

Natural Yeast Sandwich Bread

(LauraLivesTheGoodLife & JustIngredients)

1 c. active, bubbly starter
2½ c. water
1 T. oil
1 T. honey
2½ t. sea salt
7 c. flour (may need ½ cup more or less)

Dough Preparation:

In a mixer with a dough hook, combine the first 5 ingredients and let mix for one minute until combined. Add flour a cup at a time until a ball begins to form and the sides of the bowl come clean. Knead for 10-15 minutes until the dough is soft and stretchy. It should be tacky but not sticky. Take the dough out of the mixing bowl.

Choose one of the following baking options

Option 1: Bake it the same day

Form the dough into 2 loaves and place in oiled bread pans. Cover and let rise somewhere warm for 2-6 hours. Bake at 375° for 35 minutes or until the internal temperature reaches 180-185°. Let cool for 5 minutes in the pan, remove and put on a cooling rack. If you would like, rub butter over the top. Let cool for 1 hour before slicing.

Option 2: Reduced gluten ferment

Put the dough in a bowl and cover. Make sure the bowl is big enough for the dough to expand. Leave on the counter for 8-12 hours (making the dough at night and leaving it overnight works great). After that time, take the dough out of the bowl and knead 4-5 times. Form the dough into 2 loaves and place in oiled bread pans. Cover and let rise somewhere warm for 2-6 hours. Bake at 375° for 35 minutes or until the internal temperature reaches 180-185°. Let cool for 5 minutes in the pan, remove and put on a cooling rack. If you would like, rub butter over the top. Let cool for 1 hour before slicing.

Option 3: Most reduced gluten long ferment

Put the dough in a bowl and cover. Make sure the bowl is big enough for the dough to expand. Refrigerate the dough for up to 72 hours. Take the bowl out at night and let it sit on the counter overnight. After that time, take the dough out of the bowl and knead 4-5 times. Form the dough into 2 loaves and place in oiled bread pans. Cover and let rise somewhere warm for 2-6 hours. Bake at 375° for 35 minutes or until the internal temperature reaches 180-185°. Let cool for 5 minutes in the pan, remove and put on a cooling rack. If you would like, rub butter over the top. Let cool for 1 hour before slicing.