

THE SOURDOUGH FORMULA

Recipe 5 · 50 % Whole Wheat Country Loaf

Deeper flavor, darker crust, same easy Saturday. This one converted my husband.

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Why people buy it: it has the crusty look of the classic with a nutty, wholesome flavor, so it's the «healthier» loaf that still feels like a treat.

- **Tier & price:** Everyday · Classic · **$11**
- **Makes:** 1 round or oval loaf, about 940 g of dough
- **Difficulty:** Medium
- **Timeline:** Friday 8 am feed → 4 pm mix → bulk is a little faster → shape around 9 pm → fridge → bake Saturday 7 am

Ingredients

Ingredient	Grams	Cups (approx.)
Bread flour	250 g	2 cups
Whole wheat flour	250 g	2 cups
Water, 80 °F (27 °C)	375 g	1½ cups + 1½ tbsp
Active starter	100 g	½ cup
Fine sea salt	10 g	1¾ tsp
Rice flour, for the banneton	a spoonful	1 tbsp

What changes vs. the Master Loaf

- **Half the flour is whole wheat.** The bran soaks up more water, so hydration goes up from 70 % to **75 %**.
- **Longer autolyse:** 45 minutes instead of 30, so the bran softens and the dough gets stretchier.
- **Bulk moves faster.** Whole wheat feeds Dolly well, so check the dough from hour 3½.
- **Stop bulk at +50 %.** Whole wheat dough has less strength, and stopping a little earlier keeps the loaf tall.

Steps

1. **The morning feed:** feed Dolly at 8 am.

2. **Mix** the water (minus 20 g) and both flours until no dry bits remain. Autolyse **45 minutes** (Master Loaf step 1).
3. **Add the starter, then the salt** with the reserved water (Master Loaf step 2).
4. **Stretch & folds:** 4 sets, 30 minutes apart (Master Loaf step 3). The dough starts sticky and gets noticeably smoother by set 3. Keep your hands wet.
5. **Bulk** at 75 °F (24 °C) until it has grown about 50 %, domed and bubbly at the edges, usually 3½–5 hours from mixing.
6. **Pre-shape and rest** 20 minutes (Master Loaf step 5).
7. **Final shape** tight, as a boule (Recipe 1) or batard (Recipe 2). Whole wheat dough benefits from a little extra tension, so drag it on the counter a few more times.
8. **Cold proof** 10–14 hours (Master Loaf step 7). Whole wheat doughs over-proof sooner, so aim for the shorter end.
9. **Score and bake** as Master Loaf step 8. Internal 205–210 °F (96–99 °C).
10. **Cool** 2 hours before cutting or bagging.

Shaping, scoring & baking specifics

- **Banneton:** dust well with rice flour. Whole wheat doughs are stickier.
- **Score:** one long slash or a cross. The crust browns darker than the classic; that deep mahogany color is exactly what you want.
- **Same Dutch oven bake** as the Master Loaf. If the bottom browns too much, slip a baking sheet on the rack below for the lid-off part.

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
Salt	10 g	$0.01
Rice flour (dusting)	1 tbsp	$0.05
Oven share	½ bake	$0.46
Total ingredients		**$1.46**
Packaging (bag, label, twine)	1 set	$0.35
Sell at		**$11.00**
You keep		**$9.19**

How to sell it

Runners, «I'm trying to eat better» neighbors, people who loved the classic and want something heartier. Put it next to the classic on the menu and let them choose.

Menu line to copy: *Half & Half Whole Wheat Country Loaf. Crackly crust, nutty whole grain flavor, same long slow sourdough. $11*

> ***Sarah's tip: Fresh whole wheat flour makes a sweeter loaf. Buy smaller bags and keep them in the freezer; you'll taste the difference.***

If it goes wrong

- **Flat and spread:** over-proofed. Stop bulk at +50 % and shorten the cold proof to 10 hours.
- **Dense and tight:** under-fermented, or not enough water. Bulk longer, and try 385 g water.
- **Very sour:** shorter bulk, cooler cold proof, and feed Dolly a little later so she's just peaking at mix time.