





# A SLICE OF HEAVEN

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“My Favorite Ways to  
Enjoy Sourdough Bread”

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BY: MIKE GREENFIELD







## ABOUT A “SLICE OF HEAVEN”

Now don't get me wrong, a fresh piece of sourdough bread can be fully enjoyed to its maximum dipped in a little bit of olive oil or with a spread of creamy butter, but this recipe guide is for those who want to take their sourdough game up a notch. A “Slice of Heaven” is about displaying the power of sourdough bread as a vehicle for culinary success in the kitchen! In this short guide, I have included only my favorite and heavily tested recipes that start with sourdough as a base and build off of its abilities to create incredible dishes at home!







## WHAT IS SOURDOUGH U?

**G**et ready for the most comprehensive sourdough baking class on the internet! We cover everything from equipment, health benefits of sourdough, sourdough science, sourdough starter, beginners guide to flour, my beginners sourdough recipe, quest for the perfect loaf, and so much more! I have included a beginner sourdough recipe below, but this should be used as a guide in companion with the Sourdough U video series. Once you've graduated SU, you will be whipping up incredible artisanal style sourdough bread every single time you bake!





# WHY I LOVE SOURDOUGH

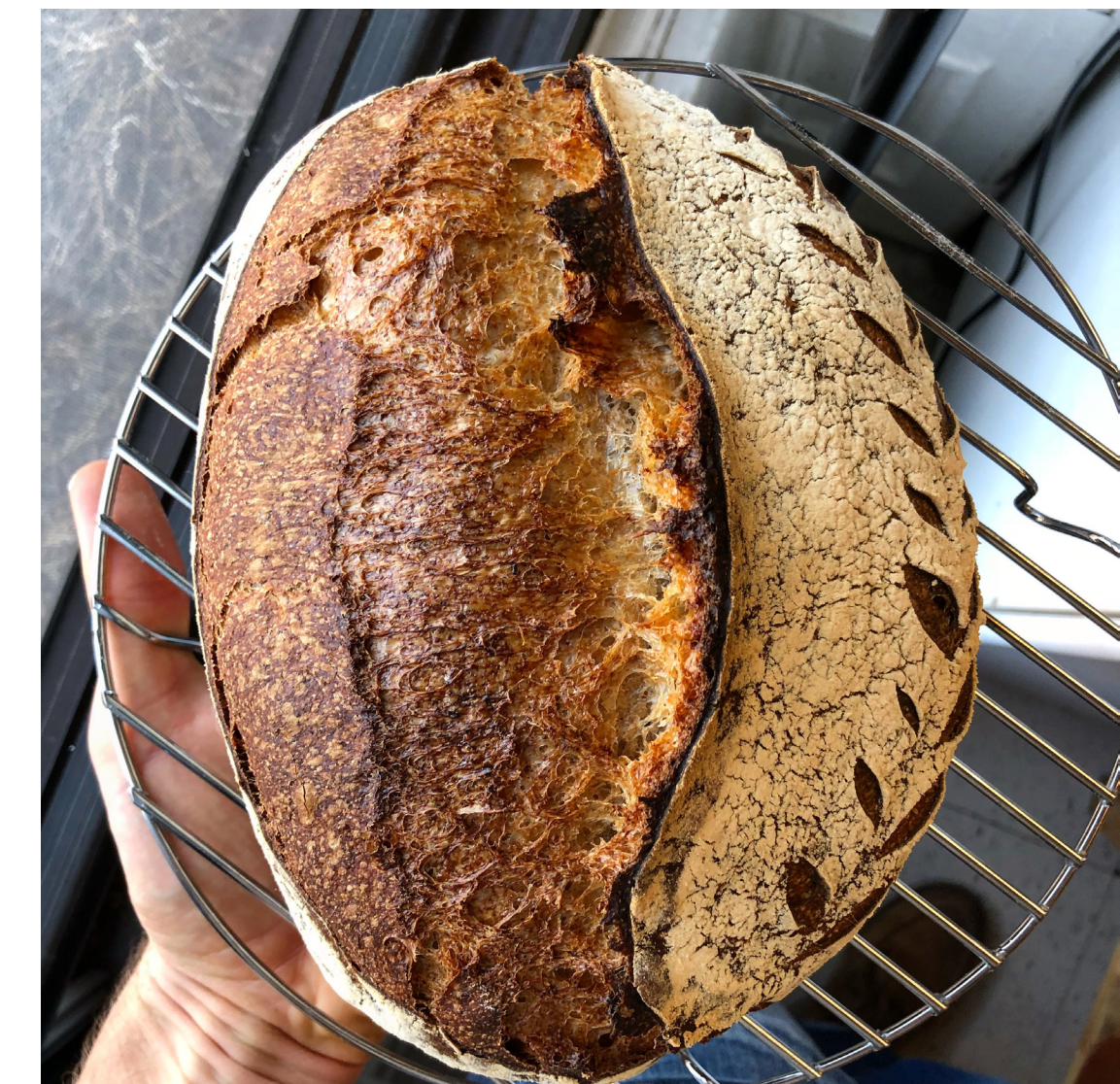
It was love at first loaf and that loaf was surely not a beauty. There are so many aspects that make sourdough bread completely unique to itself and I'm pretty sure I'm in love with all of them! First off, we're dealing with a living object that takes patience and presence to truly understand. You can't just throw some veggies in a pot, stir them around a bit and serve them over rice. With natural bread making, you have to take into account the environment more than any other cooking process, which means you have to pay close attention for success.

