

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 recipe.