

Artisan San Francisco Sourdough Wheat Bread

John Benedict

Home Harvest, Recipes for Healthy Living

<https://celebratingyourjourney.com>

John's fantastic sourdough Einkorn wheat bread (No-knead and Knead). Worth all the time to make it!



Servings: 40

Yield: 2 each

1 1/4 cups purified water, no chlorine

3 tablespoons honey

240 grams Starter Culture,

See notes

190 grams whole wheat flour,

Whole Winter wheat type

190 grams whole wheat flour,

Whole Einkorn wheat type

100 grams unbleached flour,

Whole Wheat unbleached

1 1/2 teaspoons sea salt

Sourdough Wheat Culture

Starter Culture: Rye (1c) and whole wheat flour (1c), purified water-no chlorine (enough to make it soupy). Add a little pineapple juice. Consistency is about thick soup. Leave out at room temperature 75-80 deg. F. Takes about 5 days for culture to be ready to use. Need to check it every few days to make sure it is growing. You can refrigerate the culture but will need to leave it out for one day to make sure it is room temperature when using it.

More detail instructions and other ways to make bread can be found at Breadtopia, <https://breadtopia/sourdough-no-knead-bread>.

Per Serving (excluding unknown items): 65 Calories; trace Fat (3.7% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 1 Grain(Starch); 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Preparation Time: 1 hour

Time with Culture: 48 hours

Mix together the water, starter (see Notes for ingredients) and honey. Then mix together flours and salt in a mixing bowl.

Pour the water-starter-honey mixture into the flour mixture. Mix for several minutes until a thick ball forms. Continue mixing by pressing and folding either in the bowl on an oiled or floured surface until thoroughly mixed, kneading 2-5 minutes. Or stretch and fold twice. It is sticky. Oil hands or flour or use water on hands to keep from sticking.

Then form into a ball, place in oiled bowl and cover with plastic bag. Roll the ball around in the oiled bowl so it does not stick to the plastic when it expands. Allow to rest 1 hour. A short fermentation.

Then knead for 5-7 minutes then allow it to rest for 6-12 hours, covered at room temp. until it has risen to twice its size.

Or if using the no-knead method, stretch-and-fold twice after one hour.

Carry out the stretch-and-fold then allow it to rest covered for 30 minutes.

And then repeat this stretch-and-fold and rest 30 more minutes.

After the second 30 minutes wait stretch-and-fold one more time (total three times in one hour), then let the dough rest and rise for 6-12 hours-overnight works great. The long fermentation. You can leave it in the frig for 24 hours if desired, gives it a little different flavor.

After it has risen properly in 6 to 12 hours, it should have doubled in size. If it has, then knead or stretch-and-fold one more time, pull into a ball, and place ball with the smooth side down in a proofing dish or bowl that has been well floured with rice flour, or lined with parchment paper or linen cloth.

Otherwise the dough really sticks to the bowl and you can't get it out.

Allow dough to rise almost double again, about 1 hour-until it fills the proofing basket. This is the final proof. While it is rising this last time place the clay baker or Dutch oven in the oven and heat to 500-degrees on bake to properly heat the clay baker and Dutch oven.

When the bread dough has risen the correct amount, open oven, uncover clay baker or Dutch oven, place parchment paper into the bottom, gently roll the risen dough out of the proofing basket and on to the parchment in the clay baker or Dutch oven, cut expansion design on the loaf, cover, and close the oven.

Bake bread covered at 450 for 40 minutes-set your timer!! Uncover at 40 minutes, check bread internal temperature, should be 185 or higher. Allow to bake uncovered at 450 degrees for about 10 minutes to crisp up the outside crust and raise internal bread temp to 200 degrees. Watch the crust, it gets a really hard crust if left too long, and check it by thumping on top and

bottom of loaf with your hand or a spoon-should sounds bit like a drum. The bread is done when it reaches 200 degrees Fahrenheit and the crust is as crusty as you like.

If you do not want it too crusty, keep it covered until it reaches 200 degrees.

Remove bread and place it on a cooling rack for 1 ½ hours before cutting. Be careful, everything is hot-really hot! Eat and enjoy!

Hint 1: DO NOT rush the proofing, wait until the bread has risen the proper amount at each rise/proof, especially the final proofing. You may want to rush the final proof because the oven is on. Wait until the bread tells you it is ready Freddy! That is, it is big and pouffy!

Hint 2: The wetter your dough the bigger the holes will be, which many people really like. However, a drier dough will make it easier to get the bread to rise while baking, giving you greater "oven spring" and a more spherical loaf versus a flatter pancake-like loaf. With practice, you'll get so you can come closer to predicting how your bread will turn out based on the consistency of the dough when you're mixing all the ingredients together. You can adjust the amount of water and flour as you mix to get the consistency that suits you.

Hint 3: Preheating the clay baker for more than 30 minutes @ 475 deg. may not provide much oven rise due to the fast crusting of bread surface.

Sourdough Wheat Culture

John Benedict

John's starter culture for his fantastic wheat bread!

Servings: 1

Yield: 240 grams

1 cup Rye flour, whole rye flour

1 cup whole wheat flour

*(Einkorn wheat type), purified
water/ no chlorine*

*2 tablespoons pineapple juice,
non-sweetened*

*More detail instructions and other
ways to make bread can be found
at Breadtopia,
[https://breadtopia/sourdough-
no-knead-bread](https://breadtopia/sourdough-no-knead-bread).*

Per Serving (excluding unknown items): 785 Calories; 4g Fat (4.4% calories from fat); 26g Protein; 170g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 11 Grain(Starch); 1/2 Fruit; 1 Fat.