There's also the risk reward ratio that skews wider than anything I've ever done in the kitchen. You can spend two days of your life working on one process all to get sourdough crackers in the end, yet somehow be motivated to spend the next two days refining, relearning and doing it all over again. Maybe it's the perfectionist in me, maybe it's the seeker of deeper meaning, maybe it's the creator, whatever it is, sourdough bread fulfills it all!



## SHARE YOUR SOURDOUGH CREATIONS!

I would love to see your personal sourdough creations. Whenever you make bread, or create recipes revolving around sourdough, give me a tag **@LifebyMikeG** on Instagram so I can see what you have created and we can spread the gospel of this Gluten Revolution!



 **@LifebyMikeG • #SourdoughU**







# THE QUEST FOR THE PERFECT LOAF

You really think I would give it away that easily? If you want the goods, you're going to have to sign up for Sourdough U. In the meantime, here's a little preview of what's coming your way...





# BEGINNERS SOURDOUGH

This is my base line sourdough recipe that works great for anyone starting out on their sourdough journey. It takes advantage of a lower hydration level so you won't fumble too much with an overly sticky dough. A little addition of whole wheat flour will help the flavor without weighing down your bread too much so you still get that beautifully fluffy oven spring that you can show off on Instagram to all your friends!



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## RECIPE

**600 grams of Bread Flour (or All Purpose Flour)**

**200 Grams of Whole Wheat Flour**

**640 grams of Water**

**120 grams of Sourdough Starter (at 100% hydration; we will cover this in Sourdough U)**

**16 grams of Fine Sea Salt**

## WARNING

Sourdough Bread is an art form that takes time and practice to master. I've been making it for years and I still get better every time, and yes I also still screw up the occasional loaf. This recipe should be used as a guide in companion with the Sourdough U online video series, most of the comprehensive details needed to really understand the process are left out of this recipe. Once you enroll in Sourdough U, all of these terms and steps below will make perfect sense!





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# TEMPERATURE

Sourdough bread is an active living organism and this process can be very temperamental with multiple elements effecting the process and final product. The timing in this recipe is based off a room temperature of 72 degrees Fahrenheit. If your temp is colder, than the process will be slowed down and you must adjust accordingly. If it's warmer, the process will be sped up. It's more about being intuitive and being aware of whats happening rather than just following along with exactly what the recipe times tell you (this is covered in depth in Sourdough U).

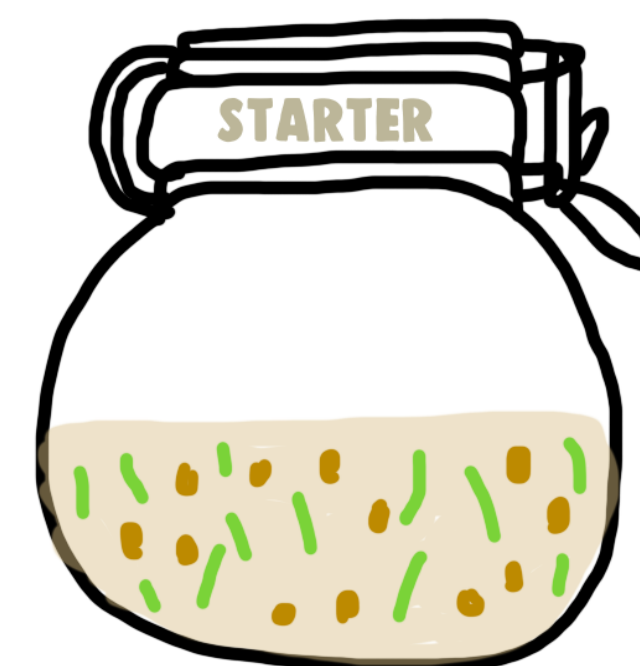






## PART 1 - ACTIVATING YOUR STARTER

Activate your starter by adding equal parts weight of water and flour until you have a total of at least 120 grams. Do this 4-7 hours before you are ready to make bread. You can do it the night before by adding ice water to slow down the activation process so your starter is ready to go after 6-9 hours of sleeping (also covered In depth in Sourdough U).







