



Honoré Farm and Mill

100% HOURANI WHOLE WHEAT SOURDOUGH BREAD RECIPE

This simple recipe makes a spectacular 100% whole-wheat loaf using sourdough starter and Honoré flour. Given that bread has just three ingredients, flour, water, and salt, the flour you use makes all the difference. I originally found Honoré's sourdough bread recipe through a Mother Jones article which used a formula developed by Jonathan McDowell from Washington State University's Bread Lab. I've adapted his recipe with techniques from the San Francisco Baking Institute, genius baker—Dave Miller, and Marin County's own Craig Ponsford. If, as a home baker, your question is "can I do this?" the answer is yes, absolutely! Bread baking requires practice and it might take a while to get your technique and rhythm down, but the reward is worth it. You're not only producing one of life's most elemental and ancient foods, but the practice of baking sourdough bread is inherently satisfying. Just wait until your family and friends start asking when you're baking bread again.

THE ENTIRE PROCESS REQUIRES TWO DAYS, BUT LESS THAN AN HOUR OF YOUR TIME. THE REST IS WAITING.

EQUIPMENT

4.5 quart 9.5" diameter Dutch Oven - A heavy-duty pot with a tight-fitting lid will capture the steam from the dough to create the thick, blistered crusts one typically can only get from commercial baking ovens. Dutch ovens like Le Creuset with their enameled surface work especially well.

However, a cast iron Dutch oven will also work. If you buy one, make sure it is well-seasoned so the bread does not stick. This recipe is designed so that one loaf fits a 4.5 quart Dutch oven. A larger Dutch oven will result in a flatter loaf. The Dutch oven needs to be slightly larger than the proofing basket as well as the same shape.

Proofing Basket - A traditional banneton basket is optional, but it will both shape your loaf while it retards and make the gentle circular pattern that gives the bread a professional look. A colander lined with a clean, floured linen towel will also work. Make sure the proofing basket is the same size, or slightly smaller than your Dutch oven. It should also be the same shape as your Dutch oven. For example, a round Dutch oven and a round proofing basket, or oval and oval.



Digital Kitchen Scale - A good digital kitchen scale is easy to buy and essential for bread baking. Make sure it has the “tare” or “zero out” function. I like this one from Escali because it’s so simple.



Instant-Read Thermometer - A regular meat thermometer does the job but takes time to get an accurate read. This means you’ll be taking the bread out of the oven for longer periods of time. An instant read thermometer gives an accurate read in 2-3 seconds. Professionals use the Thermapen by thermoworks.com but any brand will work.



Stand Mixer with the Bread Hook Attachment - In order to easily mix the dough, use a stand mixer with its bread hook attachment. However, you can also mix the dough by hand.



Small wooden spoon, straight or half-round dough scraper, bench knife, a small fine sieve, and a food storage container or a 9x13 Pyrex baking dish—Tools that will make your job so much easier.

INGREDIENTS

ONE LOAF

506g filtered water, room temperature

120g ripe sourdough levain

580g Hourani Blend flour

12g best quality sea salt

FOR DUSTING AND PREPARING YOUR PROOFING BASKET

1 cup brown rice flour plus 1 cup Sonora flour

TWO LOAVES

1012g filtered water, room temperature

240g ripe sourdough levain

1160g Hourani Blend flour

24g best quality sea salt

FOR DUSTING AND PREPARING YOUR PROOFING BASKET

1 cup brown rice flour plus 1 cup Sonora flour

PROCESS

So much of baking bread at home has to do with technique. Professional bakers emphasize the importance of temperature. I mean all temperatures: dough temp, room temp, water temp! Translating this for the home baker is relatively straightforward with an instant-read thermometer. It’s not essential to own an instant-read thermometer but it really helps. As a home baker you can achieve stunning results without having to take a temperature reading on all the elements, but knowing the dough temp and room temp can help with more predictable results.



