

# Sourdough Oatmeal Wheat Bread

*Makes 1 loaf in an 8x4 pan*

(I prefer to double this and mix two loaves at a time in my Kitchen Aid but a single loaf works just as well.)



193 grams warm water

132 grams sourdough starter (bubbly and active, 100% hydration\*)

½ teaspoon instant yeast (optional, but it does help it rise a bit more)

55 grams honey (can do as little as 20 grams if desired)

55 grams old-fashioned oats (plus extra for coating the dough)

110 grams wheat flour (I use freshly ground hard spring wheat)

160-180 grams bread flour (start with lesser amount)

22 grams vegetable oil

11 grams salt (approx 1½ teaspoons table salt)

Place all ingredients in your Kitchen Aid mixer. Knead on speed 2-3 approximately 6 minutes. You want the dough to be tacky, not too wet, not too dry. Add an extra tablespoon or two of bread flour if needed. The way I gauge this is it should stick to the bottom of the bowl but not the sides. Or, by touch it should feel pretty sticky but not stick too much to your hands when you pull your fingers away from, the dough. Better to be too sticky than too dry as it will absorb more of the flour during the first rise.

After kneading for six minutes in the Kitchen Aid place in a greased bowl and let rise until close to double in size, approximately 2 hours depending on temperature of your kitchen. I have also mixed the dough at night and immediately placed in my refrigerator overnight. Press out dough into a rectangle the width of the pan, roll up, coat in a few more tablespoons of oats, place in greased 8x4 loaf pan, cover with greased plastic wrap. Let rise another 1-2 hours (or place in refrigerator overnight) then bake at 350 degrees for 30-35 minutes or until golden brown.

\*I use equal parts water and flour, by weight, to feed my sourdough starter.

*Recipe by Cynthia Winward at [deephoughtsbycynthia.blogspot.com](http://deephoughtsbycynthia.blogspot.com)*