folding process, moving your hand around the edge of the dough with every set of stretches and folds. As you stretch and fold, you should feel the dough transform from being sticky and shaggy to smooth and cohesive. Find video guidance [here](#).
3. **Let it rise:** Cover the bowl and let the dough rise at room temperature until it has doubled in volume, roughly 2 to 3 hours. *Note: Depending on the temperature of your kitchen and the time of year, this may take more or less time. Rely on the visual cues (doubling) more than the timing.*
4. **Prepare a loaf pan:** Grease a 9×5-inch loaf pan with softened butter.
5. **Coil up your dough:** Deflate the dough using your hand or a flexible bench scraper, then turn the dough out onto a lightly floured work surface. Pat it into a rectangle roughly 8 by 16 inches (Note: the length isn't as important as the width: don't go much wider than 8 inches or you will have to squish it into your loaf pan). Starting at the small end, roll the dough into a tight coil. Transfer it to your prepared pan. Pour 1 teaspoon of olive oil over the surface and rub to coat. Find video guidance [here](#).
6. **Final rise:** Let the dough rise until it crowns the rim of your pan, roughly 1 hour. When your dough begins approaching the rim (or roughly 30 minutes after you place the dough in the loaf pan), preheat your oven to 375°F.
7. **Bake it:** Bake for 45 minutes.
8. Turn out onto a cooling rack and let cool completely (if you have the patience) before slicing – it is much easier to slice the bread into thin, uniform slices when the bread has cooled completely.
9. Store the bread in an airtight bag or vessel at room temperature for 3 to 4 days or freeze for up to 6 months.

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