

100% Whole Wheat Sourdough Sandwich Bread

Optional Whole Wheat Levain:

- 5-10 g active starter (*1 tsp*)
- 50 g whole wheat flour (*1/3 cup*)
- 50 g filtered water (*1/6 cup*)

Yudane:

- 100 g boiling water (*1/3 cup*)
- 50 g whole wheat flour (*1/3 cup*)

Milk Mixture:

- 250 g milk (*1 cup*)
- 60 g honey or molasses (*3 tbsp*)
- 3 tbsp butter (*43 g*)

Dough:

- 350 g whole wheat flour (*2 2/3 cups*)
- 8 g salt (*1 tsp*)
- 100 g active starter (*1/2 cup*) or all of the whole wheat levain
- All of the yudane (*cooled*)
- All of the milk mixture

For Baking:

- 2 tbsp butter, melted (*28 g*)
- Boiling water

Directions:

- 1) **Optional whole wheat levain:** If you want this bread to truly be 100% whole wheat and you do not maintain a whole wheat starter, a levain can be made 8-12 hours before you plan to mix the dough. Mix together all ingredients for the levain and rest, covered, on the counter for 8-12 hours.
- 2) **Make the yudane.** Boil some water in a tea kettle or over the stovetop. To a small bowl, mix 100 g of the boiling water with 50 g of whole wheat flour. Let it cool before incorporating into the dough. This can be done the day before (and placed in the fridge) or the day of.

- 3) **Warm the milk mixture.** Warm the milk, butter, and honey over the stovetop on medium-low heat until the mixture reaches 100 F. Stir and set aside.
- 4) **Mix the dough.** To the bowl of a stand mixer, add the remaining whole wheat flour, salt, active starter, all of the cooled yudane, and all of the milk mixture. Stir briefly, then transfer to your stand mixer, fitted with a dough hook attachment.
- 5) **Knead** on a medium speed, speed 6 on a KitchenAid, for about 10 minutes, until the dough removes itself from the sides of the bowl. Scrape down the sides as necessary. Then, reduce the speed to low, speed 2 on a KitchenAid, and knead 5-10 minutes more, until the dough is smooth and elastic.
- 6) **Bulk ferment the dough.** Shape the dough into a ball, cover, and let it rest until it doubles in size.
- 7) **Shape the dough** into a loaf using any preferred shaping method, or by shaping it into a rectangle slightly smaller than the loaf pan, rolling it up, and pinching the seams.
- 8) **Final proof.** Place the dough in a greased 8 1/2 by 4 1/2 inch loaf pan and let it rest again until it has risen just above the rim of the loaf pan.
- 9) Preheat your oven to 350 F. Boil some more water.
- 10) Brush your risen loaf all over with melted butter.
- 11) **Bake** at 350 F for 50-60 minutes next to an oven-safe, water-safe loaf pan filled halfway with boiling water. The internal temperature should register 190 F.
- 12) Brush all over with melted butter once more.
- 13) Let the loaf cool for five to ten minutes in the loaf pan before removing. Cool completely on a cooling rack.
- 14) **Enjoy!**
- 15) **How to store:** Store in a Ziploc bag on the counter for three to five days, or slice and store in the freezer.

To reheat: From room temperature, toast 2-3 minutes. From frozen, toast 4-5 minutes. I do this in my air fryer at 400 F.

Notes:

- This loaf loves to crack if under-proofed even the slightest. To control this, you can score the top of the loaf before baking, if desired.

Recipe modifications for an unenriched dough (*made with just flour, water, salt, and starter*). This version will skip the milk mixture altogether. It will also rise faster than the other versions, due to the elimination of sweetener.

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- 50 g whole wheat flour (*1/3 cup*)
- 50 g filtered water (*1/6 cup*)

Yudane:

- 100 g boiling water (*1/3 cup*)
- 50 g whole wheat flour (*1/3 cup*)

Dough:

- 350 g whole wheat flour (*2 2/3 cup*)
- 250 g water (*1 cup*)
- 100 g active starter (*1/2 cup*) or all of the whole wheat levain
- 8 g salt (*1 tsp*)
- All of the yudane (*cooled*)

For baking:

- 2 tbsp butter, melted (*28 g*)
- Boiling water