## PART 3 - ADD SALT AND YEAST TO DOUGH

After dough has autolysed for at least 45 minutes, you can add in your active starter/levain and salt. Do this by continuously stretching and folding (instructions below) until everything is incorporated. This might give you some trouble in the first 1-2 minutes,

because the salt and yeast will create some breakage in the dough, but as you continue they will become one with the dough. Let your dough rest for 30 minutes to relax (covered in Depth in Sourdough U).

## PART 2 - AUTOLYSE

Mix your flour and water together until it is incorporated and forms a shaggy mass (see below). Let this sit for at least 45 minutes and up to overnight if using more whole wheat (covered in Depth in Sourdough U).







## PART 4 - STRETCH AND FOLD



Once your dough has rested you can start the stretch and fold process. By grabbing a piece and dough, stretching it to capacity without tearing, and then folding it over the dough, you are beginning to form the gluten structure. Do this around 10-15 times each round. In total you will have 4-5 rounds of stretch and folds all 30 minutes apart. Each round your dough should continue to build extensibility and elasticity and become nice and smooth (covered In depth in Sourdough U).





## PART 5 - BULK RISE

Your dough should have gained some mass during the stretch and fold process, but during the bulk rise you will let it sit without touching it until it gains a total of 30-50 percent more mass than its original form. This could take anywhere from 2-6 hours depending on the activeness of your starter, the nutrition in your flour, and the temperature of your environment. Pay attention to what is happening with your dough and not what the recipe says should be happening (covered In depth in Sourdough U)



## PART 6 - PRE-SHAPE AND BENCH REST

Dust your board with flour and dump out your dough. Divide in half and give it a pre-shaping before the final shaping. This is suppose to be a rough shaping to give it some more strength so don't worry about getting it perfect. Let the dough rest on the bench for 30 minutes.





## PART 7 - FINAL SHAPING

After the dough has rested, it should have retained some of its form and not completely collapsed to the board. This will be a good sign of whether you have developed a good gluten structure and your final bread loaf will hold up when baking. Dust your proofing basket, or DIY proofing bowl (covered in Sourdough U) and give your dough a final shaping. Place seam side up in the proofing basket.



## PART 8 - PROOFING

You have two options for proofing your dough. 1) You can slow or retard the proof by placing the dough in the fridge for 12-18 hours or 2) you can let it proof at room temp for 1.5 - 3 hours until it passes the proofing poke test.







## PART 9 - SCORING AND BAKING

Put your dutch oven pan in the oven preheated for at 45 minutes at 500 degrees Fahrenheit. When your dough is fully proofed, invert it on some parchment paper or directly in your dutch oven and score the dough with the techniques covered in Sourdough U. Bake with the lid on for 20 minutes. After 20 minutes, remove the lid to reveal your oven spring and continue baking for 20-30 minutes until your crust has fully caramelized. Finally, turn oven off and leave the loaf in the oven for another 10-20 minutes to cure.

## PART 10 - RESTING AND SLICING

Let your dough rest on a baking rack until it has come down to room temperature. If you slice into it before the steam has fully released from the bread, your crumb will have a a gummy texture. Slice bread with a bread knife using a sawing technique so you aren't mashing it and destroying the shape









# ENJOY!

## PART 11 - ENJOY!

Now you can eat your sourdough bread plain or with some olive oil and butter, but if you want to take it to the next level, here's how you do it...

# ENJOY!







# THE SOURDOUGH SAMPLER

Sometimes I can't quite decide how I want to enjoy my sourdough, especially when I've baked a fresh loaf and I'm overcome with excitement... The "Sourdough Sampler" you will find below is four of my favorite quick and easy sourdough snacks that give me the widest array of flavor and texture when I want to experience a spectrum of flavor.