STEP 1: PREPARE AND TEST LEVAIN

Ripe levain requires planning ahead. Follow the Honore Sourdough Starter Instructions to make the levain. Ripe levain will have expanded slightly; it should have a slightly sweet, fermented aroma, and have bubbles throughout. To test if the levain is ready, use the float test. Gently drop a small spoonful of levain into a glass of water. If it floats or sinks slowly, your levain is ready. See the Honore Sourdough Starter Instructions for more information on the maturation cycle of sourdough starter and levain.

STEP 2: MIX THE DOUGH

For best results, mix the ingredients in the following order. First, place the bowl of the stand mixer on the digital scale, then tare the scale. Measure & add the filtered water to the bowl of the stand mixer. It's important to measure exactly to the gram. Tare the scale again and add the ripe levain, mixing gently with a spoon. Tare the scale again, then add the flour. Lastly, tare the scale once more and add the salt. Mix on low speed for 5-8 minutes, with no unincorporated flour at the bottom.

STEP 3: REST

After you're finished mixing, transfer the dough to a lightly oiled (I use olive oil) food storage bin or 9 x 13 glass baking dish. Check the ambient and dough temperature. The closer both are to 75° the better. If it is cooler than 75°, rest the dough a little longer. If it's warmer than 75°, rest for a shorter period of time. At 75°, the dough should rest for 25-30 minutes. Once you get the hang of this process, you'll learn how the dough responds at varying temperatures during different seasons of the year.

To help regulate temperature in the winter, you can use a microwave or your oven. Boil a large glass measuring cup of water in the microwave, remove the water, and place the pan of dough in the microwave and close the door during the rest periods. Or, if you're like me and you don't have a microwave, you can use your oven. Warm the oven slightly then turn it off, and place the dough in the slightly warmed oven.

STEP 4: STRETCH AND FOLD

After the first rest, it's time to give the dough structure by using the stretch and fold technique. Students in my classes call this "bread yoga!" With very wet hands, grasp the dough with both hands and pull the dough up as far as you can without tearing (see figure 1 below). Next, fold the stretched dough onto the remaining dough (see figure 2 below). Give the dough four (total) stretch and folds, rotating the dough one-quarter turn for each stretch and fold. Pick up the dough and place it seam-side down. Use the rounded dough scraper to help get any sticky dough off the sides of the pan and your hands. The stretch and fold technique replaces kneading. Do not stretch and fold more than four times, as the dough made with freshly milled Hourani flour does not need it.



Figure 1



Figure 2

Stretch and fold, then turn pan one quarter turn and stretch and fold again. Repeat until you have made four folds.

STEP 5: REST

Let the dough rest for 25-30 minutes.

STEP 6: STRETCH AND FOLD

With wet hands, stretch and fold the dough for the second time. Rotate the dough one-quarter turn for each stretch and fold, four total stretch and folds. Pick up the dough and place it seam-side down.



Before stretch and folds



After: Notice how the process strengthens the dough and allows it to hold more shape

STEP 7: REST

Let the dough rest for 25-30 minutes.

STEP 8: PREPARE THE PROOFING BASKET

Place a good amount of brown rice flour into a small hand-held sieve. Shake the rice flour to coat the bottom and sides of your proofing basket. If you do not have a proofing basket, you can line a round colander with a linen cloth and dust it generously with rice flour. A fine mesh cotton cloth will work, but linen is best. Make sure there is rice flour covering the sides and bottom, and also be sure that the colander is deep enough to really shore up the sides of the dough.



STEP 9: TURN OUT THE DOUGH

Using Sonora flour for dusting, generously flour the top of the dough while it's still in the food storage container or baking dish. Prepare a dry workspace on the counter, then sprinkle Sonora flour on an area slightly larger than the dough size. Tip the dough onto the floured counter so that the top of the dough, with the flour on it, will now be touching the counter. Sprinkle the top of the dough with flour again and flour your hands. The dough will be fairly loose and sticky.



