

Recipe for Sourdough Bread with Starter (NO Yeast)

Makes 1 Sourdough Boule.

Prep time + Bulk Fermentation + Proofing + Baking ~ 12-24 hours.

INGREDIENTS

The first ingredient to good bread is PATIENCE.

- ❑ 550 grams / 4 ¼ cups of bread flour (all-purpose flour will work if you don't have bread flour)
- ❑ 175 grams / 6 oz of active ripe starter
- ❑ 265 grams / 1 ⅞ cups of warm water
- ❑ 32 grams / 2 tablespoons of olive oil + a little for the bowl
- ❑ 12 grams / 1 tablespoon minus a pinch of table grind sea salt

INSTRUCTIONS

Take a deep breath. YES, sourdough bread is a process. And once you master it, you'll be so happy and confident. I promise.

Create a starter slurry:

In a large bowl, mix the starter, water, and olive oil together and let it sit. Make sure the water is warm ~85 degrees F.

Make the dough:

Add the flour to the starter slurry and mix together. Your hands are the BEST way to mix the slurry and flour. You could also use a dough whisk.

Mix the dough until it just comes together in a ball. It will be a little sticky, that's okay.

*****Do not add the salt yet. I know, some people do, however, I've tried it both ways and I can see a difference in my rise when I add it later.***

Time for the bread to autolyze:

Let the dough sit at room temperature for 30 minutes and rest. Cover with plastic wrap and a dishtowel.

Time for bulk fermentation:

Add the salt by sprinkling the salt over the top of the dough.

Now, fold the dough into itself about 8-10 times, turning the bowl as you fold the dough over and over. Push the salt into the dough with the folds.

Squish everything together a few times.

Reshape the dough into a ball.

Prep a bulk fermentation bowl:

Put about 2 teaspoons of olive oil in the bowl (I use my glass KitchenAid stand mixer bowl for this) and rub around to coat the sides.

Add the dough ball to the bowl, cover with plastic and a towel and let it rest for 1 hour.

What you are looking for:

You want it rise slightly and become a little softer.

The best sourdough bread comes from a longer bulk fermentation. Total time I suggest is 8 hours (which is why I make my dough at night, let it bulk ferment in a cold oven overnight and then bake in the morning).

Stretch and fold time:

During the bulk fermentation, you will want to do a series of stretch and folds the first 1-2 hours. Some people say it isn't necessary, but I think it is crucial to get the rise you want.

Do it 4 times over the next hour and a half to 2 hours.

I usually make my dough, begin bulk fermentation and let it go for about an hour.

Then I do a stretch and fold every 30 minutes or so for the next 2 hours.

After the final stretch and fold, let it sit in your bowl with plastic wrap and a towel in a cold oven for another 6 hours.

Time for the bread to rise after shaping:

First, flour a board or your counter lightly and flip the bread on to the surface.

This is where you are going to shape it for its final rise.

I prefer shaping into a round boule shape. Make the shape as tight as you can. This helps with the oven spring—the final rise of the bread.

After you have shaped your bread, put it in your dutch oven and let it sit for 1 to 2 hours until it is puffy and has risen a tad.

I don't coat my dutch oven with flour or oil.

I use a piece of parchment paper. SO MUCH better than flour or oil because it is easy to clean.

You are not looking for the same amount of rising as you had during bulk fermentation.

Ready to bake:

Preheat your oven to 450 degrees F.

While the oven is heating up, make a **shallow** slash in the top of the bread with a sharp paring knife or razor blade.

If you are going to decorate your bread, now's the time to do it. Just before baking.

Put the lid on your dutch oven and place it in the oven for 20 minutes.

At the 20 minute mark, remove the lid and drop the temperature to 400 degrees F. and bake for an additional 40 minutes.

Remove from the dutch oven and put on a rack to cool. Cool your bread COMPLETELY before you slice it. At least an hour.

Baking Schedule

If you are using yeast, follow this schedule for baking.

Traditional Day ½ Schedule:

(times are suggested -- adjust to your start time)

1:00 pm

If your starter is refrigerated, take it out of the fridge and let it come to room temperature -- depends on the temperature in your home, but about an hour or two.

3:00 pm

Remove a portion of the starter (discard). The amount depends on the amount you have. You'll need about 6 oz. (a little less than a cup) for your bread so keep that in mind.

Feed your starter 50 grams (abt. ½ cup) flour and 50 grams (abt. ¼ cup) water.

Let it rise for 2-3 hours.

6:00 pm

Make your dough. Follow the recipe. Let your dough autolyze.

6:30 pm

Add your salt and fold into the dough. Let it begin bulk fermenting. It will begin rising during this process.

7:30 pm

Begin your stretch and folds.

8:00 pm

Stretch and fold 2.

8:30 pm

Stretch and fold 3.

9:00 pm

Stretch and fold 4. Now let your dough rise until full and fluffy. Another 6 - 12 hours.

6:00 am

Turn your dough out on to a lightly floured surface and begin to shape. Create the tightest ball you can without over kneading the dough. Let it sit after shaping in the dutch oven until puffy, about 45 minutes to an hour.

7:00 am

Preheat your oven to 450 degrees F.

Put the dutch oven in with the lid on. Bake for 20 minutes.

7:20 am

Turn the oven temperature down to 400 degrees F.

Remove the lid from the dutch oven and bake an additional 40 minutes.

8:00 am

Let your bread cool for at least an hour before slicing.