

[Sourdough and More](#)

- [Sourdough Recipes](#)
- [Game Meat Recipes](#)
- [Low Carb Recipes](#)
- [Christmas Baking](#)

## Sourdough Sliced Bread

 6 Comments

***Sourdough Sliced Bread** is tender, sweet, and savory. This is the perfect **bread** to make toast or make sandwiches with. This recipe will be one you come back to, so save it now!*



This image is from [Amber's Kitchen Natural Yeast Sourdough Bread](#), the recipe I was inspired by for my loaves.

## Sourdough Sliced Bread Recipe

I've tried a few different **Sourdough Loaf** recipes in the past, but am always intrigued with new recipes. Today's recipe came from [Amber's Kitchen's Natural Yeast Sourdough Bread](#). I'm telling you, this **Sourdough Sliced Bread** will NOT last a long time in your house...so be prepared to make more!

**Expert Level:** Moderate

**Toddler Friendly:** Absolutely! (Incorporate your kiddos in this process – it is so much fun)!

**Total Time:** 24+ hours (this includes the time it takes for this dough to rise before baking)

Expert Level, Toddler Friendly, Total Time

## Adapting the Ingredients to be Hypoallergenic

The original recipe from [Amber's Kitchen's Natural Yeast Sourdough Bread](#) calls for an egg in the recipe. However, for those of you who have read about my background, you may recall I cannot have eggs. Therefore,

I had to make a few changes to be able to enjoy this **Sourdough Sliced Bread** on vacation. Another change I made was halving the recipe which means this recipe made 2 **loaves** instead of 3 to 4.

**Here are the ingredients I used today:**

- 1 1/4 c. Warm Water
- 1 c. [Active, Bubbly Starter](#) (read [Amber's Kitchen's](#) note about how to tell Active vs. Nonactive Starter – she does an AMAZING job describing how you know if your starter is game ready).
- 1/4-1/2 c. [Raw Honey](#)
- 1/4 c. [Unsweetened Applesauce](#) (if you have small kiddos, this is typically 1 pouch of Applesauce, but can sometimes be a little more than 1).
- 1/3 c. [Avocado Oil](#)
  - I am not a huge fan of [Coconut Oil](#). I personally do not like the taste of [Coconut](#), so I typically use [Avocado Oil](#) in most of my **Sourdough** recipes
- 1/2 tbsp. [Pink Salt](#)
- 4-4.5 c. [Organic, All Purpose Flour](#) or [Organic Bread Flour](#)



Ingredients for my version of this **Sourdough Sliced Bread**

## How to Incorporate Your Kids



**Toddler/Child-Friendly Step** – allow your child to measure out 1/4 c. of [Unsweetened Applesauce](#). They can also help turn the stand mixer speed to a 1 or 2 while mixing the ingredients together. This is a fun way to involve them in the process of making **Sourdough** dough.



Learning to measure can be fun for kids...always have a few extra pouches for back-up just in case more gets on the counter than in the measuring cup.

## Let's Get This Dough Party Started

In a [Kitchen Aid Stand Mixer](#) or [Nutrimill Artiste Mixer](#) combine the **Active Sourdough Starter**, Warm Water, Salt, Honey, and Applesauce with a dough hook.



This is another great way to involve your toddler or child – help them turn on the stand mixer to the speed you need (a 1 or a 2) and allow them to turn it on and off as you incorporate each cup of flour.

Then, add 1 c. of Organic, All Purpose Flour, at a time ,until the dough begins to pull away from the sides of your bowl.





This picture is one cup of flour in the dough-making process.





This is a picture of 4 c. of Organic, All Purpose Flour in the stand mixer with the other ingredients. Again, let your dough hook do all the work – you’ll know when the **dough** is ready for the kneading only phase when it begins to pull from the sides of your bowl and latch onto the hook.



