

THE SOURDOUGH FORMULA

# Recipe 24 · Lemon Blueberry

*Purple swirls and lemon zest. Spring's favorite on my porch.*

# Recipe 24 · Lemon Blueberry

**Why people buy it:** bright, fresh and a little sweet. It is the loaf people buy for Mother's Day brunch and summer breakfasts.

- **Tier & price:** Specialty · $14
- **Makes:** one boule or batard
- **Difficulty:** Medium. Berries need a gentle hand.
- **Timeline:** same as the Master Loaf

## Ingredients

- Master Loaf dough: 500 g bread flour (about 4 cups), 340 g water (scant 1½ cups) — 10 g less, because the berries release juice — 100 g active starter, 10 g salt (1¾ tsp)
- 30 g honey (1½ Tbsp), added with the water
- Zest of 2 lemons (add 1 Tbsp of the juice to the water)
- 120 g frozen blueberries (¾ cup), kept frozen until the last second
- 1 Tbsp flour to dust the berries

## What changes vs. the Master Loaf

Lemon zest goes in at the mix. Blueberries go in **frozen** during the 2nd set of folds, tossed in a spoon of flour so they stay whole. Frozen berries hold their shape; thawed ones burst and turn the whole dough purple.

## Steps

1. Give Dolly the morning feed.
2. Mix flour, water, honey, lemon zest and lemon juice. Autolyse 30 minutes (Master Loaf step 1).
3. Add the starter, then the salt (step 2). First set of stretch & folds (step 3).
4. **Laminate during the 2nd set:** stretch the dough thin. Take the berries from the freezer, toss them in the flour and scatter them. Letter-fold and roll gently.
5. Sets 3 and 4 as very gentle coil folds: lift and tuck, no squeezing.
6. Master Loaf steps 4–7. A few purple streaks are part of the charm.
7. Score one long slash. Bake as in step 8, lid-off at 450 °F (230 °C), and check 205 °F (96 °C) inside.

8. Cool 2 hours. Berry juice sets as the loaf cools.

## Cost & Price

| Ingredient | Amount | Cost |
|---|---|---|
| Master Loaf base (flour, salt, starter food) | 1 loaf | $1.40 |
| Frozen blueberries | 120 g | $1.06 |
| Lemons | 2 | $1.40 |
| Honey | 30 g | $0.40 |
| **Total ingredients** | | **$4.26** |
| Packaging | | $0.35 |
| **Sell at** | | **$14** |
| **You keep** | | **$9.39** |

## How to sell it

- **Who buys it:** brunch hosts, moms buying for moms, fruit-toast fans.
- **Menu line to copy:** *Lemon Blueberry sourdough: fresh lemon zest and juicy blueberries in a soft, lightly sweet crumb. Spring in a loaf.*
- **Best day/season:** spring and early summer, Mother's Day weekend, Easter brunch tables (no holiday theme needed, it just fits).

> ***Sarah's tip: Offer a little jar of lemon curd or honey butter as a $4 add-on with this loaf. Brunch people say yes almost every time.***

## If it goes wrong

- **Whole dough turned purple:** berries were thawed or folded too hard. Keep them frozen and fold gently.
- **Wet pockets around berries:** cool the full 2 hours, and dust the berries with flour.
- **Not lemony enough:** zest only, never more juice. Add a third lemon's zest.