



Sourdough 101

SME: SSG Elizabeth Dilley

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3/11/2025

How my journey started:

JANUARY 21, 2023



MARCH 8, 2023

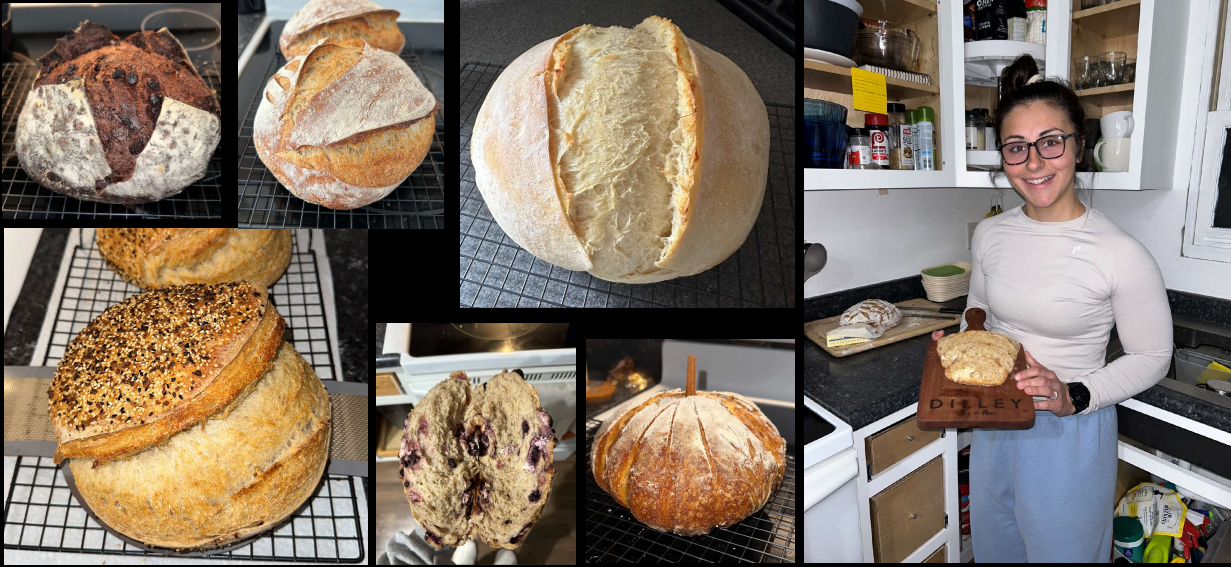


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& how the journey has progressed:



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Terminal Learning Objective

- Action: Summarize the process & components of a sourdough loaf.
- Conditions: Given presentation, instructor feedback, reflection time, and outside resources.
- Standard: Summary will include the following:
 - + Explanation of what sourdough is
 - + Discussion of sourdough equipment and terminology
 - + Description of the process of starting a starter
 - + Describing basic maintenance & troubleshooting procedures
 - + Summarizing the process of baking a sourdough loaf

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Deliberate Risk Assessment

- **Safety Requirements:**
 - + Be aware of cables on the floors – slips, trips, & falls
- **Risk Level:** Low
- **Environmental Considerations:**
 - + If you're going outside, be cognizant of the weather – snow & cold
 - + Please be sure to pick up any trash & clean up your area

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Assessment: What do you already know about Sourdough?

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What is Sourdough?



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Sourdough Terminology

- Starter
 - + Active vs. Inactive
- Proof / Proofed / Proofing
 - + Cold Proof vs. Proof
- Discard
- Hooch / Hoochy
- Bread Flour (vs. All-Purpose Flour)
- Score



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Sourdough Equipment

- Mixing Bowl
- Mason Jar
- Flour
- Water
- Salt
- Dish towel
- Kitchen Scale
- Banneton(s)
- Dutch Oven
- Skinny Spatula
- Oven
- Refrigerator
- KitchenAid Mixer (optional)
- Bread Lame



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Starting Your Starter

- This is a seven-day process
- On days 1-5, you will combine one cup of flour and one cup of water every 24 hours, cover & let rise.
 - + On days 2-5, before you add more flour and water, you will DISCARD half of your previous mixture.
- On days 6-7, you will combine one cup of flour and one cup of water every 12 hours, cover & let rise.
 - + Again, before you add more flour and water, you will DISCARD half of your previous mixture.
- After 7 days, your starter should be ready for baking!



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Check on Learning: What two ingredients make up a Sourdough Starter?

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Basic Maintenance & Troubleshooting

- If you are using your starter **daily**, it can stay out at room temperature.
- If you are using your starter **weekly** or less, keep it in the refrigerator.
- If you leave your starter out for a few days, it may develop **hooch**.
 - + To revive your starter, start by removing the hooch and then feeding your starter.
- To revive your starter after refrigeration, let it come to room temperature before feeding it.
 - + It may require more than one feed before it gets active enough to bake with.

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Check on Learning: How should you store your Starter if you're not using it daily?

