



Sourdough Apéritif Bread with Pure Gold



Ingredients

- 500 gram wheat flour (preferably T65 or bread flour)
- 112 gram active sourdough starter
- 332 milliliters lukewarm water
- 8 gram salt
- 3 gram dry yeast
- 208 gram Henri Willig Pure Gold cheese
- 1 tablespoon Henri Willig Spicy mustard
- 48 milliliters water
- Extra sunflower seeds to taste
- Flour for dusting

Looking for a delicious snack bread? This sourdough bread, enriched with our rich Pure Gold by Wiebe Willig cheese, is perfect for baking for a cozy evening. The sunflower seeds give the bread a nice crunch. Serve with good butter and a spicy mustard. Delicious on its own or as a flavorful addition to a charcuterie board.

Preparation

- 1: Mix the flour, sourdough starter, water, yeast, and salt into a cohesive dough. Knead for about 8–10 minutes until smooth and elastic. This can be done by hand or using a stand mixer.
- 2: Cut the cheese into small cubes. Add the cheese, mustard, and extra water to the dough and mix until evenly distributed. Do not over-knead to maintain the airy structure.
- 3: Let the dough rise for 45 minutes, covered at room temperature, until it has visibly increased in volume.
- 4: Fold the dough 1–2 times: gently stretch and fold it over itself. Let it rise again, covered, for 45 minutes.
- 5: For this recipe, you can choose one large loaf or two smaller ones. Shape the dough into a tight, round ball between your hands. Let it rise, covered, for 30 minutes.
- 6: Repeat shaping one last time. Lightly moisten the bottom and press the bread into sunflower seeds for extra flavor and crunch. This also prevents the cheese from burning if it melts out during baking. Place the bread on baking paper.
- 7: Let the bread rise one more time, about 60 minutes covered, until nicely airy. In a cooler environment, this may take a little longer.
- 8: Verwarm de oven voor op 245°C (boven- en onderwarmte). Snijd het brood kruislings in en bestuif het licht met bloem. Plaats het brood in de oven en bak het 10 minuten op 245°C met stoom. Verlaag vervolgens de temperatuur naar 230°C en bak het brood nog ongeveer 15 minuten tot het goudbruin en gaar is. Voor een extra knapperige korst kun je een kopje heet water onderin de oven op een bakplaat zetten en toevoegen bij het inschuiven van het brood.



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What is sourdough bread?

Sourdough bread is bread made with a natural starter instead of relying solely on yeast. This starter is a mixture of water and flour that naturally contains yeasts and lactic acid bacteria. This gives the dough its characteristic slightly tangy flavor and a firm, airy texture. Sourdough not only provides a unique taste but also helps the bread stay fresh longer.

Is sourdough bread healthy?

Sourdough bread is often considered healthier than regular white bread. The slow fermentation process breaks down gluten and phytic acid, making nutrients more easily absorbed. It usually has a lower glycemic index, meaning it raises blood sugar levels more slowly. Additionally, sourdough often delivers a richer flavor and a more satisfying feeling of fullness, so you need less to feel satisfied.

Baking sourdough bread for beginners

This recipe is ideal for those trying sourdough for the first time. The combination of starter and a small amount of yeast ensures reliable rising while still delivering the full flavor of sourdough. Follow the steps carefully, pay attention to the dough's consistency, and practice folding for an airy texture. With this recipe, you can create a delicious, crispy snack bread without stress.

What goes well with sourdough bread?

Sourdough bread is wonderfully versatile and perfect for a snack platter. Serve it with creamy butter, a spicy mustard, and a selection of Henri Willig cheeses. You can also add nuts, olives, and fresh figs for extra flavor and texture. This makes your snack time extra festive and tasty!

This recipe was developed by master baker Wietse Schiere from Royal Koopmans and [Nedertarwe](#).
