



Sourdough Bread

This process takes 20 to 30 hours. PLAN AHEAD!

Timeline

Day 1

1:00PM Feed Starter
5:00PM Mix Dough
6:00PM Stretch & Fold
8:00PM Bulk Fermentation

Day 2

7:00AM Square fold & Pre-Proofing
8:00AM Proofing in Refrigerator
2:00PM Move proofing to countertop?
3:30PM Preheat Oven
4:15PM Baking
5:00PM Cooling
6:00PM Slice and enjoy!

Starter

Equal parts previous starter, water, flour

Make enough for the bread recipe plus extra for the next batch.

100 grams starter
100 grams water
100 grams flour

Mix in a bowl then put in a quart jar.

Tape to top of starter

Wait 4-5 hours until starter is doubled.

Dough

100 grams starter
500 grams flour
350 grams Luke warm water
10-15 grams salt

1. Whisk together starter and water
2. Add flour and salt until thoroughly mixed. Add flour if too wet
3. Put dough in damp covered bowl for 1 hour Rest
4. Stretch and fold dough. Grab dough at the edge of the bowl and lift and stretch it then fold back on itself. Turn bowl 1/4 turn and lift and stretch again repeating for all four sides. Tuck folds to center of ball and place in bowl with rounded side up. Cover and let rise for 1/2 hour. Repeat this stretching step 3-4 times
5. Cover with damp cloth and allow to rise 4-12 hours until roughly double in size. (Bulk Fermentation). Some bubbling and dough should jiggle when you shake the bowl. Hasten or slow process by placing in warmer or cooler location.
6. Gently pour dough from bowl onto floured counter. Pat dough into square. Fold corners to center. Turn folds down and form into dome shape.



Sourdough Bread

7. Flour the top of the dome then place in proofing basket with smooth dome down. Proofing basket-bowl lined with floured tea towel or parchment. Cover with damp towel. Set on counter for 1-2 hours. Transfer to refrigerator overnight. (4-12 Hours)

Baking (Start about 2.5 hours before you want warm bread to eat)

8. Place Dutch oven in oven and preheat to 425° for at least 30 minutes.
9. Place dough on floured parchment paper dome side up.
10. Score top of dome about 1/2 inch deep. (Light water spray if more crisp crust is desired)
11. Place dough on parchment in Dutch oven, cover with lid. Bake 30 minutes. Remove lid and bake additional 10-15 minutes until golden brown.
12. Remove from oven and cool about 1 hour before slicing