

# utica sourdough

**INGREDIENTS** *Wheat Flour, Rye Flour, Salt, Water*  
{No Commercial Yeast is used.}

**FORMS** *Batard*

**DERIVATIONS** *Fig Sourdough, Concord Grape Sourdough, Pear Sourdough*

**U**tica Bread Sourdough is a study in bread, an amazing example of the range of flavors that can be produced from the three simple ingredients: wheat, salt and water. From culture to loaf, this bread takes approximately 48 hours to produce. The long fermentation and extended retarding times create a very high level of acidic acid in this dough, giving it our signature, "Utica Sour".

The long fermentation and light handling of the dough help to bring out the natural flavors of the wheat itself. The crust is meant to be studied, its multitude of tones across the crust each bringing a different level of caramelization to the bread: from light & sweet, to dark & bitter.

The history of sourdough bread really is the history of bread itself. The first breads made and their production in general was always done with a natural culture, out of necessity. This was simply the way bread was made until commercial yeast became readily available. It wasn't necessarily sour on purpose, but became that way as a result of long, slow fermentation.

## {Baker's Choice}

Steve Arbogast, our Head Baker likens Utica Sour to a glass of wine. He recommends that it be eaten, savored for what it is. The most he would consider adding would be some good sweet butter, but even that would mute many of the flavors he and his team spent so much time developing.



**Great sourdough. Great city.**

## A SIMPLE USAGE FOR UTICA SOURDOUGH

Sourdough is great lightly grilled over charcoal, drizzled with good olive oil, finished with salt and pepper. Or enjoy as the vessel for a pungent, washed rind cheese.

## MORE IDEAS FOR UTICA SOURDOUGH

Utica Sourdough makes a bold Pain Perdue, or French Toast. The flavor is a delicious foil to an egg custard and sweet maple. It is also wonderful brushed with Olive Oil and grilled over wood Coals to assemble the ultimate BLT.



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