

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Perfect Sourdough Bread

(makes 1 large round loaf)

- 1 T active dry yeast
- $\frac{3}{4}$ C warm water
- 2 C sourdough starter (at room temperature)
- 2 tsp salt
- 2 $\frac{1}{2}$ -3 cups white, unbleached flour, or whole wheat

In a large bowl dissolve the yeast in the warm water. Mix in the sourdough starter, the salt, and about 2 to 2 $\frac{1}{2}$ cups of flour, a cup at a time, until dough becomes hard to stir.

Place the dough onto a floured working surface and let it rest while you clean the bowl. Scrape up the dough, slap it around a few times, pounding and kneading it. Adding more flour as necessary, until it is smooth and elastic (about 10 minutes).

Return the dough onto a floured surface, punch it down, and form into a large round loaf by molding it with your hands, stretching and tucking it under, then pinching together the seams on the bottom to close them. Place on a baking sheet that has been floured with corn meal, cover with a kitchen towel, and let rise until double (about 1 hour).

Make 6 slashes going one way and then the other in a tic-tac-toe pattern, across the top of the loaf, then brush with water.

Bake in a preheated 450° oven for 25 minutes, then reduce the heat to 350° and bake 25 minutes more. Cool on a rack.

Note:

For techniques to make perfect bread, see the Quick Wholesome Foods Video by Moulton and Bingham.