

# Sourdough Bread



**Servings: 10**

**Yield: 1 loaf**

*Sourdough Starter:*

*1 1/2 cups all-purpose flour*

*1 1/2 cups warm water*

*Sourdough Bread:*

*3 cups all-purpose flour*

*1 tablespoon salt*

*1/2 cup lukewarm water*

*1 cup sourdough starter*

Sourdough Starter:

In a medium bowl mix together 1 cup all-purpose flour with 1 cup warm water. Cover tightly with plastic wrap. Let sit at room temperature for 24-48 hours until bubbles form.

Remove half of the starter and discard. Add in 1/2 cup all-purpose flour and 1/2 cup warm water. Mix well.

Cover and check in 24 hours. Continue to "feed" the sourdough starter everyday by removing half of the starter and discarding. Add in 1/2 cup all-purpose flour and 1/2 cup warm water. Mix well. Continue for 3 days.

To see if your starter is ready place a spoonful in water if it floats you are ready to make bread.

\* If you'd like to continue to make bread but not everyday, move the starter to the fridge and feed every 3 days.

Sourdough Bread:

In a bowl combine all-purpose flour and salt.

Make a well in the middle add water and sourdough starter. With a wooden spoon stir from the centre incorporating more all-purpose flour with each turn until a rough dough forms.

Transfer the dough to a floured surface and knead the dough until it is smooth and elastic.

Place in a clean bowl cover with a clean tea towel and let rest in a warm place for 2 hours.

Once the dough has rested punch it down. Knead the dough briefly and shape into a loaf.

Place the dough inside a 8 1/2 x 4 1/2 inch loaf pan sprayed with non-stick cooking spray.

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Per Serving (excluding unknown items): 205 Calories; 1g Fat (2.5% calories from fat); 6g Protein; 43g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 697mg Sodium; trace Total Sugars; 0mcg Vitamin D; 10mg Calcium; 3mg Iron; 60mg Potassium; 61mg Phosphorus.  
Exchanges: .

Cover with a clean dish towel and let rest for 1 1/2 hours.

Once the dough has rested dust with all-purpose flour and score the top lengthwise.

Preheat your oven to 425°F. Bake your bread for 15 minutes. Lower the temperature to 375°F and cook for an additional 30 minutes.

The bread is cooked when the bottom sounds hollow when tapped.

Let cool completely on a wire cooling rack.

Serve