# AVOCADO TOAST

We have all seen avocado toast at this point, but there's a reason it is so damn trendy! Other than butter and olive oil, this has to be my go-to way to enjoy sourdough, and with the addition of sauerkraut, you get the perfect combination of flavor and texture balance.

## INGREDIENTS

- OLIVE OIL
- 1 RIPE AVOCADO
- SEA SALT
- SAUERKRAUT (SEE RECIPE BELOW)
- SPROUTS (OR ANY GREENS)



1. Toast bread to perfection
2. Drizzle on some olive oil
3. Open ripe avocado and spread onto toast in a even layer
4. Top with a layer of sauerkraut, pickles also work great
5. Top with some fresh sprouts
6. Enjoy!





# SALMON & LOX

Growing up in a Jewish household, these flavors have been ingrained in my soul. There is just something about this combination that is undeniable, and if you haven't tried it, get it the game! Although this is traditionally enjoyed on a bagel, I can guarantee that no one will give you any issues if you swap the bagel out for some crispy sourdough.

## INGREDIENTS

- CREAM CHEESE
- LOX OR SMOKE SALMON
- RED ONION
- CAPERS

1. Toast bread to perfection
2. Spread on a layer of cream cheese
3. Top with a layer of lox or smoked salmon
4. Slice up super thin red onions and place on top of lox
5. Sprinkle on a few capers
6. Enjoy!







# PEANUT BUTTER & JAM

To be honest, I never was much of a peanut butter and jelly guy growing up. I know for many of you, this quick little treat probably filled your childhood with a lot of joy. But I can tell you that this upgraded adult version will not only fill you with loads of nostalgia, it is guaranteed to blow your mind! I encourage you to break away from the classics and experiment with your favorite nut butters and jams, or whatever you have hiding in the back of the pantry...

## INGREDIENTS

- **PEANUT BUTTER OR ANY OTHER NUT BUTTER (ALMOND BUTTER, CASHEW BUTTER)**
- **GRAPE JELLY OR OTHER JAM**
- **SEA SALT (OPTIONAL)**

1. Toast bread to perfection
2. Spread on a layer of nut butter
3. Top with a layer of jelly or jam
4. Sprinkle on some flaky sea salt to make flavors pop
5. Enjoy!



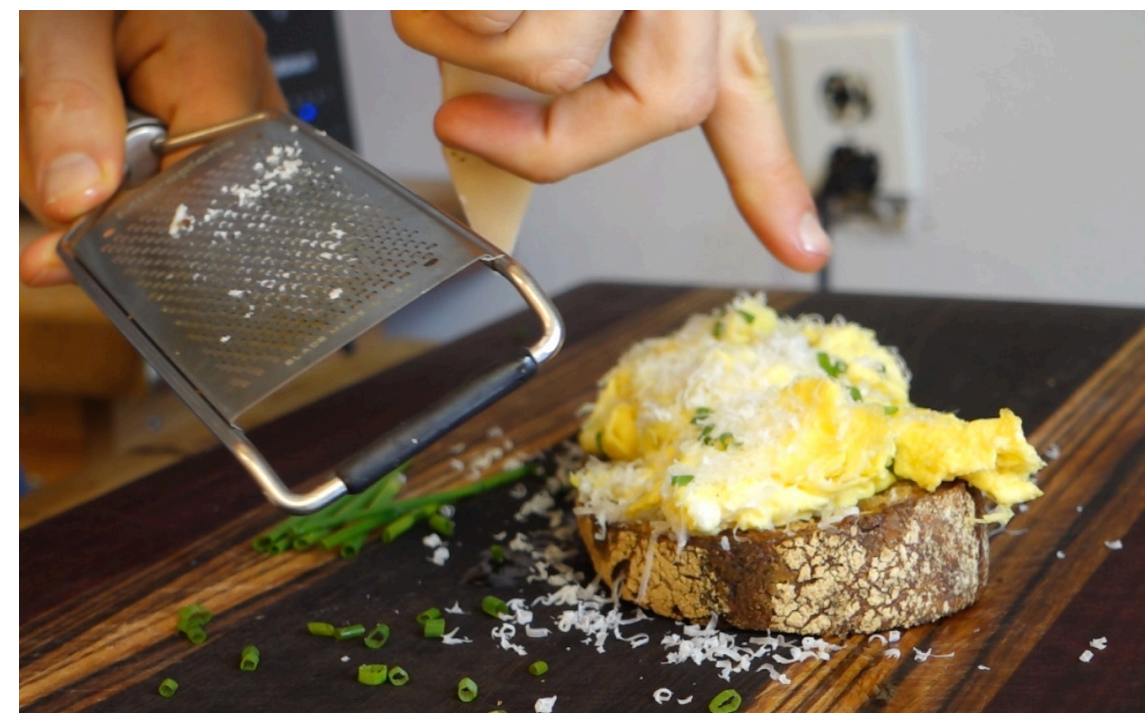


# PERFECT SCRAMBLE

Let's finish the sampler off with the most classic breakfast of all! With a few new techniques, you will be making the perfect scrambled egg to top on your fresh sourdough. Feel free to add whatever additions you like to this recipe, but I do think that the key to success with this dish is found in the simplicity.

