

**Basic recipe whole wheat sourdough bread :**  
 (recipe for a bread tin with a bottom of 209cm<sup>2</sup>)

|      |                           |      |
|------|---------------------------|------|
| 533g | wheat wholemeal flour     | 100% |
| 160g | wheat wholemeal sourdough | 30%  |
| 341g | cold water                | 64%  |
| 8g   | sea salt                  | 1,5% |

- 30 minutes kneading
- 60 minutes bulk proof
- 3 hours final proof
- 40 minutes baking

Oven start 250°C than at 200°C  
 Bake at a core temperature between 94-96°C



**Basic recipe whole wheat rye sourdough bread:**  
 (recipe for a bread tin with a bottom of 209cm<sup>2</sup>)

|      |                         |      |
|------|-------------------------|------|
| 389g | rye wholemeal flour     | 100% |
| 389g | rye wholemeal sourdough | 100% |
| 265g | cold water              | 68%  |
| 7g   | sea salt                | 1,9% |

- 15 minutes kneading
- 30 minutes bulk proof
- 3 hours final proof
- 40 minutes baking

Oven start 250°C than at 200°C  
 Bake at a core temperature between 96-98°C

