

Sourdough Bread Schedule & Recipe

Feed the Starter - (night before for an early start the next day)

Make the Dough

Start 8-10 am

In large bowl add:

320 g warm filtered, non-chlorinated, water (note: 640 g for 2 loaves)

100 g of active starter (note: 200g for 2 loaves)

Mix (by hand or with KitchenAid)

500 g organic / unbleached "bread" flour (note: 1000 g for 2 loaves)

10 g of sea salt (note: 20 g for 2 loaves)

Mix (by hand or with KitchenAid)

- Cover with towel, or shower cap, for 1 hour to rest
- After the hour is up, do 1 of 4 stretch and folds. Keep covered at all times. After 30 minutes, do every 30 min x 3 more, total of 4 stretch and folds
- Rest on counter covered for 5 hours for bulk fermentation. After bulk fermentation: dough should be 78–82°F
- Shape dough and put in fridge overnight

Next day

8am (or whenever) - score and bake

Preheat oven to 475°F with Dutch oven inside

Bake 30 minutes with lid on

Remove lid, reduce heat to 425°F, bake 20 minutes

Test internal temp – needs to be 200 – 205 degrees in the center

Rest on wire rack until cool. Enjoy!

Notes – for better rise, add gluten (but not necessary)

1 tsp per 100 g of flour / 1 loaf = 1.5 tbsp | 2 loaves = 3 tbsp

This is a fun thing. Sometimes schedules don't work. Don't worry!
Bake it anyway! ☺