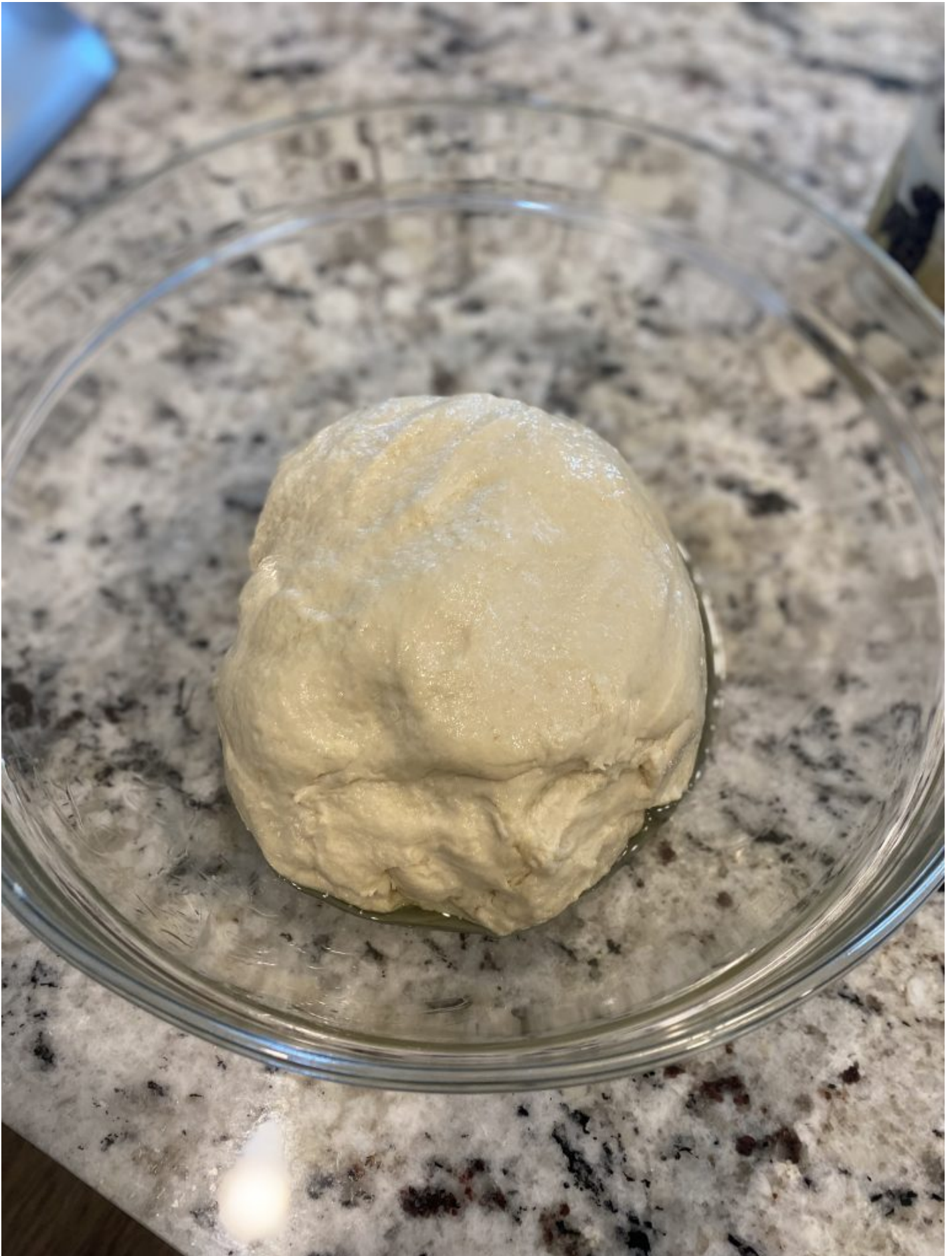


Let it be kneaded (get it) 😊

This is the sign that your dough is ready for the kneading stage. Knead the dough with the [dough hook](#) for another 5 minutes. Then, take the dough off the [hook](#) and roll it into a ball.



