

Waimee's Sourdough Sandwich Loaf (0.5 kg)

Final Dough		Baker's Formula		
Ingredient	Final Dough Mix Quantity (g)	Quantity in Leaven (g)	Total Recipe Quantity (g)	Baker's Percentage (%)
All purpose white flour	370	80	450	90
Whole wheat flour	30	20	50	10
Water	290	100	390	78
Fine sea salt	10.5	0	10.5	2.1
Instant dried yeast	1	0	1	0.2
Leaven*	200	NA	NA	20 [†]

Note:

1) Feed your starter in the morning and keep it in an 85-90 degree environment to use 7-8 hours later, or when it has peaked (e.g., doubled in size and domed at the top from the build-up of gas).

2) Mix the flour and water in a tub and let it autolyse for about 30 minutes before adding the leaven, salt, and baker's yeast.

3) Bulk ferment the dough until it has doubled or tripled in size (about 5 hours in a 70-degree kitchen). Build up the dough's gluten structure by performing four stretch-and-folds in the first two hours of the bulk ferment.

4) After the bulk ferment, create a sausage-roll loaf with tension, put it in a greased 2 lb loaf pan, and prove overnight in the fridge.

5) Remove the dough from the fridge in the morning and bake when it crests the top of the loaf pan (about three hours in a 70-degree kitchen).

Comment: The inclusion of a little bit of baker's yeast helps create a more fluffy sandwich loaf and doesn't compromise the sourdough flavor.

* 1 part mature, active leaven; 1.6 part all purpose white flour; 0.4 part whole wheat flour; 2 part water

[†] The baker's percentage for leaven is the amount of flour in the leaven expressed as a percentage of the total flour in the recipie.