## INGREDIENTS

- EGGS
- BUTTER
- WHOLE MILK OR DAIRY FREE MILK OF CHOICE
- CHIVES OR SCALLIONS
- CHEESE (OPTIONAL)
- SALT



1. Toast bread to perfection
2. Preheat non-stick pan to a medium heat
3. Beat eggs together a dash of milk
4. Add a nob of butter and evenly disperse around pan
5. Pour eggs in let the bottom layer cook for around 20 seconds until it solidifies
6. Take your spatula and start making some gentle ribbons by pulling it through the eggs
7. Continue to do this step until most of the eggs are solidified but still slightly runny
8. Turn heat off and add chives
9. Add eggs to the sourdough toast and grate on some fresh cheese
10. Enjoy!





CONTINUE FOR

SOME MORE OF MY FAVORITE  
SOURDOUGH RECIPES

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# MIKE'S BREAK THE FAST SALAD

Over the last few months, I've been enjoying the life style change of intermittent fasting. For those who have no idea what that is, basically you choose extended periods of time to fast from food. Some people fast for full days a few times a week, and other fast for a certain amount of time per day. I personally fast for 16 hours a day and eat for 8 hours, so for my lifestyle, I stop eating at 8pm at night and start back up at noon the next day. There seems to be a dulling effect on food in correlation to living in a world filled with instant access to pretty much any type of food we want. Fasting forces me into not falling slave to the instant access of food and in reward I get to appreciate food again on a more intense level.

One beneficial side effect that I have found from fasting is that each and every day I tend to break my fast with something well-crafted and healthy. Being a cook, it is so easy for me to constantly be picking at the things I am making, and I am making food all the time! So by fasting, I get time to think about and create bigger meals that I am craving, and what I am craving, is usually some version of a mega salad. It makes sense that after not eating for 16 hours, I pretty much want everything I

can get in one single bowl.

The key to making salads edible is adding little treats to them that create a distraction away from all the greens. By adding these little sourdough croutons treats, I can guarantee you that you wont be thinking about the all the healthy greens you are taking down!





## INGREDIENTS

- RED ONION
- CARROTS
- HARD CHEESE
- SUN DRIED TOMATOES
- SALMON (OR MEAT)
- ARUGULA
- ENDIVE
- SPROUTS
- DRESSING OF CHOICE
- DRIED HERBS
- AVOCADO

1. Fry up your salmon or meat in a pan with some oil until crispy
2. Chop up a few pieces of bread up into medium size cubes
3. Remove fish or meat from pan and add in your bread pieces, drizzle in oil or add a few chunks of butter if your pan seems dry
4. Add in some dried herbs and salt and cook bread until crispy and golden brown
5. With a peeler make some thin peels of the carrot and cheese into a mixing bowl
6. Cut the red onion, sun dried tomatoes, endive, and avocado into bite size pieces and add to a bowl
7. Add in the arugula and sprouts
8. Add in the crispy croutons and fish or meat
9. Add in your favorite dressing and mix until incorporated
10. Enjoy!





# GOOEY GRILLED CHEESE SANDWICH WITH TOMATO

I had plans to create the perfect grilled cheese and tomato soup combo but after weeks of filming I got the case of laziness and “settled” on just taking the tomato and putting it in the sandwich. It turned out to be the most incredible grilled cheese of my life! The combination of creamy gouda and sharp parmesan really hit the spot and the warmed tomato slices really rounded out the flavors.

## INGREDIENTS

- **CHEESE (I USED GOUDA AND PARMESAN)**
- **BUTTER**
- **OLIVE OIL**
- **FRESH TOMATO**



1. Preheat pan on medium low heat
2. Add butter and olive
3. Place one slice of bread in the pan and coat with melted butter and olive oil
4. Take bread out and add a little more butter and olive oil
5. Place other piece of bread in the pan and coat with melted butter and olive oil
6. Grate cheese and pile it on top of the slice of bread in the pan
7. Slice a few rings of tomato and add them on top of the cheese
8. Top with the other side of bread, butter and oil side facing up
9. Toast on each side until nice and crispy
10. Top pan with a lid to create convection heat which will insure the cheese is nice and gooey
11. Slice and enjoy!





