

# 'Easy Peasy' Sour Dough Whole Grain Loaf

I did not invent or originate this no fuss or no knead idea; however I have adapted the process to my needs and schedule. All the work is done by the fermentation process, and manipulation is kept at a very minimum as you will see.

If your goal is to provide yourself and family with highly nutritious, super delicious whole grain sourdough bread with the minimum amount of work this is for you.

I have included a step by step for novice bakers, and a shorter version for seasoned bakers at the bottom of the page.



Ingredients	Directions
<p>1. 400 g of Whole Grain Flour (me: Bob's Red Mill organic WW) 2. 400 g starter (me: fed with same flour) 3. 320g water (me: spring water) 4. 11g sea salt 5. Total time 60 hrs (did not say fast said 'easy')</p> <p>Note: I bake on Sunday morning so I start my process Thursday evening.</p>	<p>1. Thursday evening ( about 5 pm) I take 50 g of SD WW, 100% hydration starter out of the fridge and let sit on the counter for about 1 hour. 2. Feed 50g starter at 1.1.1 ratio and let it expand (double). (Normally for me it's 6 hrs). This batch will yeald 150g of starter. 3. Feed starter again (For me around midnight just before I go to bed.) This batch will yeald 450g starter. 4. remove 50g and return to fridge. Cover and let this batch expand overnight. 5. Next day (Friday morning), mix flour and salt in a large</p>



bowl, make a well in the center.

**6. Add 320g water to starter and mix well.**

**7. Add liquid to the flour and mix until all flour is incorporated. (This will be a wet dough but manageable).**

**8. Cover and let it rest for 30 min at room temp.**

**9. For a lack of better word here I'm going to say 'knead' the dough with a light hand for about 30 to 60 seconds, collecting it into a ball. Place in a bowl, cover it and put in the fridge for 36 hours or until Saturday night.**

**10. Saturday night or 36 hours later remove dough from fridge deflate and shape it. Place dough in banneton or cloth lined container and return dough to fridge for another 12 hours or Sunday morning.**

**11. Sunday morning heat oven and baking stone to highest temp. When oven is hot remove dough from fridge, turn onto hot baking stone, score and bake covered for 20 min. Bake uncover for 20 min longer or until internal temp is higher than 200 deg on thermometer, or bottom tapping sounds hollow. You can also bake the whole time covered and uncovered last 5 min.**

**12. Remove from oven allow to cool well before cutting.**

**ENJOY!**

**OK, that was the step by step for novice bakers. Here is the short version for seasoned bakers:**

**Start with 50g 100% ww starter refresh twice do not discard, but return 50g of starter to the fridge after second refresh.**

**Add water to starter, add salt to flour, combine all mix well.**

**Let rest 30 min at RT.**

**Lightly knead for 30 to 60 sec to collect dough into a ball, BF for 36 hrs in the fridge.**

**After 36 hr. shape, place in banneton, proof, 12 more hrs in the fridge.**

**Bake at 450F covered on hot stone fo 20 min, uncovered for 20 min.**

