

## **St. Fiacre's Simply Sourdough Recipe (the short to the point version)**

[www.SaintFiacresFarm.com](http://www.SaintFiacresFarm.com)

Makes 2 loaves

Evening before baking (or 8-12 hours before your ready to work with the dough)

Combine to make sponge:

2 cups whole wheat flour

2 cups filtered water

1-1 1/2 cups starter

Mix together in large glass bowl.

Next morning (or 8-12 hours later) add sponge from your glass bowl to your mixer with:

1/4 cup honey

2 tsp sea salt

2 cups filtered water

6-7 cups whole wheat flour

Add about 4 cups right away and then slowly add the rest. Usually making it to 6 cups which leaves a pretty sticky dough. Not really wet but moist and will stick to your hand a bit. Mix it in the kitchen aide until it forms sort of a ball and takes the dough off the edges. Then place back in large glass bowl and cover. Let rise until doubled about 3-4 hours.

After Doubled:

Punch dough down. Turn out on floured surface (or if you are blessed with a Pampered Chef pastry, don't use flour use olive oil) and knead for about 2 minutes. Cut the dough in two and knead each one about 2 minutes. Set that half of the dough aside knead the other 2 minutes and let the first rest. Then do it one more time 2 minutes each. Then form the loaves and place in greased bread pan.

Let rise up to 3 hours (sometimes it doesn't take that long! Depends on the temp in the house and how active the starter was.) Bake at 400 degrees (middle rack) for 40 minutes or until thermometer reaches at least 180 degrees internal temp.

Dump out onto baking rack, brush tops with olive oil and let cool.

