

# Sourdough Whole-wheat Bread Recipe

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## Quick Timing Guide

### Day 1

Feed up your starter in the evening

### Day 2

Mix your Dough, 30-minute rest

1st Fold (12 folds), 2-hour rest

2nd Fold (6 folds), 2-hour rest

3rd Fold (6 folds), 1-hour rest

Preshape, 1-hour rest

Final shape, into basket, refrigerate

### Day 3

Bake

## Ingredients

### Day 1

Sourdough Starter Scrapings in your Pot

50g      Wholemeal Rye Flour

50g      Room Temperature Water (Filtered if possible)

### Day 2

100g      Excited sourdough starter from above (take this from your pot and leave the scrapings for next time)

450g      Whole wheat bread flour

310g      Room temperature water (Filtered if possible)

8g      Salt (Himalayan or sea salt)

## Method

### Day 1 - Feeding your starter

The day before you want to make your dough, you'll need to feed up your starter scrapings.

1. Into your starter pot add 50g of room temperature water, and 50g of Wholemeal Rye flour and mix together well. Scrape down the edges to level off the mixture and mark on the side of the pot with an elastic band where the mixture comes up to.
2. Leave this on your kitchen side at room temperature overnight or for 8-12 hours and it will bubble and increase in volume. If it's been a while since you baked (two weeks or more) your starter might get a little sleepy in there and require a couple of feeds to get it excited again.
3. The following morning your starter should have produced gas and increased in volume. You're good to go.

## **Day 2 - Making your dough**

1. Take 100g of your starter out of the pot and put in in a large bowl, put your scraping pot in the fridge for next time. Add the water and mix well, then flour and salt mixing it together into a dough with your dough scraper. Mix for a minute or so to make sure everything is combined. Let this mixture rest for 30 minutes.

### **First Fold**

2. Spray the work surface with water, and the top of your dough. Turn the dough out onto the wet surface upside down. Work around the dough pinching a piece with your finger and thumb, stretching it out and folding it back over the dough making a ball. Around 12 folds should be enough. Roll the dough back over, smooth side up, return it to the bowl, spray the top with water, cover with a clean cloth and leave to rest for 2 hours at room temperature.

### **Second Fold**

3. After the dough has rested it should have puffed up slightly already. Spray the table and dough again with water. Turn the dough out upside down and reshape into a ball. 6 stretches and folds should be enough this time, roll the dough over with the smooth side on top and tuck everything underneath with your hands. Return the dough to the bowl for a further 2 hours.

### **Third Fold**

4. After the dough has rested for this second time there should be clear signs of the dough rising, Stretch and fold the dough once more exactly like the last time, and return the dough to the bowl to rest for 1 hour.

### **Pre-shape**

5. This time after resting it is time to pre-shape the dough. Dust your surface with flour, turn out your dough upside down onto the surface. Shape the dough into a ball with 6 stretches and folds, really quite tight without tearing it, keeping the wet dough inside. Rest on the side for 1 hour covered with a cloth.

### **Final Shape**

6. In the final shaping the aim is to create a tight structure without degassing the dough too much. So be delicate with the folds but still creating tension. Dust your work surface with a little flour, slide your dough scraper underneath and turn the dough upside down (so the wet dough is on the inside), onto a lightly dusted surface. Let it relax into a circle. Pick up the side edges one by one, stretching out very slightly and folding over the dough, one over the top of the other. Roll the dough from the top edge towards you into a sausage and stick it onto the sticky patch closest to you, pinching the seam to stick in place. When you are done, dust it well with wholemeal flour. Grease and dust with flour a 2 lb loaf tin. Place the dough in the loaf tin.

## **Final Rest**

7. At this stage rest your dough in the fridge uncovered to prove nice and slowly overnight. (16 hours or so)

## **Day 3 - Baking your loaf**

1. When you are ready to bake, remove your loaf from the fridge and let it come back to room temperature on the kitchen side for at least an hour. It should show clear signs of inflation, don't expect huge growth but certainly it should have plumped up since you put it in the fridge. Preheat the oven to 230°C
2. Bake for 15 minutes, then turn down the heat to 190°C and bake for a further 25 minutes.
3. Allow to cool completely on a wire rack before slicing.