STEP 10: DIVIDE

If you're making two loaves, divide the dough in half using a bench knife.

STEP 11: SHAPING

Shaping the dough builds structure. Using a floured bench knife and floured hands, loosen the undersides of the dough on the counter and flip the dough over. Brush off any loose flour. Pull the four imaginary corners of the dough up and over towards the middle of the dough. Flip the dough over so that it is seam-side down leaving a smooth, round top. You will need to continue to flour your hands and the bench knife.



Next, using a floured bench knife, pull the dough across an unfloured area of the counter (the dough needs to grip the counter) to create surface tension. Reposition the dough and drag again, turning the dough so that a round shape develops. Repeat several times until the surface membrane of the dough is tightly stretched and becomes thinner. Watch Ep. 2 of *Rising with Elizabeth* for a good video of how to do this. But, don't worry, if you can't do this in the beginning, your bread will still turn out!



STEP 12: FLOURING THE DOUGH



This step helps prevent the dough from sticking to the proofing basket. Choose a mixing bowl that is comfortably larger than the dough. Mix 1 cup of Honoré Sonora flour and 1 cup of brown rice flour. Combine the flours in the bottom of the bowl. With the floured bench knife and floured hands, gently but decisively, pick up the dough and place it seam-side up in the dusting bowl. With your fingers, draw the flour up and around the dough to ensure the sides of the dough are coated. (Save this blend of brown rice and Sonora flour in a labeled mason jar in the refrigerator for next time.) Gently lift the dough with both hands from the dusting bowl and place the dough, seam side up, into the floured proofing basket. Cover with a clean kitchen towel.

STEP 13: RETARD OR PROOF

This is the final step before baking where the dough rests for the last time and takes the shape of the proofing basket. You can choose to retard the dough overnight or proof it for several hours on the kitchen counter. I almost always let the dough retard overnight and bake it the next morning.

Retard means to delay or hold back the progress of fermentation. Bakers retard for two reasons: it provides flexibility as to when you bake the bread and it enhances the flavor profile of the finished loaf. To retard the dough, place the covered dough in the proofing basket into your refrigerator overnight. I usually bake it the next morning. One can also retard the dough for longer periods of time. A longer fermentation time reduces the sweetness of the bread, because over time, the lactobacillus in the sourdough consumes the sugars in the flour. Keep the dough in the refrigerator until you are ready to bake.



Alternatively, one can let the dough proof on the counter for several hours and bake the same day. For this method, place the covered dough in the proofing basket in a warm place in your kitchen for 2-3 hours, until the dough has risen up the sides of the basket by approximately an inch. Letting the dough proof too long means it won't have good oven-spring. Meaning, it won't rise well while baking. It is better to slightly under proof than over proof. *Before the proof time is over* you will need to preheat the oven. After about 1 ½ hours, preheat the oven with the Dutch oven and lid inside to 500° for at least an hour before baking.

STEP 14: PREHEAT THE OVEN AND DUTCH OVEN

An hour before you want to bake, preheat the oven to 500° with the empty Dutch oven with lid inside, so that the Dutch oven becomes blazing hot.

STEP 15: PUT THE LOAF IN THE PAN

After an hour, remove the Dutch oven and carefully tip in the dough straight from the refrigerator or from the counter, seam side down.

STEP 16: SCORE

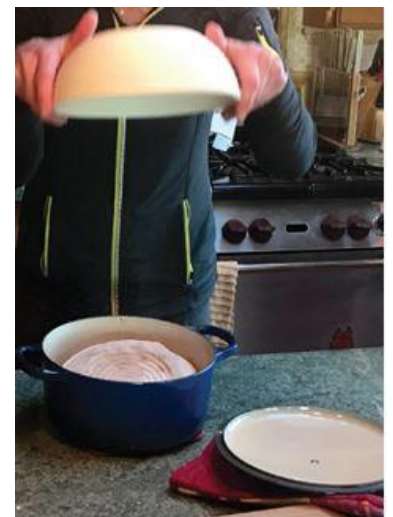
Score or slash the dough across the top, about ¼ inch into the dough's surface. Use a straight razor or a sharp-tipped serrated knife. Quickly cover with the lid to capture the steam and place in the oven. Scoring the dough's surface allows it to expand during baking.

