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# Whole Grain Sourdough with Marquis Wheat

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## Ingredients

- 1 cup (240g) **sourdough starter** (active and bubbly)
- 1 ½ cups (360g) **warm water**
- 3 cups (360g) freshly ground **Marquis wheat whole grain flour**
- 1 ½ teaspoons **salt**
- 1 tablespoon **honey** (optional)

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## Method

1. **Prepare the Starter:**
  - Make sure your sourdough starter is healthy, active, and bubbly before using it. Feed it regularly and allow it to ferment for at least 4-6 hours before baking.
2. **Mix the Dough:**
  - In a large bowl, combine the **Marquis wheat flour** and **salt**.
  - In a separate bowl, mix the **sourdough starter**, **water**, and **honey** (optional).
  - Slowly add the wet mixture to the dry ingredients, stirring until a sticky dough forms.
3. **Knead and Rest:**
  - Turn the dough out onto a floured surface and knead for 10-12 minutes, or until it becomes smooth and slightly elastic. Whole wheat dough may be a bit stiffer than white flour dough, so don't worry if it feels dense.



- Place the dough in a greased bowl, cover it with a damp cloth, and let it rise for 4-6 hours, or until it doubles in size. Perform **stretch and folds** every 30 minutes during the first 2 hours.
4. **Shape the Dough:**
- Once the dough has doubled in size, gently deflate it and shape it into a round or oval loaf.
  - Transfer the dough to a floured proofing basket or a parchment-lined baking sheet. Cover and let it rise for another 1-2 hours, until fully proofed.
5. **Preheat the Oven:**
- Preheat your oven to 475°F (245°C). If you're using a Dutch oven, preheat it along with the oven for 30 minutes.
6. **Score and Bake:**

## Notes

### Tips for Success with Marquis Wheat Sourdough:

- **Hydration:** Whole wheat flour absorbs more water than white flour, so you may need to adjust the hydration slightly. If the dough feels too dry, add a little extra water, a tablespoon at a time.
- **Sourdough Starter:** Always use an active starter with lots of bubbles for best results. The strength of your starter will influence how well your dough rises.
- **Fermentation Time:** Longer fermentation leads to better flavor. If you have time, try a **cold fermentation** by letting the dough rise in the fridge for 12-24 hours after shaping, which will enhance the sourness and flavor.
- **Baking Vessel:** Using a Dutch oven creates steam, which results in a crispy crust. If you don't have one, you can still get good results by baking the bread on a baking sheet and adding steam to the oven (e.g., by placing a pan of water at the bottom of the oven).

