

Dutch Oven¹ Sourdough²

1 C Sourdough Starter
6 C flour (up to 2C
wheat/rye/buckwheat/cornmeal/etc)
3 C Water (variation: 1 C beer or cider)
1 T Salt
¼ t Active Dry Yeast
¼ C olive oil (for bowl and second rise)

Combine Sourdough starter and 2 C tap-hot water in large ceramic mixing bowl. Water too hot can hurt your yeasts, but the starter is cold from the fridge so you're pretty safe here. Add ¼ t dry yeast (to give things a little extra oomph... tweak this up or cut it out if your starter is sassy or sluggish!) and 3 C flour. Mix with wooden spoon. Dissolve 1 T Salt in 1 C tap-hot water (the second cup) and add to ceramic bowl; add remaining 3 C flour and mix.

Ready for the first rise: Cover with damp rag and let rise 12-15 hours.



Rise and Shine! Looking good after the rise.

¹ I recommend a 7-quart cast iron Dutch oven, Lodge makes an invincible and economical one, but any covered baking dish of sufficient size will do.

² This recipe, and the sourdough starter used to bake the bread, was captured and perfected by Walker Holmes in New Haven Connecticut in 2009 and is used with her permission.

Dump bread on floured countertop and scrape out dregs with wooden spoon; wash ceramic mixing bowl; pour oil in ceramic mixing bowl and slosh around; return bread to mixing bowl and cover with damp rag. 2-5 hour rise.

“The Dump”:



Pre-heat Dutch Oven & Lid 30 min @ 450. Spray Dutch oven w/non-stick spray and scatter bottom with oat or corn meal. Dump dough and remaining oil into Dutch Oven; cover and bake for 30 min @ 450. Uncover and bake @ 450 for 15 more minutes. Remove from oven and cool on rack. Should keep for one week in Ziplock bag.



Enjoy!

³ Every time you use your starter, replace and add as necessary with equal parts warm water and flour. Once stirred (with a wooden spoon) texture should be stringy and tacky though somewhat like pancake batter. Grow your starter by replenishing 150% of used volume. Best if used or fed once a month.