Place it into a [glass](#) or ceramic [bowl](#) that's been oiled with Avocado Oil. Finally, cover the [bowl](#) with plastic wrap or a towel, and place in a warm area of your kitchen.



Place your ball of dough in a well-oiled bowl, cover it with a cloth or plastic wrap, and allow it to rise.

## Let It Rise

Allow your **dough** to rise for about 2-4 hours before punching it down and letting it rise again. After the **dough** has risen for about 8 hours, divide it into two **loaf** pans lined with parchment paper.

Allow the **Sourdough Sliced Bread** dough to rise again in the **loaf** pans for another 12 hours. I know, I know...more waiting? Are you serious? Here's a helpful tip – have the 12 hour rise happen overnight. If your dough is rising at a rapid rate, put the **loaves** into the fridge to slow it down.



A little visual for those of you (like me) who need to understand what a well-risen loaf of **Sourdough bread** looks like. You want to aim for the “just right,” just like Goldilocks.

\*If you placed your loaves in the refrigerator overnight, allow them to come to room temperature prior to baking.

## It's Baking Time!

Preheat your oven to 375 degrees. Once your **Sourdough Sliced Bread** is warmed to room temperature and your oven is fully heated, bake your bread for 30-35 minutes. If your **Sourdough Sliced Bread** starts to brown too much on top, add a layer of foil over the top. Then add 2 minutes to the bake time. My loaves today took about 33 minutes to bake.





Look at these beauties – hot out of the oven. But wait, you have to wait until they’re cooled completely – again, torture!

## **Wait Time...Again**

Take your **Sourdough loaves** out of the oven. Immediately place them onto a [wire rack](#). You can leave them in the loaf pans or lift the loaves out carefully with the parchment paper. Then, set the loaves on the [wire rack](#). I'd encourage you to definitely invest in a wire rack; it makes the cooling process more effective. There are lots of options out there!

While the **Sourdough Bread** is cooling, I usually leave to run an errand, so I'm not tempted to slice into the hot **bread**. It is too hard to resist.



Fully cooled **Sourdough bread** – ready to **slice**!

## Slice and Enjoy

Once your **loaves** are fully cooled, slice them with a sharp, [serrated knife](#). This turns the **Sourdough Bread** into **Sourdough Sliced Bread**. If you're wanting to eat this immediately, go for it! If this bread will be consumed within 3-5 days, wrap it in plastic wrap and leave it on your counter. If your intent is to freeze the loaves, you can store them in one of two ways –

- Wrap all the slices in plastic wrap and then wrap the plastic wrap in foil; place in the freezer. The plastic wrap will help the **bread** not get freezer burned, or
- Place the **Sourdough Slices of Bread** inside a [bread bag](#) and tie the end off; place the bag in the freezer.





The first slice of these beautiful **Sourdough Sliced Bread** – ahhhhhh!

**Sourdough Sliced Bread** is typically good in the **freezer** for up to **3 months**. So if you're one of those who likes to bake in bulk, you will be safe for 3 months!

I can't wait to hear ya'll's feedback about this recipe! Have fun, experiment, get creative, and most of all, enjoy! Thank you all and have a fabulous day.

## **Recommended Products**



[Raw Honey](#)



[Unsweetened Applesauce](#)



[Avocado Oil](#)





[Organic Bread Flour](#) or [Organic All Purpose Flour](#) can be used in this recipe



[5-Quart Kitchen Aid Stand Mixer](#)



[Kitchen Aid Dough Hook](#)



[Glass Mixing Bowls](#)



## Sourdough Sliced Bread

yield: 2 LOAVES

prep time: 23 HOURS

cook time: 1 HOUR

additional time: 30 MINUTES

total time: 1 DAY 30 MINUTES

*Sourdough Sliced Bread is tender, sweet, and savory. This is the perfect **bread** to make toast or make sandwiches with. This recipe will be one you come back to, so save it now!*

