Pain au Levain by volume

<table>
<thead>
<tr>
<th></th>
<th>I</th>
<th>II</th>
<th>III</th>
<th>Final</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 hours</td>
<td>8 hours</td>
<td>2 hours</td>
<td>(dough)</td>
</tr>
<tr>
<td></td>
<td>(85º - 95ºF)</td>
<td>(70-80º)</td>
<td>(85º - 95º)</td>
<td>(3 rises)</td>
</tr>
<tr>
<td>Starter</td>
<td>(+ 2 Tbsp)</td>
<td>---</td>
<td>---</td>
<td>(– 2 Tbsp)</td>
</tr>
<tr>
<td>Water</td>
<td>2 Tbsp</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>2 cups</td>
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<tr>
<td>Flour</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¾ cup</td>
<td>5+ cups</td>
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<tr>
<td>Salt</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Total dough</td>
<td>~ 3 lb.</td>
<td>(2 loaves)</td>
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Combine stage III starter with the final addition of flour and water, mix just until moistened and let it sit for 10-30 min, then add salt and knead or machine mix until smooth and elastic. Rise, knock down, divide and roll into two balls, then rise again and form into loaves; after final rise bake 15 min at 450º then 35+ min at 350º. Longer rising times at a cooler temperature will increase the sour flavor.

“5+ cups” means start with 5 and expect to add a bit more as you mix it and see how wet the dough is. Play with the hydration on all these recipes by varying the amount of flour and water to your liking (volume recipes aren’t exact anyway). Wetter dough will give you bigger holes and more “spring”.

Basic Sourdough bread
Use all medium protein flour (e.g. King Arthur All-Purpose or Gold Medal Harvest King)

Pizza Dough or Ciabatta
- Reduce final flour to 4+ cups, use 50% Hi-Gluten flour (e.g. Giusto’s Ultimate Performer)
- add 1 tsp salt (1 Tbsp total), 1 egg white, 2 Tbsp milk powder, 2 Tbsp olive oil
- Herb Slab: fold in rosemary etc., poke holes instead of slashing, and bake five min on one side then flip over with spatula for remaining time.

Walnut Levain
As for basic, but with white/whole wheat starter, hard whole wheat flour for I, II and III.
Final addition: 2+ cups bread flour, 3 whole wheat.
Work in 2 cups lightly toasted walnuts after first rise.

Multi-Grain
Soak 1 cup cracked grain (e.g. Berkeley Bowl 9-grain cereal) in final water for an hour or more beforehand; drain and add water to bring it back up to 2 cups. Flour: your choice mixture of AP, hard whole wheat (try KA white whole wheat), and whatever. You can use the pancake mix and a ½ cup rye meal (pumpernickel); if you use more than 50% non-wheat components, be sure to include some Hi-Gluten wheat flour. Add ½ cup flax or sesame seeds for extra crunch.

Whole wheat Raisin Bread
Final flour: 2 AP or bread flour, 2 soft whole wheat, 1 white WW. Work up in mixer until fully developed, then add ¼ cup honey and mix 1-2 minutes more until it’s absorbed. After first rise shape into oblong rather than ball; after second rise roll out with rolling pin into a rectangle. Brush it with melted butter, leaving a strip bare along the bottom (short) edge for sealing. Sprinkle with soaked raisins and cinnamon (brown) sugar, then roll up tightly towards you. Seal the edge with water or egg wash and give it a third rise in a loaf pan before baking.
**Raisin Buns**  
Use a medium-high protein flour (e.g. King Arthur Bread Flour) throughout. From Stage II:  
After overnite ferment remove storage levain and keep ½ cup active starter in the bowl. Add:  

¾ cup warm milk and ¾ cup flour  
Let ferment 2 hours or until frothy; Add:  

3 ½ + cups flour  
1 egg plus one yolk  
1/3 cup sugar  
6 Tbsp. soft butter  
1 tsp salt  

Dough will be soft, mixing with the paddle may be better than the hook. Proceed as for raisin bread, but make a long skinny roll; cut into 2” slices and put into a 9x13 greased pan to rise.

**Ersatz Hofpfister Schwabenlaib Sourdough Rye**

Pull starter out of fridge and warm up till active.  

1) 2 Tbsp. active starter, 2 Tbsp. rye, 1.5 Tbsp. water; 80º-84ºF for 6 hr.  
2) Add ¼ cup rye, 1.5 Tbsp. water; 70º-80º for 12-24 hr.  
3) Add ¾ cup rye, ¾ cup water; 86º for 3 hr  

Pull out 2 Tbsp. of #3 and reserve in fridge for next batch.  

4) Add:  

2 cups water @ 70º  
2+ cups medium protein flour (King Arthur AP or Gold Medal Harvest King)  
2 cups clear flour (available from King Arthur; or use all AP)  
1 cup high-gluten (eg Giusto’s Ultimate Performer)  
1 cup rye flour  
1 Tbsp. ground caraway  
1 tsp. each ground fennel and coriander  

mix just until flour is moistened and let sit for 30 min. **Then add 1Tbsp. salt** and mix about five min in the KitchenAid, or knead 10 min by hand. Let rise till double (~1 hr @ 80-85º). Re-roll into a ball and rise till doubled again (~for 1 hr @ 75º).  

Egg wash, slash, and bake on the stone at 450ºF for 15 min, then at 350º for another 35-45 min or until internal temperature is 200-205º. For better crust, put pans of water in the oven before preheating, enough that they make steam during the first 15-20 min of baking.
Multi-Grain Pancake Mix

2 cups soft white wheat flour (all-purpose or pastry flour)
3 cups soft whole wheat flour or spelt flour
1 cup buckwheat flour
½ cup oat flour*
½ cup corn flour*
½ cup brown rice flour*
2 Tbsp. baking powder†
1 Tbsp. baking soda†
2 tsp. salt†

Sift all together. For 18 pancakes use:

1 ½ cups mix
1 cup milk
2 eggs
2 Tbsp. oil

* If you can’t buy these, make them by grinding oatmeal, cornmeal, or rice in the blender
† If you want to make sourdough pancakes, omit the baking powder, soda, and salt.

Sourdough Pancakes

The night before, mix:

2 Tbsp. sourdough starter
1 cup warm milk
1 ½ cups pancake mix

Let ferment overnite at 80°F; in the morning blend in

2 eggs
2 Tbsp. oil
1 tsp. baking soda
¼ tsp. salt

More options:

- Add 1 cup non-fat dry milk powder to the flour mix and use water instead of milk.
- For added sweetness and flavor use malted milk powder.