

THE SOURDOUGH FORMULA

Recipe 12 · Honey Oat Loaf

Oats on the crust, honey in the crumb. It tastes like breakfast.

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Why people buy it: a soft, gently sweet loaf with an oat-covered crust that makes the best toast, loved by kids and grandparents alike.

- **Tier & price:** Everyday · Classic · **$11**
- **Makes:** 1 round or oval loaf, about 1,050 g of dough
- **Difficulty:** Easy
- **Timeline:** Friday 8 am feed Dolly **and** make the oat soaker → 4 pm mix → oats in at the 2nd fold → shape and roll in oats around 9 pm → fridge → Saturday 7 am bake

Ingredients

Ingredient	Grams	Cups (approx.)
Bread flour	450 g	3⅔ cups
Whole wheat flour	50 g	⅓ cup + 1 tbsp
Water, 80 °F (27 °C)	330 g	1⅓ cups + 1 tbsp
Active starter	100 g	½ cup
Honey	30 g	1½ tbsp
Fine sea salt	10 g	1¾ tsp
Oat soaker: rolled oats	60 g	⅔ cup
Oat soaker: boiling water	90 g	⅓ cup + 2 tsp
Rolled oats, for the crust	15 g	3 tbsp

What changes vs. the Master Loaf

- **Oat soaker:** oats soaked in boiling water, cooled. It adds moisture and a soft, creamy crumb.
- **Dough water drops to 330 g** because the soaker brings its own 90 g.
- **Honey goes in at the mix**, dissolved in the water.
- **Soaker goes in at the 2nd set of folds**, like any inclusion.
- **Lower lid-off temperature:** honey browns faster, so finish at 425 °F (220 °C).

Steps

1. **Friday 8 am:** feed Dolly (the morning feed). Pour the boiling water over the 60 g oats, stir, cover and leave on the counter.
2. **Mix:** stir the honey into the water until dissolved, then add the flours. Autolyse 30 minutes (Master Loaf step 1).
3. **Add the starter, then the salt** (Master Loaf step 2).
4. **Fold set 1** as usual.
5. **Fold set 2:** stretch the dough flat, spread half the oat soaker over it, fold in thirds, add the rest, fold again.
6. **Folds 3 and 4** as usual (Master Loaf step 3).
7. **Bulk** until it has grown 50–75 %, 4–6 hours from mixing (Master Loaf step 4).
8. **Pre-shape and rest** 20 minutes (Master Loaf step 5).
9. **Final shape** (Master Loaf step 6). Roll the top on a damp towel, then in the 15 g oats, and place it oats-down in the banneton.
10. **Cold proof** 10–16 hours (Master Loaf step 7).
11. **Bake:** preheat at 500 °F (260 °C), lid on 20 minutes at 475 °F (245 °C), then lid off **20–25 minutes at 425 °F (220 °C)**. Internal 205–210 °F (96–99 °C).
12. **Cool** 2 hours before cutting or bagging.

Shaping, scoring & baking specifics

- **Score** one long slash through the oat crust.
- **Pan version:** this dough makes a lovely 9 × 5 in sandwich loaf. Shape as a log, roll in oats, proof until it crowns 1 in above the rim, and bake at 400 °F (205 °C) for 40–45 minutes.
- **Color:** a deep honey-brown crust is right. If it gets darker than you like, tent with foil for the last 10 minutes.

Cost & Price

Ingredient	Amount	Cost
Bread flour	450 g	$0.55
Whole wheat flour	50 g	$0.08
Starter (with feed)	100 g	$0.25
Rolled oats	75 g	$0.33
Honey	30 g	$0.40
Salt	10 g	$0.01
Oven share	½ bake	$0.46
Total ingredients		**$2.08**
Packaging (bag, label, twine)	1 set	$0.35
Sell at		**$11.00**
You keep		**$8.57**

How to sell it

Families with kids, toast-and-jam people, the breakfast crowd. It's a great «gateway» loaf for neighbors who think sourdough is too sour.

Menu line to copy: *Honey Oat Sourdough. Creamy oats and a touch of honey inside, toasted oats on the crust. Our breakfast favorite. $11*

> ***Sarah's tip: This is the loaf I put in gift baskets. It looks homemade in the best way, and the honey makes everyone smile at the first bite.***

If it goes wrong

- **Gummy crumb:** the soaker was still warm or too wet. Cool it fully, and bake to 205 °F before pulling the loaf.
- **Crust too dark:** honey caramelizes. Use 425 °F lid off, or tent with foil.
- **Oats fell off:** dampen the towel well and press the loaf firmly into the oats.