Sourdough Sandwich Bread Like Mother, Like Daughter – Updated!

To double the recipe, you can double the levain, but if you don't have enough in your jar, increasing the additional flour and water in the feeding, by about 50%, will help your dough to rise in good time.

For the levain:

65 g. starter (1/3 cup)
85 ml. water (1/3 cup)
11 g. rye flour (1T) (if you have it)
80 g. bread flour (about 2/3 cup - a little more if you didn't use rye)

Let this mixture rise for about an hour in a warm spot, up to three hours or so. You want it to look lighter than when you mixed it, but you won't be able to see it doubling or even really rising, because it's a small amount in the bottom of your big bowl.

Once it's looking active (bubbly, airy, lighter), add the following:

750 g. bread flour (6 c.) (if you have found that your loaves from the KA recipe seem small, you could go to 800 g. or even a bit more and add a bit more liquid)
350 ml. water (1 1/2 c.)
50 g. dry milk powder (1/3-1/2 cup)
2 T to ¼ cup softened or melted and cooled butter or oil
25 g. salt (1 T)
60 g. honey (~3 T) or sugar

Mix up your dough, adding the liquid slowly if you are using a stand mixer or all at once if you are mixing by hand.

Allow it to rest for about 25 minutes.

Turn out onto a clean counter and knead for 1-2 minutes until it's smooth and cohesive.

Rinse out your bowl -- no need to wash it! Bits of dough are fine. You just want the interior to be wet so the dough doesn't stick after it rises.

Put your dough back in the bowl and cover with a warm, wet, wrung-out towel. Place the bowl in a warm spot (my oven's light warms things up sufficiently that I actually set a timer to turn it off after about 1/2 an hour -- watch this because you do want the dough warm, about 75°F, but not warmer than about 90° for very long).

When the dough has risen 60-100% (stopping short of losing its integrity on the surface, which indicates over-proofing), gently turn it out onto your very lightly floured counter.

Using a bench knife, divide it in half. Gently form your loaves by patting each piece into a flattened rectangle the width of your pan and rolling it up rather tightly, tucking in the sides, or by dividing each piece into three, forming strands, and braiding.

Try not to use much if any extra flour. It's better to wet your hands than to add more flour, which will not have fermented and so will add a flat taste to your bread if you use too much.

Place each piece in a greased bread pan (8.5" x 4.5"). Let rise for about an hour or until each loaf has filled in the pan about halfway; you can also let them rise for about 40 minutes and then put them in the fridge to bake the next day. In that case, take them out of the fridge and let them come up to room temperature for about 30 minutes while the oven preheats.

Bake at 375° for about 40 minutes, until the tops are golden and a thermometer reads 200°.

Let them cool for at least an hour! To freeze, let them cool for at least 6 hours before putting them in plastic bags.

To feed the starter after removing some for the levain:

You probably have about ¼ c. starter in the jar. Add:

70ml. water
14 g. rye flour if available
80 g. bread flour

Mix and let rise until doubled or more. Place in fridge if you aren’t making more dough at the moment.