

# B A S I C S O U R D O U G H B R E A D

## **Ingredients:**

500g unbleached all purpose flour  
350g filtered water  
100g sourdough starter  
10g salt



## **Instructions:**

### 1. AUTOLYSE

In a medium-size mixing bowl, add the flour and the water. Mix together with a wooden spoon or dough whisk (or just get in there with your hands) until all the flour is wet.

Continue mixing with your hands until a wet dough forms. Scrape down the sides of the bowl and shape into a ball. The dough will be wet and sticky. Cover with a towel or plastic wrap and let rest for at least 30 minutes, or up to two hours.

### 2. FERMENTOLYSE

Add sourdough starter and salt to the flour/water dough. Vigorously mix with hands to thoroughly incorporate starter and salt. Continue until the dough becomes somewhat smooth and elastic, 5-7 minutes. It will still be a bit sticky.

Cover bowl with towel or plastic wrap and let rest for 30 minutes.

### 3. BULK FERMENTATION

- Stretch and Folds

Set 1: Wet your hands. Scoop up one edge of the dough and pull up to stretch, without tearing the dough, then fold over. Turn the bowl  $\frac{1}{4}$  turn and repeat the stretch/fold process until you have completed four turns.

Cover bowl and let rest for 30 minutes.

Set 2: Wet your hands. Scoop up one edge of the dough and pull up to stretch without tearing the dough then fold over. Turn the bowl  $\frac{1}{4}$  turn and repeat the stretch/fold process until you have completed four turns.

Cover bowl and let rest for 30 minutes.

Set 3: Wet your hands. Scoop up one edge of the dough and pull up to stretch without tearing the dough then fold over. Turn the bowl  $\frac{1}{4}$  turn and repeat the stretch/fold process until you have completed four turns.

Cover bowl and let rest for 30 minutes.

Set 4: Wet your hands. Scoop up one edge of the dough and pull up to stretch without tearing the dough then fold over. Turn the bowl  $\frac{1}{4}$  turn and repeat the stretch/fold process until you have completed four turns.

- Long Ferment

After completing the 4<sup>th</sup> “stretch and fold”, cover the bowl and let the dough ferment for four hours in a warm area (ideally 75-85 degrees Fahrenheit) safe from drafts and extreme temperature fluctuations.

- Pre-Shape the Dough

After four hours of fermentation, scrape dough out of the bowl and onto your work surface.

Using a dough scraper, gather dough into a ball by pushing the scraper under the edges of the ball and pulling the dough in a circular motion with the other hand.

Once a smooth ball has formed, leave the dough on the work surface, uncovered for 15-20 minutes, until a thin, dry skin has formed on the dough.

- Final Shape the Dough

Prepare a banneton or basket or bowl by lining with a cotton towel and dusting with a layer of flour.

Flip your ball of dough over onto the work surface so the smooth, dry side is now facing down. Gently push the edges out to slightly flatten.

Wet your hands here for best results.

Place one finger in the center of the dough ball and pull a section of dough from the outer edge into the middle and hold down with your finger placed in the center. Repeat the process until you have pulled in the entire outer edge of the dough.

You should now have a ball roughly half the size of the original.

Flip the dough ball back over so the smooth side is facing up again.

Tighten up the ball by pushing it around the work surface in a small circular motion while using your pinky fingers to tuck under the edges.

Once the ball is nice and tight, flip it over into your prepared banneton/basket/bowl so that the smooth side is facing down.

Now tighten up one last time by pinching up the center of the dough and eliminating any seams.

#### 4. COLD FERMENTATION

Cover your banneton/basket/bowl with a towel or plastic wrap and place in the refrigerator.

Leave in the refrigerator for 8-18 hours (note: more time in fridge = more sour flavor).

## 5. PREPARE THE DOUGH FOR BAKING

Place a Dutch oven, with the lid in place, in your oven.

Set oven temperature to 450 degrees Fahrenheit.

Let the oven preheat for about an hour.

Prepare a piece of parchment paper to set the dough on for baking.

Once the oven has fully preheated, remove the dough from the refrigerator and immediately turn the banneton/basket/bowl over onto the parchment paper (you don't want the dough sitting out at all and warming up).

Pull the banneton/basket/bowl and liner off the dough.

Cut an expansion line into the dough by scoring with a sharp blade or bread lame (pronounced lahm) from one side of the dough to the other in a firm, deep cutting motion, about half an inch deep.

## 6. BAKE THE BREAD

Remove the lid from the dutch oven and drop in the dough with the parchment paper.

Put the lid back on and bake for 20 minutes.

After 20 minutes, remove the lid from the Dutch oven and bake, uncovered, an additional 20 minutes.

After the full 40 minutes of baking is complete, remove the bread from the dutch oven and place onto a cooling rack.

Allow bread to cool for at least one hour before slicing. Letting the bread cool completely is ideal to prevent the inside from becoming "gummy".

Store your bread in a beeswax lined bag, or a loosely closed plastic bag, and eat within a couple days for maximum freshness.

