

THE SOURDOUGH FORMULA

Recipe 18 · Garlic Parmesan

The one my husband hides from the Saturday order list.

Recipe 18 · Garlic Parmesan

Why people buy it: it smells like garlic bread before you even open the bag, and it turns any pasta night into a restaurant dinner.

- **Tier & price:** Specialty · $14
- **Makes:** one boule or batard, about 1.8 lb baked
- **Difficulty:** Easy. Master Loaf plus one lamination.
- **Timeline:** same as the Master Loaf: mix Friday 4 pm, bake Saturday 7 am

Ingredients

- Master Loaf dough: 500 g bread flour (about 4 cups), 350 g water (1½ cups), 100 g active starter (scant ½ cup), 10 g salt (1¾ tsp)
- 80 g parmesan (about ¾ cup cubed): 60 g in small cubes, 20 g finely grated for the crust
- 1 head garlic: cloves peeled and thinly sliced, or roasted and squeezed out

What changes vs. the Master Loaf

Only the inclusions. Parmesan is salty, so keep the salt at 10 g and do not add more.

Cubes vs. shredded: use small cubes (¼ inch / 6 mm) inside the loaf. Cubes melt into little pockets of cheese and keep the crumb open. Shredded cheese melts *into* the dough, makes it heavy and sticky, and can turn the crumb gummy. Save the finely grated cheese for the outside, where it makes a lacy, crispy crust.

Steps

1. Give Dolly the morning feed, then follow Master Loaf steps 1–2.
2. Do the first set of stretch & folds (Master Loaf step 3).
3. **Laminate during the 2nd set of folds:** wet the counter lightly, tip the dough out and gently stretch it into a thin rectangle, about 16×12 inches. Scatter the parmesan cubes and garlic slices evenly over it. Fold it like a letter from the left and right, then roll it up from the top. Back into the bowl, seam down.
4. Do sets 3 and 4 as gentle coil folds so the cheese stays inside.
5. Continue with Master Loaf steps 4–7 (bulk, pre-shape, shape, cold proof). Pinch any cheese cube that pokes through back into the dough.

6. Saturday morning, mist the top with water and press on the 20 g grated parmesan right before scoring.
7. Score one long, shallow slash along the side so the cheese crust stays intact.
8. Bake as in Master Loaf step 8. If the cheese browns fast, put a sheet of foil loosely on top for the last 10 minutes.
9. Cool at least 2 hours before bagging. Melted cheese needs that time to set.

Cost & Price

Ingredient	Amount	Cost
Master Loaf base (flour, salt, starter food)	1 loaf	$1.40
Parmesan	80 g	$2.11
Garlic	1 head	$0.20
Total ingredients		**$3.71**
Packaging		$0.35
Sell at		**$14**
You keep		**$9.94**

How to sell it

- **Who buys it:** families who do pasta or soup night, garlic-bread lovers, anyone who asks «what goes with lasagna?»
- **Menu line to copy:** *Garlic Parmesan sourdough: sliced garlic and real parmesan folded into every layer, with a crispy cheese crust.*
- **Best day/season:** fall and winter, soup season. Offer it the week the weather turns cold.

> ***Sarah's tip: Tell buyers to slice it, butter it and toast it in a pan. Put that in the bag tag. Garlic bread lovers come back for exactly that breakfast.***

If it goes wrong

- **Gummy streaks around the cheese:** the cubes were too big or you used shredded cheese. Go smaller cubes, and cool the full 2 hours.

- **Burnt cheese on top:** lower the lid-off stage to 425 °F (220 °C) and use the foil tent.
- **Garlic tastes bitter:** slice it thicker or roast it first. Thin raw garlic exposed on the crust scorches.