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## Traditional Sourdough Bread with Marquis Wheat

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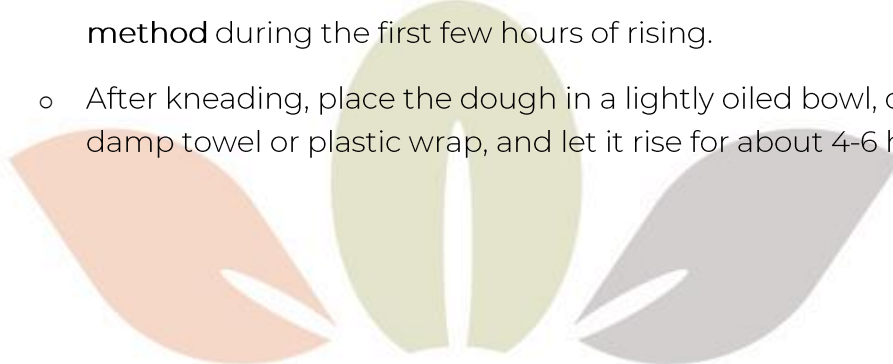
### Ingredients

- 1 cup (240g) **sourdough starter** (active and bubbly)
- 1 ½ cups (360g) **warm water** (about 75°F or 24°C)
- 2 cups (240g) **freshly ground whole grain Marquis wheat flour**
- 2 cups (240g) **bread flour** (white flour or sifted hard wheat flour)
- 1 ½ teaspoons **salt**
- 1 tablespoon **honey** (optional, to enhance flavor and help with fermentation)

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### Method

1. **Prepare the Starter:**
  - Use 1 cup of your active, bubbly starter for this recipe.
2. **Mix the Dough:**
  - In a large mixing bowl, combine the **Marquis wheat flour**, **bread flour**, and **salt**.
  - In a separate bowl, dissolve the honey (if using) in the warm water. Add the **sourdough starter** to the water mixture and stir to combine.
  - Gradually add the wet ingredients to the dry ingredients and stir until a shaggy dough forms.
3. **Knead and Rest:**
  - Transfer the dough to a floured surface and knead for 8-10 minutes, until it becomes smooth and elastic. You can also use the **stretch and fold method** during the first few hours of rising.
  - After kneading, place the dough in a lightly oiled bowl, cover with a damp towel or plastic wrap, and let it rise for about 4-6 hours, or until it



doubles in size. Perform a series of **stretch and folds** every 30 minutes during the first 2 hours of rise time.

**4. Shape the Dough:**

- Once the dough has risen, gently punch it down and shape it into a round or oval loaf, depending on your preference.
- Place the shaped dough onto a parchment paper-lined baking sheet or into a well-floured proofing basket (banneton).
- Cover and let it rise for another 1-2 hours, until it has doubled in size.

**5. Preheat the Oven:**

- Preheat your oven to 450°F (230°C) for at least 30 minutes before baking.
- If you're using a Dutch oven, place it in the oven during the preheat.

**6. Score and Bake:**

- Once the dough is fully proofed, carefully transfer it to the hot Dutch oven (or onto a baking stone or sheet).
- Score the top of the dough with a sharp knife or razor blade to allow the bread to expand as it bakes.
- Cover with a lid (if using a Dutch oven) and bake for 25 minutes. Then, remove the lid and continue baking for an additional 20-25 minutes until the bread is golden brown and has a hollow sound when tapped on the bottom.

**7. Cool:**

- Let the sourdough cool on a wire rack for at least 2 hours before slicing. This ensures the texture and flavor set properly.

**Notes**

