

THE SOURDOUGH FORMULA

Recipe 28 · Turmeric Golden Seed

Sunshine-yellow crumb, crunchy seeds. Health-food friends adore it.

Recipe 28 · Turmeric Golden Seed

Why people buy it: a golden crumb and a crunchy seed crust look beautiful and feel wholesome. The wellness crowd buys it every week.

- **Tier & price:** Specialty · $13
- **Makes:** one boule
- **Difficulty:** Easy. One extra step: the seed soaker.
- **Timeline:** make the soaker Friday 8 am with Dolly's morning feed → mix 4 pm → bake Saturday 7 am

Ingredients

- Master Loaf dough: 450 g bread flour + 50 g whole wheat flour (about 4 cups total), 350 g water (1½ cups), 100 g active starter, 10 g salt (1¾ tsp)
- 20 g honey (1 Tbsp)
- 2 tsp ground turmeric + a pinch of black pepper (helps the turmeric color and flavor shine)
- **Seed soaker:** 60 g seeds mix (sunflower, pumpkin, flax, sesame) + 60 g boiling water
- 20 g seeds mix for the crust

What changes vs. the Master Loaf

Turmeric goes in with the flour for that golden color. The seeds are soaked first: dry seeds pull water from the dough and make the crumb dry. Soaked seeds stay plump and the crumb stays soft. The soaker goes in during the 2nd set of folds.

Steps

1. Friday morning, pour the boiling water over 60 g seeds, cover, and leave it on the counter. Give Dolly the morning feed.
2. Whisk flours, turmeric and pepper. Mix with water and honey. Autolyse 30 minutes (Master Loaf step 1).
3. Add the starter, then the salt (step 2). First set of stretch & folds (step 3).
4. **2nd set of folds:** spread the soaked seeds over the dough and fold them in with regular stretch & folds. The dough will feel wet for a minute; it tightens up by set 3.
5. Sets 3 and 4, then Master Loaf steps 4–6.

6. **Seed crust:** roll the top of the shaped loaf on a damp towel, then in the 20 g dry seeds. Place seed-side down in the banneton.
7. Cold proof (step 7). Score a cross.
8. Bake as in step 8.

Cost & Price

Ingredient	Amount	Cost
Master Loaf base (flour, salt, starter food)	1 loaf	$1.40
Seeds mix	80 g	$1.06
Turmeric & black pepper	2 tsp	$0.10
Honey	20 g	$0.26
Total ingredients		**$2.82**
Packaging		$0.35
Sell at		**$13**
You keep		**$9.83**

How to sell it

- **Who buys it:** yoga-class friends, wellness and gut-health followers, the neighbor who buys kombucha by the case.
- **Menu line to copy:** *Turmeric Golden Seed sourdough: golden turmeric crumb, sunflower, pumpkin, flax and sesame inside and out. Naturally fermented, beautifully wholesome.*
- **Best day/season:** January (new-year wellness crowd) and spring.

> ***Sarah's tip: Wear gloves or wash your hands right after handling the turmeric dough, and use a dedicated towel. Turmeric loves to leave its sunshine on everything.***

If it goes wrong

- **Dry crumb:** seeds were not soaked. Always soak.

- **Bitter or earthy taste:** too much turmeric. Stay at 2 tsp.
- **Seeds burnt on the crust:** lower lid-off to 425 °F (220 °C).