



SOURDOUGH

SOURDOUGH STARTER & BREAD RECIPE

Sourdough is naturally leavened bread which means it does not use commercial yeast to rise but rather uses fermented flour and water. The lactic acid within this bread gives it that trademark sour-smell and sour-tasting flavor it's named for, making this a very sought-after type of bread to bake. But it's not only used for bread making, it's used for cinnamon rolls, muffins, dinner rolls, pretzels, pancakes, waffles, pizza crust, and more! Check out <https://www.kingarthurbaking.com/recipes/collections/sourdough-discard-recipes> for more recipes!

If this will be your first-time baking sourdough, then you've probably been told or have read online that you will need to make a sourdough starter. Well, I've made things easy for you...here's your starter recipe!



You'll Need:

Unbleached Flour (I prefer King Arthurs, but any unbleached flour will do.)

1 Quart Size Mason Jar OR Other Glass Jar with lid (Must be Glass.)

Food Scale

Thermometer

Wooden Spoon or Small Spatula

Day 1: Before you start, record your jars weight without the lid.

100g flour

150g lukewarm water @85 degrees F

Stir thoroughly, place the lid on top (do not screw on the ring) and leave at room temperature for 24 hours.

Day 2:

**This day and onward, you will be discarding some starter, or you'll quickly end up with an unmanageable amount of starter. A smaller volume of starter also encourages more growth; each time you feed the starter, there are fewer yeast cells fighting to get enough to eat. You don't have to throw the discard away in the trash. You can eliminate waste by storing it in the fridge or by making several foods with the discard. Just google sourdough discard recipes.*

70g mature starter (jar weight + 70g = what your jar should weigh when the correct amount of starter has been removed.)

100g flour

115g lukewarm water @85 degrees F

Stir thoroughly, place the lid on top (do not screw on the ring) and leave at room temperature for 24 hours.

Day 3:

Same as "Day 2"

Day 4:

70g mature starter

100g flour

100g lukewarm water @ 85 degrees F

Stir thoroughly, place the lid on top (do not screw on the ring) and leave at room temperature for 24 hours.

Day 5:

Same as "Day 4"

Day 6:

50g mature starter

100g flour

100g lukewarm water @ 85 degrees F

Stir thoroughly, place the lid on top (do not screw on the ring) and leave at room temperature for 24 hours.

Day 7:

**This is not only your last feeding until it's ready to be used but it will also be your maintenance feeding. Once your starter is active you will perform this feeding once every 24 hours UNLESS you are placing it in the fridge for later use. Placing it in the fridge, you can then feed once a week. To do so, take it out of the fridge- feed using the steps below- allow it to sit out for 1-2 hours and then place it back into the fridge until your next use. Be sure to feed before use and then allow time to ferment before using it.*

25g mature starter

100g flour

100g room temperature water

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Sourdough Recipe

To make a delicious loaf of sourdough bread, you need to use an active starter that has been fed within 4-12 hours before using. When you feed your starter, it should double or triple in size. (Take a spoonful of your active starter and drop it into a cup of water. If it floats, then it is ready to use for bread.)

Tools You Will Need:

Stand Mixer

Scoring Tool or Food Scissors

Banneton (Proofing Basket) or Glass Bowl

Dutch Oven

Large Glass Bowl

Measuring Cups and Spoons

Ingredients:

1 Cup Sourdough Starter

1 1/4 Cup Water

2 Teaspoons Salt

4 Cups Flour (More or less depending on the hydration of your starter.)

Knead all the ingredients in a stand mixer until stretchy and pulling away from the sides of the bowl.

- It should pass the 'windowpane' test. This is when you can take a small piece of dough between your fingers and stretch it out. If the gluten is formed properly, you should be able to stretch it out into a thin layer that you can see through.
- If it doesn't pass this test and is breaking apart, then place it back into the stand mixer and knead for a few more minutes.
- Place in a large, oiled bowl and cover. Cover with plastic wrap, beeswax wraps, or something that is airtight to prevent the dough from developing a hard crust.
- **The next day**, punch down the dough, shape it, and put in a banneton basket (Proofing Basket). If you don't have one, a glass bowl will work- just make sure to add flour to the sides and bottom of bowl. Allow to rise until doubled (about two to four hours, depending on the temperature of your house.)
- Place your cast iron Dutch oven into the oven and preheat to 500 degrees.
- Turn the dough out onto parchment paper. (This just makes it easier to lift into the Dutch oven and prevents any sticking, especially with Dutch ovens that are coated with an enamel.)
- Sprinkle with flour and score. Scoring is just cutting or slashing into the dough. You can use a lame OR food grade scissors to do this. Get creative!
- Place parchment paper and bread into the preheated Dutch oven and place into oven.
- Bake 20 minutes with lid on. Remove lid, reduce heat to 450, and bake an additional 20 minutes.

Examples Of Baking Time:

8 am: Feed sourdough starter. If your sourdough starter is in the fridge, you will want to feed it before baking bread.

1-4 pm: Check if sourdough starter is ready for use. It should be bubbly and at least double or triple in size. If you take a small amount and drop it in a glass of water, it should float.

1-4 pm: In a stand mixer with a dough hook, place all the ingredients into the mixing bowl and knead for 5-8 minutes until the dough is stretchy and pulling away from the side of the bowl. Do the windowpane test. Knead for a few more minutes if it doesn't pass the test. Place in a large-oiled bowl and cover.

8 am: Punch down dough, shape in the glass bowl, and place in a banneton basket. Allow to rise until doubled (about 2-4 hours depending on temp of your house).

10 am: Preheat oven to 500 degrees. Place Dutch oven, with a lid on it, inside the oven while it preheats.

11 am: After the Dutch oven has been preheating for 1 hour, place sourdough bread dough onto parchment paper, dust with flour, and score aka slash.

Place dough in Dutch oven and cover with lid. Place it in the oven and bake for 20 minutes. Remove lid, reduce heat to 450, and bake for 20 more minutes until the bread is golden brown. Allow it to cool before slicing.