

## Honey Whole Wheat Sourdough

### Starter Ingredients

Two large loaves	Ingredient	One large loaf
¾-1 cup, 173-230 g	Stiff levain, 18%	1/3-1/2 cup, 87-115 g
½ cup, 119 g	Water, 11%	¼ cup, 60 g
1 ½ cups, 195 g	Whole wheat flour, 17%	¾ cup, 98 g

In the evening on day one, stir together the levain, starter flour, and water in a large bowl. Cover and allow to stand at room temperature overnight.

### Dough

Two large loaves	Ingredient	One large loaf
1 cup, 245 g	Milk, 22%	½ cup, 123 g
1 cup, 237 g	Water, 21%	½ cup, 119 g
¼ cup, 55 g	Oil, 5%	2 Tbsp, 28 g
¼ cup, 85 g	Honey, 8%	2 Tbsp, 43 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
4 cups, 544 g	Bread flour, 48%	2 cups, 272 g
3 cups, 390 g	Whole wheat flour, 35%	1 ½ cups, 195 g

The next morning, mix the milk and water and heat to room temperature. Add the milk and water mixture to the starter and stir a few times to soften. Stir in the oil, honey, salt, and flours until well mixed, then stir vigorously another 30 seconds or so. Cover and allow to stand at room temperature for 6-9 hours then proceed with baking or refrigerate until ready to use.

In the late afternoon, shape the loaves into a batard or boule on a floured surface. Place on a parchment paper covered peel or baking sheet then sprinkle generously with flour, whole wheat, or cornmeal and cover lightly with plastic wrap. Allow to rise at room temperature for 30-45 minutes while the oven warms up.

Preheat the oven, baking stone and steam pan to 450 degrees then slash the loaves and slide onto the baking stone. Pour 1 cup hot water into the steam pan and turn the oven down to 400 degrees. Bake for 45 minutes then remove from oven and cool on a wire rack.