

S O U R D O U G H B R E A D

Ingredients:

- 1/2 cup (100g) active, bubbly sourdough starter
- 3 cups (500g) unbleached bread flour
- 1 1/2 cups (350g) room temp filtered water
- 2 teaspoons (10g) salt



Instructions:

1. In a mixing bowl, combine 1/2 cup (100g) of active sourdough starter, 3 cups (500g) of unbleached bread flour, 1 1/2 cups (350g) of room temperature filtered water, and 2 teaspoons (10g) of salt.

2. Mix these ingredients together until they form a shaggy, sticky dough. Don't worry if it looks messy; that's completely normal.

Cover the bowl with plastic wrap or a damp kitchen towel and let it rest for **1 hour**.

3. Uncover your dough and perform a "stretch and fold". To do this, wet your hands to prevent sticking, then grab one side of the dough, stretch it up gently, and fold it over the center. Repeat this process from all four sides of the dough.

4. Cover the bowl and let the dough rest for **30 minutes**. Repeat the stretch and fold process three more times, with 30-minute rests in between. (**2 hours total**).

5. Bulk fermentation - Cover the bowl with plastic wrap or a damp kitchen towel to prevent it from drying out. Let the dough rest for **3.5 - 12 hours**. Look for the dough to double in size. Perform a poke test to determine if it is ready. A gentle poke should leave a slight impression that fills back in slowly. Your dough will also be forming some small bubbles across the top and sides.

Instructions Continued:

6. Once your dough has completed bulk fermentation, it's time to move on to the next step. Cover your bowl and get ready to shape your dough.
7. Turn your dough out onto a clean/lightly floured surface (tilt your bowl and let gravity slide your dough out rather than pulling it out of the bowl). Gently pat your dough down into a rough square/rectangular shape.
8. Pick up one side of the dough and fold it to the middle, repeat with the other side. You're going for a long burrito shape.
9. Start at one end of the burrito-shaped dough and roll the dough up to the other side. It will look like a large cinnamon roll.
10. Cup your hands around the dough and gently rotate it on the countertop while tucking the edges underneath. Continue this process until you have a nicely shaped, smooth, round ball of dough. Place your dough ball seam side up (upside down) in a well-floured banneton-proofing basket or a towel-lined bowl, also floured.
11. Second Rise - Cover and let the dough rest at room temp for **30 minutes**. Alternatively, for even more flavor development and flexibility in your baking schedule, you can place the covered dough in the refrigerator for a longer, slower second rise. This can be anywhere from **8 to 24 hours**.
12. The dough is ready when it has increased in volume and a gentle poke leaves an impression that fills back in slowly.
13. Preheat oven to 450 degrees Fahrenheit with Dutch oven inside. Preheating should take 30 minutes to ensure even heat distribution.
14. Carefully remove the preheated Dutch oven from the oven. Place your parchment paper with the shaped dough directly into the hot Dutch oven.
15. With a sharp blade or lame, make your desired cuts on the surface of the dough.
16. With your scored dough in the hot Dutch oven, cover it with the lid and place it in the preheated oven. You may choose to add a steaming element, such as ice cubes under the edge of the parchment paper. This helps create a beautiful crust.
17. Bake your load at 450 degrees Fahrenheit with the lid on for **30 minutes**. Then remove the lid and continue to bake for **15 minutes** until the crust is golden brown.

Sourdough Timeline

Start time	Step
_____	Initial Mix - rests for 1 hour
_____	1st stretch and fold - rest 30 minutes
_____	2nd stretch and fold - rest 30 minutes
_____	3rd stretch and fold - rest 30 minutes
_____	4th stretch and fold - rest 30 minutes
_____	Bulk Fermentation - Rest and rise for 3.5-12 hours
_____	Shaping/Second Rise - 30 minutes at room temp OR fridge for 8 - 24 hours
_____	Oven Preheat - 30 minutes
_____	Bake - 30 minutes uncovered, 15 minutes covered. 45 min. total
Ready time	_____

Sourdough Timeline Sample

Start time	Step
<u>7 am</u>	Initial Mix - rests for 1 hour
<u>8 am</u>	1st stretch and fold - rest 30 minutes
<u>8:30 am</u>	2nd stretch and fold - rest 30 minutes
<u>9 am</u>	3rd stretch and fold - rest 30 minutes
<u>9:30 am</u>	4th stretch and fold - rest 30 minutes
<u>10 am</u>	Bulk Fermentation - Rest and rise for 3.5 -12 hours
<u>1:30 pm</u>	Shaping/Second Rise - 30 minutes at room temp OR fridge for 8 - 24 hours
<u>2 pm</u>	Oven Preheat - 30 minutes
<u>2:30 pm</u>	Bake - 30 minutes uncovered, 15 minutes covered. 45 min. total
<u>3:15 pm</u>	Rest time before cutting - 1 hour
Ready time	<u>4:15 pm</u>

Sourdough Timeline Sample

Start time	Step
<u>4:30 pm</u>	Initial Mix - rests for 1 hour
<u>5:30 pm</u>	1st stretch and fold - rest 30 minutes
<u>6 pm</u>	2nd stretch and fold - rest 30 minutes
<u>6:30 pm</u>	3rd stretch and fold - rest 30 minutes
<u>7 pm</u>	4th stretch and fold - rest 30 minutes
<u>7:30 pm</u>	Bulk Fermentation - Rest and rise for 3.5- 12 hours
<u>7:30 am</u>	Shaping/Second Rise - 30 minutes at room temp OR fridge for 8 - 24 hours
<u>3:30 pm</u>	Oven Preheat - 30 minutes
<u>4 pm</u>	Bake - 30 minutes uncovered, 15 minutes covered. 45 min. total
<u>4:15 pm</u>	Rest time before cutting - 1 hour
Ready time	<u>5:15 pm</u>