

THE SOURDOUGH FORMULA

Recipe 4 · Honey Whole Wheat Sandwich Loaf

Half whole wheat, a little honey. The «healthy bread» my neighbors actually like.

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Why people buy it: it's the wholesome, nutty sandwich bread health-minded families want, soft enough that the kids eat it too.

- **Tier & price:** Everyday · Plain · **$9**
- **Makes:** 1 pan loaf in a 9 × 5 in (23 × 13 cm) pan
- **Difficulty:** Easy
- **Timeline:** Friday 8 am feed → 4 pm mix → shape around 10 pm → pan in the fridge overnight → rise 2–3 hours → bake 9 am

Ingredients

Ingredient	Grams	Cups (approx.)
Bread flour	250 g	2 cups
Whole wheat flour	250 g	2 cups
Water, 80 °F (27 °C)	250 g	1 cup + 1 tbsp
Whole milk, lukewarm	100 g	⅓ cup + 1 tbsp
Active starter	100 g	½ cup
Honey	40 g	2 tbsp
Butter, very soft	30 g	2 tbsp
Fine sea salt	10 g	1¾ tsp

What changes vs. the Master Loaf

- **Half whole wheat.** Whole wheat drinks more liquid, so the total liquid is higher (water + milk), and the dough feels soft and a little sticky. That's correct.
- **Honey, milk and butter** for a soft, sweet-ish crumb that slices thin.
- **Faster to move than you'd think:** whole wheat ferments quicker, so watch the dough, not the clock.
- **Baked in a loaf pan** at 375 °F (190 °C).

Steps

1. **The morning feed:** feed Dolly at 8 am.
2. **Mix and autolyse:** stir the honey into the water and milk, keeping back 20 g of the water. Add both flours and mix well. Rest 30 minutes (Master Loaf step 1). The bran softens during this rest, which gives you a softer loaf.
3. **Add the starter, then the salt** with the reserved water (Master Loaf step 2), then the soft butter, squishing until smooth (same as Recipe 3, step 3).
4. **Stretch & folds:** 4 sets, 30 minutes apart (Master Loaf step 3).
5. **Bulk** at 75 °F (24 °C) until it has grown about 75 %, usually 4½–6 hours from mixing. Check from hour 4.
6. **Shape** into a tight log exactly like Recipe 3, step 6, and place it seam down in a buttered 9 × 5 pan.
7. **Optional topping:** mist the top with water and sprinkle a spoonful of rolled oats.
8. **Cover and refrigerate** overnight.
9. **Final rise** on Saturday morning until the dome is about ¾–1 in (2–2.5 cm) above the rim, 2–3 hours. Whole wheat domes a little less than white; that's normal.
10. **Bake** at 375 °F (190 °C) for 40–45 minutes. Tent with foil at 25 minutes if needed; honey browns fast. Done at 190 °F (88 °C).
11. Turn out after 10 minutes, brush with butter if you like, and cool 2 hours before slicing or bagging.

Shaping, scoring & baking specifics

- **Pan:** 9 × 5 in metal loaf pan, buttered well. Whole wheat dough sticks more than white.
- **No scoring.** If you'd like a bakery look, make one shallow cut down the center right before baking.
- **Bake four at a time** with your other pan loaves.

Cost & Price

Ingredient	Amount	Cost
Bread flour	250 g	$0.30
Whole wheat flour	250 g	$0.39
Starter (with feed)	100 g	$0.25
Whole milk	100 g	$0.11
Honey	40 g	$0.53
Butter	30 g	$0.33
Salt	10 g	$0.01
Oven share (4 pans per bake)	¼ bake	$0.20
Total ingredients		**$2.12**
Packaging (bag, label, twine)	1 set	$0.35
Sell at		**$9.00**
You keep		**$6.53**

How to sell it

Health-conscious parents, gym people, grandparents who «need fiber». Pair it with the Soft Sandwich Loaf on your menu so families can pick «white or wheat».

Menu line to copy: *Honey Whole Wheat Sourdough. Half whole wheat, a touch of honey, soft enough for the pickiest eater. $9*

> ***Sarah's tip: Use regular whole wheat or white whole wheat; both work. White whole wheat gives a lighter color that kids accept without a fight.***

If it goes wrong

- **Heavy and crumbly:** the dough was too dry. Add 20 g more water next time; whole wheat flours vary bag to bag.
- **Top too dark, middle underbaked:** tent with foil earlier and bake the full time to 190 °F.

- **Sour taste:** bulk went long. Shorten bulk by 30 minutes, or proof in a cooler spot.