**PRINT**

### Ingredients

- 1 1/4 c. Warm Water
- 1 c. Active, Bubbly Starter
- 1/4-1/2 c. Raw Honey
- 1/4 c. Unsweetened Applesauce (if you have small kiddos, this is typically 1 pouch of Applesauce, but can sometimes be a little more than 1).
- 1/3 c. Avocado Oil
- 1/2 tbsp. Pink Salt
- 4-4.5 c. Organic, All Purpose Flour or Organic Bread Flour

### Instructions



1. In a [Kitchen Aid Stand Mixer](#) or [Nutrimill Artiste Mixer](#) combine the **Active Sourdough Starter**, Warm Water, Salt, Honey, and Applesauce with a dough hook.
2. Then, add 1 c. of Organic, All Purpose Flour, at a time, until the dough begins to pull away from the sides of your bowl.
3. Knead the dough with the [dough hook](#) for another 5 minutes. Then, take the dough off the [hook](#) and roll it into a ball.
4. Place it into a [glass](#) or ceramic [bowl](#) that's been oiled with Avocado Oil. Finally, cover the [bowl](#) with plastic wrap or a towel, and place it in a warm area of your kitchen.
5. Allow your dough to rise for about 2-4 hours before punching it down and letting it rise again. After the dough has risen for about 8 hours; divide it into two loaf pans lined with parchment paper.
6. Allow the Sourdough Sliced Bread dough to rise again in the loaf pans for another 12 hours. (Letting the dough rise overnight will help the impatient feeling of wanting to just bake it now. You can either let it rise overnight on the counter or stick it into the fridge to rise).
7. After the dough has risen for 12 hours, preheat the oven. If the dough rose in the refrigerator overnight, you'll need to let it warm up to room temperature prior to baking it.
8. Preheat your oven to 375 degrees. Once your **Sourdough Sliced Bread** is warmed to room temperature and your oven is fully heated, bake your bread for 30-35 minutes. If your **Sourdough Sliced Bread** starts to brown too much on top, add a layer of foil over the top. Then add 2 minutes to the baking time. My loaves today took about 33 minutes to bake
9. Take your Sourdough loaves out of the oven. Immediately place them onto a wire rack. You can leave them in the loaf pans or lift the loaves out carefully with the parchment paper. Then, set the loaves on the wire rack. I'd encourage you to definitely invest in a wire rack; it makes the cooling process more effective. There are lots of options out there! While the Sourdough Bread is cooling, I usually leave to run an errand, so I'm not tempted to slice into the hot bread. It is too hard to resist.
10. Once the **Sourdough Sliced Bread** cools completely, you can cut the **bread** using a serrated knife.

## Notes

If you're wanting to freeze this bread, I'd highly recommend slicing the bread and then freezing the slices of bread instead of freezing the entire loaf.

© Rachel

CATEGORY: Sourdough Recipes



By [Rachel](#)

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[Sourdough Recipes](#)

[Home](#) » [Sourdough Sliced Bread](#)

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Friday 23rd of December 2022

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Wednesday 7th of December 2022

[...] c. Gluten Free Panko Breadcrumbs (or you can use day-old Sourdough Bread, grind it up, and toss it [...])

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## **Welcome! I'm glad you're here!**

Hi! I'm Rachel, the creative food artist behind Sourdough and More. I've had a passion for all things baking and cooking for as long as I can remember, but after being diagnosed with food allergies, my food world was rocked. After learning how to adapt my favorite recipes, without sacrificing the taste, food inspiration transpired. These recipes come from the heart, have been revamped for hypoallergenic consumers, and will become favorite recipes for all.

Sourdough and More is a food and lifestyle blog for passionate home bakers, featuring tried and true recipes featuring Sourdough starter and more.

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