

Sourdough Feeding

If kept on counter need to feed every 24-48 hours

Measure 45 grams of starter, add 45 grams of water stir then add 45 grams of unbleached all-purpose flour. Stir again and cover with foil or lid loosely and repeat. If want to feed every 1 week then feed as directed, then add to refrigerator and only take out and feed each week.

Sourdough bread

Ingredients:

- 520 grams unbleached all-purpose flour (what has worked best for me)
- 12 grams salt
- 385 grams of water

90 grams sourdough starter (fed 8-12 hours earlier, or for a more sour sourdough use unfed starter 4-6 days after feeding if refrigerated)

Instructions

8 am feed stater leave on counter 6-8 hours once doubled in size then:

8 pm weigh flour in a medium bowl. (I prefer metal) Then add salt. Mix starter and water in a small bowl until cloudy and well mixed. Pour starter-water into flour incorporating all the flour using a fork or wooden spoon. It should be thick, shaggy, heavy, sticky dough. Mix until hard to stir, should take 1-2 minutes. Cover with a wet kitchen towel and let rest 15 minutes.

8:20 pm do the first set of stretches and folds. With 1 wet hand pull the dough from one side and stretch it upward and over to the center of the dough. Quarter turn the bowl and repeat, stretching up and folding it over the middle, repeat for about 30 seconds or until the dough gets firm and resists. Cover, rest and repeat the process 15 minutes later with wet fingers. Then turn the dough over in the bowl.

8:35 proof overnight, at room temperature. Cover the bowl with plastic wrap, wax wrap, or damp kitchen towel. Let it rest on the counter overnight.

8 am check the dough it should have expanded, with a slight springy dome to the top.

Poke test: flour finger and poke the dough. If it indents easily and mostly springs back to its original shape, it has probably risen enough.

Line a high sided bowl with parchment and slightly spray with pam or oil.

Second set of stretch and shape. Loosen the dough from all sides of bowl using wet fingers. Sliding down the sides of the bowl. With both wet hands, carefully pull the dough straight up, in the middle and lift it, stretching straight up in the air about a foot or 2 and place it back down, gently folding it on top of itself. In this first stretch, the dough may feel loose and a little runny, that's ok. It should firm up as it stretches and folds. After the first stretch turn bowl quarter turn wait 30-60 seconds, repeat the stretch and fold again. Then the third time you lift and stretch you will fold it over and put it in your parchment lined bowl.

Place bowl in fridge for 1 hour uncovered which will firm up the dough and make scoring easier. Preheat oven (for the full hour) to 500 degrees with your dutch oven inside and lid on.

Score and bake: when ready to bake, place dough by stove. Pull out the dutch oven, close the oven, remove

lid. Score the bread in the bowl with a very sharp knife swiftly and deeply. Add dough to dutch oven and cover with lid.

Bake in the middle of the 500-degree oven for 20-25 minutes. It should be puffed and just lightly golden and internal temp close to 200 degrees. If not put lid back on and bake a few more minutes. Remove lid and lower heat to 450 degrees, continue baking 10-15 minutes until deeply golden and internal temp is 204-208 degrees.

Remove from dutch oven and let it cool 1 hour or a rack or tilted on its side, before slicing so you don't let the steam out or smash it!

Enjoy!!