

Basic recipe whole wheat sourdough bread :
 (recipe for a bread tin with a bottom of 209cm²)



533g	wheat wholemeal flour	100%
160g	wheat wholemeal sourdough (freshly restarted sourdough)	30%
341g	cold water	64%
8g	sea salt	1,5%

- 30 minutes kneading, until a well-developed dough
- 60 minutes bulk proof, after 30 minutes fold the dough
- 3-4 hours final proof
- 40 minutes baking



Preheat the oven for 1 hour at 240°C using a baking stone. Bread in the oven and then at 220°C. The bread is done when it sounds hollow when you tap the bottom or when the core temperature is between 94-96°C. (Lower = undercooked, higher = drying out)

Basic recipe whole wheat rye sourdough bread:
 (recipe for a bread tin with a bottom of 209cm²)

























389g	rye wholemeal flour	100%
389g	rye wholemeal sourdough (freshly restarted sourdough)	100%
265g	cold water	68%
7g	sea salt	1,9%




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



Preheat the oven for 1 hour at 250°C using a baking stone. Bread in the oven and then at 200°C. The bread is done when it has a core temperature between 96-98°C

			
<p>Remove ripe sourdough from the refrigerator.</p>	<p>Grind grain.</p>	<p>Start sourdough again. Make enough sourdough for baking and storage.</p>	<p>Sourdough in the jar for storage and in the container for baking.</p>
			
<p>Sourdough in the proofing oven at 34°C.</p>	<p>Or in the proofing box at 34°C.</p>	<p>Weigh out water and add sea salt.</p>	<p>Dissolve salt and place the water in the refrigerator.</p>
			
<p>After 3 to 4 hours, the sourdough will have doubled in volume. The jar of sourdough goes into the refrigerator, the container of sourdough into the kneader.</p>	<p>Flour in the kneader. From here, follow the recipe from page 1.</p>	<p>Add 90% of the cold salt water.</p>	<p>Add freshly started sourdough and knead.</p>

			
As soon as a nice dough has formed, add the last water in 2 to 3 times.	As soon as you can pull a nice sheet from the dough, the kneading is done.	Push out the dough.	And round up.
			
Keep closed for half an hour. Then push out again and round up and another ½ hour bulk proof.	If necessary, divide the dough (if there are several loaves) and push it out.	Make up the dough.	Form into a loaf.
			
In a greased baking pan.	And then in a proofer at 34°C.	After 3 to 4 hours the bread has risen to the edge of the bread tin.	Baking in an oven with brick (see 5th photo at proofing oven). Preheat the oven for one hour.

	<p>The next day you can enjoy delicious fresh bread. The bread in these photos is made of 60% wheat wholemeal flour and 40% wheat flour. With a whole wheat sourdough.</p>	<p>You can also use a cool box as a proofer. Fill the box with elements, halfway with the hottest tap water. Leave it closed for 10 minutes. Pour out the water and your proofing box is ready to use.</p>	
	<p>As you may have seen in the photos, I don't use flour on my work surface, but water. This is not a requirement, but a matter of preference. It keeps my workplace and lungs dust free.</p>		