

wheat sourdough

White wheat flour + 25% whole wheat flour. Stiff starter, lievito madre at 43% hydration — my standard, super-active one, the starter I baked bread and pastry on at my bakery. Using a different starter? Don't worry, the recipe can be adapted! Further down the recipe there's a calculator that converts it to a liquid starter and to any amount of flour and number of loaves. Dough hydration in this recipe is 75%. Sounds scary, it's simple.

75%

HYDRATION

43%

STARTER

1 night

COLD PROOF



white + whole wheat

☐ scale	MUST
☐ bowl + spoon	MUST
☐ basket <i>or bowl + towel</i>	SWAP
☐ cast iron <i>or roasting bag</i>	SWAP
☐ blade <i>or sharp knife</i>	SWAP
☐ parchment + mitts	MUST
☐ rack <i>or the oven rack</i>	SWAP
☐ thermometer	NICE

what you need

Tick what you already have before you start. Almost everything has an easy swap — except the scale.

what goes in

ingredient	small loaf 600 g	big loaf 1150 g
starter • 43%	71 g	137 g
whole wheat flour	85 g	163 g
white bread flour	204 g	391 g
water	233 g	446 g
salt	7 g	13 g

Starter 43% = 21% of the flour. Inside it: 50 g flour + 21 g water (600 g loaf), 96 g flour + 41 g water (1150 g loaf).

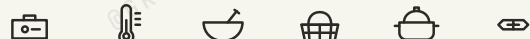
11%+

PROTEIN • WHITE FLOUR

10%+

PROTEIN • WHOLE WHEAT

Mine is Caputo Nuvola, 12.5%. Tools that matter: a scale, cast iron or any covered pot, and a blade for scoring.



liquid starter 100%?

- a Swap so the flour and water in the dough stay the same.
- b 600 g: starter 100 g (not 71), water 204 g (not 233). Everything else the same.
- c 1150 g: starter 192 g (not 137), water 391 g (not 446). Everything else the same.
- d Any other starter: it must carry 50 g / 96 g of flour; cut the dough water by whatever it brings above 21 g / 41 g. Or let the calculator do it.

01 mix & walk away

- a Weigh the water. Tear the starter into pieces – it gets to work faster.
- b White flour in, then whole wheat.
- c Mix with a spatula, just to wet the flour. No gluten development yet.
- d Cover and leave for autolyse.

30–50

MIN AUTOLYSE

just wet the flour →

► watch this step: grainoftaste.com/recipes/wheat-sourdough.html#s1

02 *salt & the important part*

- a Salt in. Now knead properly.
- b Taste from two spots. One bland, one salty? Keep kneading.
- c At the end, measure the dough temperature. Mine was 27 °C.
- d In this recipe my working range is 23–25 °C. Above 26 °C fermentation in my process runs ahead of the gluten, so I cool the dough – 30 min in the fridge.

2%

SALT OF FLOUR

26°

ABOVE IT – COOL DOWN

23–25°

MY WORKING RANGE

dough too warm? use cold water next time →

► watch this step: grainoftaste.com/recipes/wheat-sourdough.html#s2

03 *back in the optimal zone*

- a Out of the fridge: the dough is 25 °C. A great temperature for fermentation in the apartment.
- b Next fold: wet hands, stretch one side up and fold it over, turn the bowl, repeat on all four sides.
- c Cover and leave for 30 min until the next fold.

25°

AFTER THE FRIDGE

23–25°

MY WORKING RANGE

a calm dough, right on track →

► watch this step: grainoftaste.com/recipes/wheat-sourdough.html#s3

04 *folds & waiting*

- a A fold every 30 minutes, four in total.
-
- b By the third one you see bubbles. A good sign.
-
- c On the fourth, check the gluten: stretch a piece thin. A window like this is what we want.
-
- d Now wait until the dough grows by 50-60%. Mine took about an hour and a half. And please forgive the sunset light in the last shots! I beeeeg you
-

4

FOLDS · EVERY 30 MIN

+50-60%

VOLUME, NOT TIME

watch the dough, not the clock →

► watch this step: grainoftaste.com/recipes/wheat-sourdough.html#s4

05

shape & say good night

- a Preshape: round it, tightening the top. Rest 20-30 min.
-
- b Final shape: I do folds and swaddling. Any method you like works.
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- c Another 20-30 min proof, then into the fridge overnight, covered.
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- d My fridge is about 7 °C. At that temperature fermentation keeps going, so the overnight timing is for my fridge and this process: in a colder fridge the dough can stay longer, in a warmer one bake it earlier.
-

20-30

MIN REST · ×2

~7°

MY FRIDGE, OVERNIGHT

tension on top, not force →

► watch this step: grainoftaste.com/recipes/wheat-sourdough.html#s5

06 *good morning. let's bake*

- a Morning. The dough looks like this – time to bake.
- b Turn it out onto a mat, score on the side.
- c The dutch oven has been heating for an hour at 250 °C.
- d Lid on – 20 min. Lid off, down to 220 °C – another 20-25.

250° 20 MIN, LID ON	220° 20-25 MIN, LID OFF
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the score opened a bit weakly? no worries! with a big loaf that's completely normal!



► watch this step: grainoftaste.com/recipes/wheat-sourdough.html#s6

TIMING AT A GLANCE

WATCH THE DOUGH, NOT THE CLOCK

- a Autolyse 30-50 min → salt, knead → temperature check: above 26 °C, cool to 23-25 °C
- b 4 folds, every 30 min → bulk until +50-60%
- c Preshape, rest 20-30 min → shape, proof 20-30 min → fridge overnight (~7 °C)
- d Bake 250 °C lid on 20 min + 220 °C lid off 20-25 min

Timing is approximate. A liquid starter may run a little faster or slower than lievito madre.

TROUBLESHOOTING

IF SOMETHING WENT WRONG

problem

possible cause

The loaf spread flat

Not enough structure developed, or overproofed

Dense crumb

Underfermented

Too sour

Starter ripeness and how the fermentation went

Crust too thick

Baking mode and moisture loss

The loaf barely opened

Shaping, proofing or scoring

NUTRITION

APPROXIMATE, PER 100 G OF BREAD

228

KCAL

8.4 g

PROTEIN

1.2 g

FAT

47 g

CARBS

a A slice of about 40 g is around 90 kcal. The whole loaf is about 2230 kcal · protein 82 g · fat 11 g · carbs 458 g.

b Only the flour counts: 487 g white (391 g in the dough + 96 g inside the starter) and 163 g whole wheat. Water and salt have no calories.

c Estimate for a loaf that lost about 15% of its weight in the oven (1150 g of dough → about 980 g of bread). Weigh yours and divide the whole-loaf numbers by its weight for an exact figure.

d Carbs include about 2.5 g of fibre. Salt: about 1.3 g per 100 g.

THE RESULT

CRUST · CRUMB · SIDE



the ear



listen to that crust



one hour later

and... here it is

Here is our bread. The score opened a bit weakly — that's the volume. In homemade bread that's not the point. The point is taste, craft and love.



taste, craft & love