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Making a Loaf (the lazy way)

Ingredients:

- 160g Active Starter
- 265g Room Temp Water
- 10g Salt
- 490g Bread Flour



From start to finish, this will be roughly a 24-hour process.

Before you start your loaf, you will need to feed your starter – roughly 4-8 hours prior.

Directions:

- In a large bowl, mix all ingredients together. Form the dough into a sticky ball.
- Place a dish towel over the bowl and let it proof for 8-12 hours, or until doubled in size.
- On a floured surface, stretch and fold the dough into a ball that is less sticky and well-floured.
- Transfer to a banneton and refrigerate to cold-proof for 8-12 hours or overnight.
- Preheat oven and Dutch oven to 460°F.
- Remove loaf from fridge and banneton, score and transfer to Dutch oven.
- Bake with lid ON for 25 minutes.
- Remove lid and bake for an additional 5 minutes.
- Place on a rack to cool, then serve!

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My Favorite Resources

- Farmhouse on Boone
- King Arthur
- YouTube: Ashley Schoenbauer

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Summary

- TLO: Summarize the process & components of a sourdough loaf.
- We discussed:
 - + What sourdough is
 - + Sourdough equipment and terminology
 - + The process of starting a starter
 - + Basic maintenance & troubleshooting procedures
 - + The process of baking a sourdough loaf

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The Sourdough Difference

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CONCRETE EXPERIENCE

Smell, Feel, Taste

1. First, pick up your piece of sourdough bread.
2. Then, smell and feel your piece of sourdough bread.
3. Squeeze it, notice the texture. Examine it visually.
4. Finally, dress it (if you'd like) and take a bite!
5. Take note of the flavors, texture, and anything else that you are experiencing with this bite!
6. Now, pick up your piece of white bread and we will repeat steps 1 – 5.
7. Feel free to finish your pieces of bread after the one-bite assessment!

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PUBLISH & PROCESS

Assessment:
What are some of the characteristics you noticed about the Sourdough bread?

What differences did you notice between the white bread and sourdough bread?



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LEARNING OBJECTIVE

Terminal Learning Objective

- **Action:** Distinguish the taste, process, and ingredient differences between homemade Sourdough bread and store-bought white bread.
- **Conditions:** Given instructor feedback, informational slides, and hands-on experience
- **Standard:** Distinction will include the following:
 - + Describe taste and texture differences
 - + Outline the processes of acquiring different bread types
 - + Discuss ingredient differences between each bread type
- **Evaluation:** Check on Learning Questions

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Deliberate Risk Assessment

- **Safety Requirements:**
 - + Be aware of cables on the floors – slips, trips, & falls
- **Risk Level:** Low
- **Environmental Considerations:**
 - + If you're going outside, be cognizant of the weather – snow & cold
 - + Please be sure to pick up any trash & clean up your area
- **NOTE: If you have a gluten allergy, please let the instructor know immediately!**

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GENERALIZE NEW INFORMATION

Sourdough Process (as a beginner)

- Start your starter (7 days)
- Feed your starter and wait for peak (4-8 hours)
- Mix your dough and wait for it to proof to double in size (8-12 hours)
- Stretch and fold your dough, shape into a loaf, and cold proof (8-12 hours)
- Bake your loaf (30 minutes)
- Let your loaf cool and settle (1-2 hours)
- **Total Time: Roughly 8.5 days for your first loaf**
 - + ***Roughly 22 - 35 hours for each subsequent loaf***

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GENERALIZE NEW INFORMATION

Open-Ended Question: What is the process of acquiring a loaf of storebought white bread like?



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GENERALIZE NEW INFORMATION

Compare Ingredients

HOMEMADE SOURDOUGH BREAD

- Starter (water & flour)
- Salt
- Water
- Flour

STORE-BOUGHT WHITE BREAD



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DEVELOP (FUTURE USE)

How can, or will, you use this information in the future?

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APPLY

Check on Learning:

- What are some of the characteristics of sourdough bread?
 - + Tangy, Tough/Crunchy crust, Hole-y, Chewy, (reference our list)
- What is the timeline for making your first loaf of sourdough bread?
 - + Roughly 8.5 days
- What are the ingredients in a basic loaf of homemade sourdough bread?
 - + Starter, Salt, Water, and Flour

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Summary

- **TLO:** We distinguished the taste, process, and ingredient differences between homemade Sourdough bread and store-bought white bread.
- We achieved this distinction through:
 - + Describing taste and texture differences
 - + Outlining the processes of acquiring different bread types
 - + Discussing ingredient differences between each bread type

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Questions?

Thank you for your attention!
I will be followed up by an AAR
with SSG Ward.

