



## Simple Sourdough Sandwich Loaf

### Ingredients:

- 430g lukewarm water
- 100g active sourdough starter (100% Hydration)
- 460g bread flour (T550), with at least 12% protein
- 50g whole wheat flour
- 10g salt
- 2-3 tbsp olive oil

### Instructions:

1. In a large mixing bowl, combine lukewarm water, sourdough starter, and both types of flour. Mix until a rough dough forms, then cover and let rest for 20 minutes.
2. Add salt and mix thoroughly for about a minute. Cover and let rest for another 30 minutes.
3. Perform a series of stretch and folds every 30 minutes, repeating 3-4 times. After that, complete two gentle coil folds at one-hour intervals.
4. Allow the dough to rise until it has doubled in size (approximately 8 hours at 21°C). Then, transfer it to the refrigerator for 4-12 hours at 4-5°C.
5. Remove the dough from the fridge, lightly coat the surface with olive oil, and turn it out onto a floured work surface. Gently tap to release it from the bowl.
6. Fold the dough like an envelope, then roll it into a tight cylinder. Place it into a parchment-lined loaf pan and let it proof until it reaches or slightly surpasses the rim.
7. Preheat the oven to 220°C (428°F). Bake for 20 minutes, then reduce the temperature to 190°C (374°F) and continue baking for another 25-30 minutes.
8. Let the bread cool completely before slicing. Enjoy!