# BRUNCH BOARD

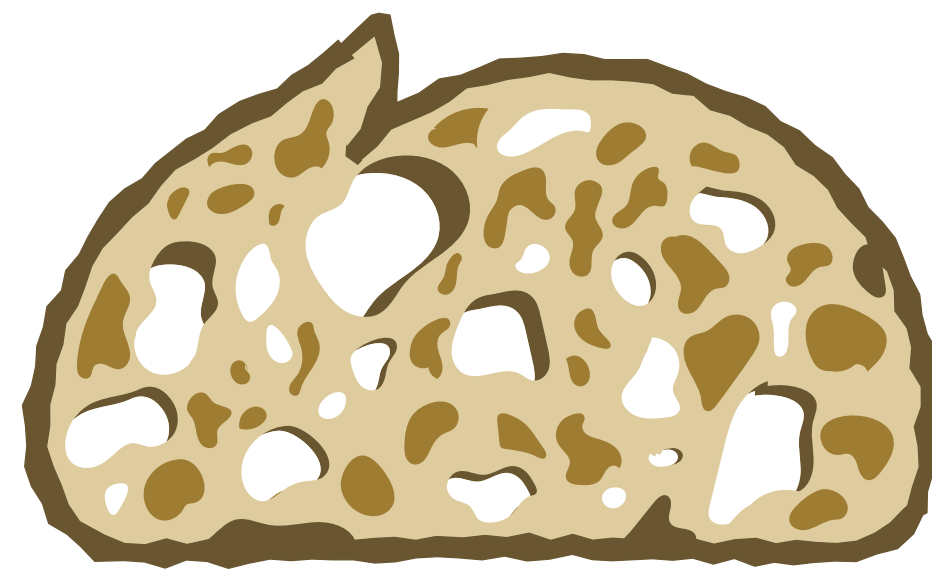
Im pretty sure this concept came from being super lazy and not wanting to clean up extra dishes. But it stayed with me after I realized the joy in serving a big board of food and giving each eater their own opportunity to craft bites of food. It keeps the meal exciting and very customizable by being able to mix and match different flavors and textures of all types. This brunch board was extra special because I served it up right before the eagles won the Super Bowl! If your interested in getting a handmade cutting board just like this one, you're in luck! Go check out my dads shop at [handcraftedbybruce.com](http://handcraftedbybruce.com).



## INGREDIENTS

- EGGS
- SAUERKRAUT
- AVOCADO
- TOMATO
- CARTELIZED ONIONS
- FRESH SPROUTS
- ASSORTED CHEESE
- SAUTÉED VEGGIES (I USED RADISH)
- PICKLES
- HOT SAUCE (ON THE SIDE)

1. Assemble ingredient on the board
2. fry up some crispy eggs
3. enjoy the best brunch of your life







# ISRAELI BOBA GANOUSH CROSTINI

When it comes to dipping bread into delicious spreads, I am not sure if anyone does it better than the Israeli's. Normally the bread vehicle would be Pita of course, but in this case I like to use a sturdier sourdough toast to create an open faced crostini. Although there are endless delicious Israeli spreads to choose from, my go-to and probably the easiest of them all would be boba Ganosh. The creaminess and smokiness of the roasted eggplant gives your XXX ? a great base to play off of. I like like frying up some leftover meat to give this crostini some serious substance, but feel free to keep it veggie all the way!

## INGREDIENTS

- OLIVE OIL
- 1 LARGE EGGPLANT (OR 2 MEDIUM)
- TAHINI (SESAME SEEDS PAST)
- PARSLEY
- LEFTOVER MEAT (OPTIONAL)
- FETA
- POMEGRANATE
- CHIVES







1. Place eggplant over flame and roast on all sides until the skin is blackened and it's extremely soft to the touch
2. Remove skin and add eggplant flesh to a bowl
3. Add in tahini, lemon, parsley, salt and mash together until you get a nice creamy texture
4. Add meat to a pan and render until crispy
5. Remove meat and add in pan to the remaining fat and toast both sides to perfection
6. Add a few scoops of your Boba to the bread, top it with your crispy meat, add crumbled feta, pomegranate seeds and chives
7. Enjoy!









 *Rise to the Top!* 