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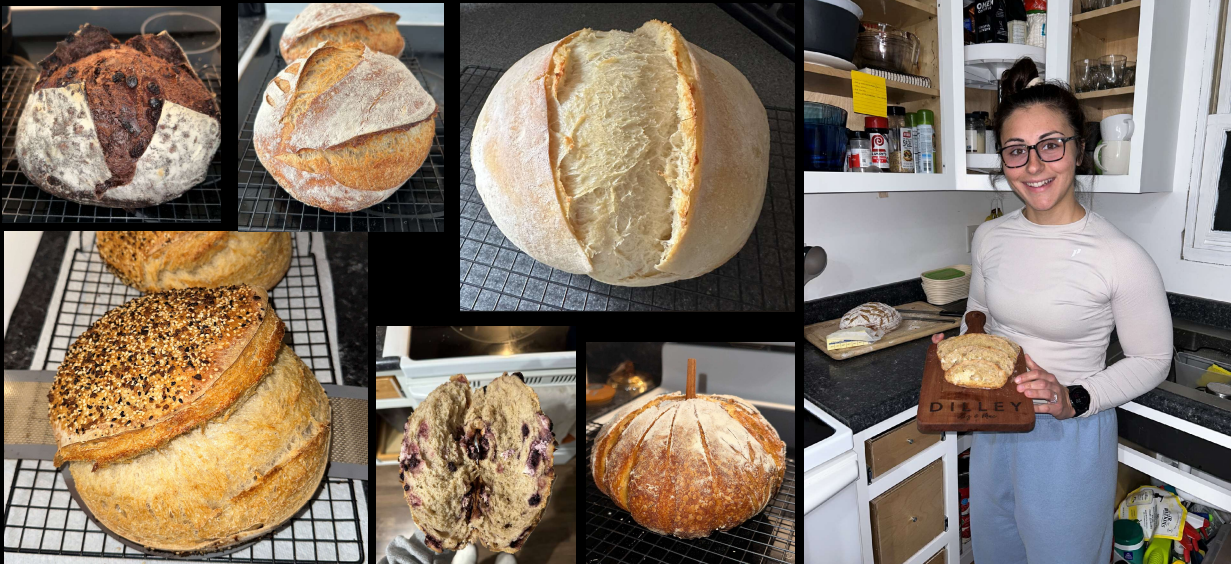
Homemade Sourdough Pros vs. Cons

SSG Elizabeth Dilley

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CREDIBILITY & MOTIVATION

Two Years and +100 Loaves of Experience



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MOTIVATOR

Quick Video:

<https://youtube.com/shorts/-HSGVapK9ws?si=RHBgy551fJ9KTAZj>

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ADMINISTRATIVE DATA

Deliberate Risk Assessment

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LEARNING OBJECTIVE

Terminal Learning Objective

- **Action:** Discuss pros and cons of buying/baking homemade sourdough bread through Groupthink
Mitigation Technique: Divergence-Convergence.
- **Conditions:** Given classroom setting, instructional slides, research, and group discussion
- **Standard:** Summarize pros and cons of buying/baking homemade sourdough bread.
- **Evaluation:** Check on Learning Questions

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PAST LEARNING

Baking Homemade Sourdough Refresher

- | | |
|--|--|
| <ul style="list-style-type: none"> • TIME / PROCESS <ul style="list-style-type: none"> + 8.5 days for your first loaf + 22-33 hours for each subsequent loaf • INGREDIENTS <ul style="list-style-type: none"> + Starter + Salt + Flour + Water | <ul style="list-style-type: none"> • NECESSARY EQUIPMENT <ul style="list-style-type: none"> + Mixing bowl + Dough Mixer + Bannetons + Ingredients + Dutch Oven + Oven + Refrigerator |
|--|--|

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ASSESSMENT QUESTION

Assessment: How else could you acquire homemade sourdough bread – other than baking it yourself?

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SETUP

Instructions Part 1

- **[3:00] Research pros and cons of buying and/or baking homemade sourdough bread**
 - + Write down your ideas on your notecard as you go
 - + Things to consider:
 - Startup costs of acquiring necessary equipment
 - Costs of ingredients – bread flour, salt
 - Cost of buying locally baked homemade sourdough bread
- **[0:30] Regroup & prepare your thoughts**

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SETUP

Instructions Part 2

- **[4:00]** Divergence-Convergence Method
 - + Go around the room, one at a time, give ONE **CON** to buying/baking homemade sourdough bread
 - + Go around the room, one at a time, give ONE **PRO** to buying/baking homemade sourdough bread
- **[2:00]** Discuss how you can/will use this information in the future

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APPLY

Check On Learning

- What were some of the pros to baking/buying homemade sourdough bread?
- What were some of the cons to baking/buying homemade sourdough bread?
- What aspect of baking/buying homemade sourdough bread has the biggest impact on you and your family?

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LESSON SUMMARY

Summary

- **TLO:** Discuss pros and cons of buying/baking homemade sourdough bread through Groupthink Mitigation Technique: Divergence-Convergence.
 - + Conducted research.
 - + Summarized pros and cons.
 - + Discussed how the information can be used in the future and how it can impact you and your family.

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Questions?

Thank you for your attention and participation!
I will be followed up by an AAR with SSG Tannis.

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