STEP 17: BAKE

Bake for 30 minutes with the lid on. Then, remove the lid of the Dutch oven and bake until the loaf is a deep brown- approximately 8- 12 more minutes. Insert an instant-read thermometer into the center of the loaf and check to see that it is 212°, the ideal internal temperature. If it's less than 212° or the prong comes out with sticky dough on it, continue to bake for 2-3 more minutes. An under-baked loaf tends to have a soft crust.

STEP 18: COOLING

Tip the loaf out of the Dutch oven and let cool on a wire cooling rack for at least one hour. 4-6 hours is optimal to let the flavor develop. Once completely cool, store in a linen bread bag or in a heavy paper bag on



the kitchen counter. Storing it in plastic will cause it to mold. Never store bread of any kind in the refrigerator; the cooler temperature draws out the moisture more rapidly than on the counter, causing the bread to become stale more quickly. You'll be surprised how long the loaf stays fresh because of the gorgeous healthy fats which are naturally part of freshly milled whole wheat flour. The acidity in the sourdough also naturally preserves the freshness. The bread should last a week, if you don't eat it first! After several days on the counter, one can sprinkle some water on a slice of bread and then toast it. This is called "refreshing" and the bread will taste like it just came out of the oven. You can also slice the loaf when cool and freeze part of the loaf. It can be frozen as one piece or pre sliced. If you slice & freeze it, make sure to separate the pieces with a bit of parchment paper.

NOTES

Making sourdough bread has helped bring a rhythm to my life, and you will find that making bread becomes a way to both care for those at your table and to center yourself. If you bake two loaves, you will derive tremendous joy in giving one loaf away.

The health benefits of sourdough bread are multifold. Here are some of the most important:

- Bread baked with sourdough is far more nutritious than bread baked with commercial yeast. The sourdough fermentation breaks down the phytic acid in the dough, freeing up the nutrients. Without sourdough, many nutrients are not bioavailable.
- Sourdough fermentation almost completely breaks down the wheat gluten, making the bread easy to digest and beneficial for the gut.
- Sourdough bread baked with Honoré's 100% stone-milled flour contains the health benefits derived from loads of fiber and has a very low glycemic index. This allows you to save your sugar for a delicious berry tart or chocolate chip cookie! The fiber from the bran slows down the absorption of sugars delivering sustained energy rather than the quick burst of energy derived from simple sugars.

Due to the tremendous root structure and regenerative organic farming practices, Honoré's heirloom flour sequesters carbon from the atmosphere, uses far less water than conventional wheat and contributes to building the ecosystem of farmers, millers, and bakers that produce delicious and healthy bread. And, it tastes amazing!

THE STORY OF HOURANI

Hourani wheat is an ancient heirloom grain that was buried at the Masada Fortress in 73 CE to protect it from Roman siege. In the 1960s, it was found deep within the Fortress stored in earthen jars and excavated by archeologists. Today, Hourani is sparsely grown in various parts of the Holy Land.

In 2018, Honoré received a small bag of Hourani seeds from the Principle Wheat Breeder at Washington State University's Bread Lab, Steve Lyon. Steve had acquired the grains from the USDA seed bank in 2016 to grow and replicate with Honoré in mind.

With the help of a handful of dedicated farmers, a wheat scientist, and dozens of passionate volunteers, we have been able not only to grow this incredible ancient grain, but to exponentially increase our yield year over year. We started with a handful of seeds in 2019, and in summer 2023, we harvested over 27,000 pounds!

Naturally drought tolerant and able to adapt to warming temperatures, Hourani and other ancient varieties tell the story of resilience, all while increasing the biodiversity of our staple food crops.