

Sourdough Apple Bread with Fresh Apples



Sourdough apple bread is versatile and can be made with either fresh apples, frozen or canned. During fall apple harvest it's great to make this recipe with fresh apples. You can snack on a few slices while making the filling. When winter hits and you want to bake a warm, hearty bread, grab some preserved apples and continue on with the recipe. It's great either way.

I recently tried a recipe for [Apple Pull Apart Bread](#) by my friend Ann at A Farm Girl in the Making. One thing I never seem to do well is stick to a recipe. I always have to put my

own spin on it. In the case of the pull apart apple bread, I wanted to try it with a sourdough batter and fresh apples. The result was delicious!

And not only that, somehow my sourdough apple bread version made enough dough for two loaves! I had to increase the amounts for the filling when I realized that there was so much dough. Either way, you should try this idea. If you don't have a sourdough starter, use Ann's version. If you are like me and sort of committed to a [sourdough life](#), I've got you covered with the sourdough apple bread version.

Start with the Dough

- 1 cup sourdough starter
- 3/4 cup warm milk
- 1 tablespoon yeast (one package of dry yeast)
- 1/4 cup melted butter
- 1 egg
- 1/4 cup sugar
- 1 teaspoon salt
- 3 to 4 cups of all purpose flour

I use an electric stand mixer to make bread dough. Add all of the ingredients except for the flour and mix using the flat beater. (you will switch to the dough hook later)

Add the flour, one cup at a time. Mix well after each addition. After the first two cups of flour are added you might want to switch to the dough hook. Mix the dough until it is a smooth ball. I knead a few times on a floured surface before letting the dough rise.

Transfer to a greased bowl, turning so the top is greased too. Cover for rising. This can take one hour to up to 5 hours. When the dough is doubled, knead it down and prepare a floured surface.

note- my sourdough starter was made from dehydrated sourdough from [Alderman Farms](#). My starter has been living and thriving on my counter for over two years at the writing of this post and I use it for almost all of our baked goods.



Prepare the Sourdough Apple Bread Filling

- 5 or 6 apples, peeled and chopped into bite sized pieces
- OR (1 quart of canned apples, drained well)
- 1 cup brown sugar
- 1+ 1/2 teaspoon cinnamon
- 3 tablespoons of butter

Combine the brown sugar and cinnamon in one small bowl.

Melt 3 tablespoons of butter

Roll half the dough into a rectangle approximately 8 x 18 inches.

Brush the dough with some of the melted butter.

Cut the dough into six strips length wise.

Cut the strips again 6 times width wise, making small rectangles.



**Sourdough
Apple
Bread**



Assemble the Sourdough Apple Bread

Grease the bread pans with butter.

Layer the dough rectangles in the pan, sprinkle the sugar cinnamon mixture and the diced apples. Repeat the layer until the dough has all been used.

Repeat the steps for the second loaf of Sourdough Apple Bread.



Second Rise and Baking

Cover both loaf pans with plastic wrap and allow to rise, approximately 30 minutes to one hour.

Preheat the oven to 350 degrees Fahrenheit.

Bake the Sourdough Apple Bread for 35 to 45 minutes. You may need to cover the loaves loosely with foil during the final ten minutes.

Cool the loaves for 15 minutes before attempting to remove from the pans.



Glaze the Sourdough Apple Bread Loaves

- 2 cups powdered sugar
- 1 teaspoon cinnamon
- 2 tablespoons milk (add more milk to get desired consistency)
- 1/2 teaspoon [vanilla extract](#)

Mix all ingredients using a whisk.

Drizzle the glaze over the loaves before serving.

Enjoy

I hope you enjoy your sourdough apple bread. If you are new to sourdough baking and want more information on getting started, [check this post](#) from when I first started.