

# SOURDOUGH STARTER — RYE FLOUR METHOD

## INGREDIENTS:

- Rye Flour
- Water (room temperature)

## EQUIPMENT:

- Clean jar
- Spoon

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### DAYS 1–3 (Morning Only)

#### Feed:

1 tbsp Rye Flour

1 tbsp Water

Mix well. Cover loosely.

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### DAYS 4–10 (Morning + Evening)

#### Feed:

1 tbsp Rye Flour

1 tbsp Water

Mix well each time. Cover loosely.

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### READINESS TEST — DAY 8

In a clean jar, combine:

20 g Starter

20 g Gluten Flour (your choice)

20 g Water

Mix well.

If the starter in this test jar rises to double in size at any point within the next 24 hours, your starter is **READY**.

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### NOTES:

- Rye flour jumpstarts fermentation quickly.
- Keep your jar warm (70–75°F ideal).
- A strong starter will rise and fall predictably.

# SOURDOUGH BREAD — BASIC LOAF

## INGREDIENTS:

- Active Sourdough Starter: 80 g
  - Water: 277 g
  - Kosher Salt: 9 g
  - Whole Wheat Flour: 80 g
  - White Flour: 320 g
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## MIXING:

1. In a bowl, mix:

80 g Starter

277 g Water

Stir well.

2. Add:

80 g Whole Wheat Flour

9 g Salt

Mix until fully combined.

3. Add:

320 g White Flour

Mix until a shaggy dough forms.

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## STRETCH & FOLD:

Do 4 sets of stretch-and-folds,  
every 15 minutes.

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## BULK RISE:

Let the dough rise until doubled in size.

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## SHAPING:

Turn dough onto a lightly floured surface.

Shape into a tight round or oval.

Place in a floured tea towel + basket.

Refrigerate overnight or 4–12 hours.

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## BAKING:

Preheat oven to 450°F.

Score the dough.

Bake 45 minutes total.

If using a Dutch oven:

Bake covered first,

then remove lid for the last 15–20 minutes.

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## NOTES:

- Cold proofing improves flavor and structure.

- Dough is ready to bake straight from the fridge.

- A deep score helps the loaf open beautifully.

# ORGANIC FRESH-MILLED ANCIENT GRAIN SOURDOUGH BREAD (70% Hydration)

## INGREDIENTS:

- Organic Active Starter: 105 g
- Water: 420 g
- Organic Sea Salt: 16 g
- Organic Olive Oil: 40 g
- Raw Honey or Maple Syrup: 30 g

## FRESH-MILLED FLOURS:

- Organic Ancient Grains: 200 g  
(Spelt, Einkorn, Barley, Rye — any mix)
  - Organic White Grains: 400 g  
(Hardy White, Hardy Red, or Spring White)
  - Additives (Optional)
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## MIXING:

Add to mixer bowl:

- 105 g Starter
- 415 g Water
- 40 g Olive Oil
- 30 g Honey or Maple Syrup:
- 200 g Fresh-Milled Ancient Grains
- 16 g Salt
- 400 g Fresh-Milled White Grains

Mix with dough hook for 10 minutes.

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## RISE:

Grease a bread pan.  
Place dough in pan.  
Let rise until doubled in size.

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## BAKE:

Bake at 450°F for 45 minutes.

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## NOTES:

- This Dough is very sticky
- Dough can go straight into the oven after rising.
- Oil and Honey/Maple Syrup adds softness and browning.