

Sourdough Bread

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Flour + Water + Salt...How hard could it be?

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GSPS - 10/19/18

THE CULINARY INSTITUTE OF AMERICA®



Bread Basics

Main Ingredients:

- Flour
- Water
- Salt
- Yeast

Method:

- Mix everything
- Let rise
- Shape
- Rise again
- Bake!



@maurizo

@tartinebaker

@maurizo



**Unbleached
Unbromated**



**Bleached
and/or
Bromated**

Today's Bake:

Ingredients:

- King Arthur Bread Flour
- King Arthur White Whole Wheat Flour
- Water
- Sea Salt
- Natural Yeast (whole rye flour, bread flour, water)
- Polenta (corn grits)
- Rosemary
- Rice flour (on the crust of the loaf)

This bread is made by me in my kitchen...if you have allergies just ask

Not Sourdough:

- Made with commercial yeast



Sourdough:

- Made with natural yeast



Boris the Sourdough Starter



To start a starter:

Day 1: Mix equal weights of flour & water in glass container

Day 2: Discard half of mix, add equal weights of flour & water to the container

Days 3 - 7: Repeat Day 2 procedure

Day n: When the starter rises and falls predictably, it's ready to bake with!



Feed Boris 3 times a day:

- 25g Rye Flour
- 25g Bread Flour
- 50g Bottled Water
- 50g Mature Starter

Can preserve starter in fridge for short periods (weeks) or dry into chips for long-term storage (years)

Sourdough Science:

Lactobacillus (bacteria):

Eats sugars,
produces Lactic &
Acetic Acid

Yeast:

Feeds on sugars,
produces carbon
dioxide and ethanol
when it eats...raises
bread



20
minutes
in 15
seconds

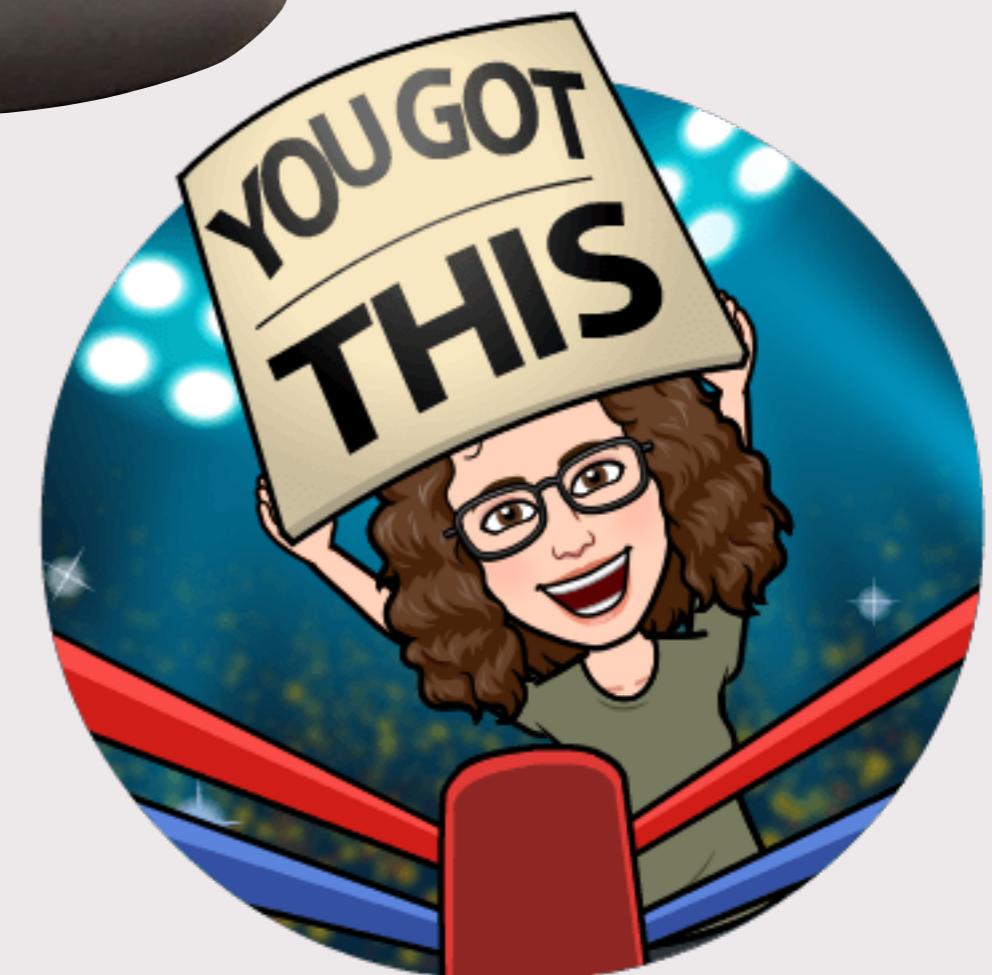


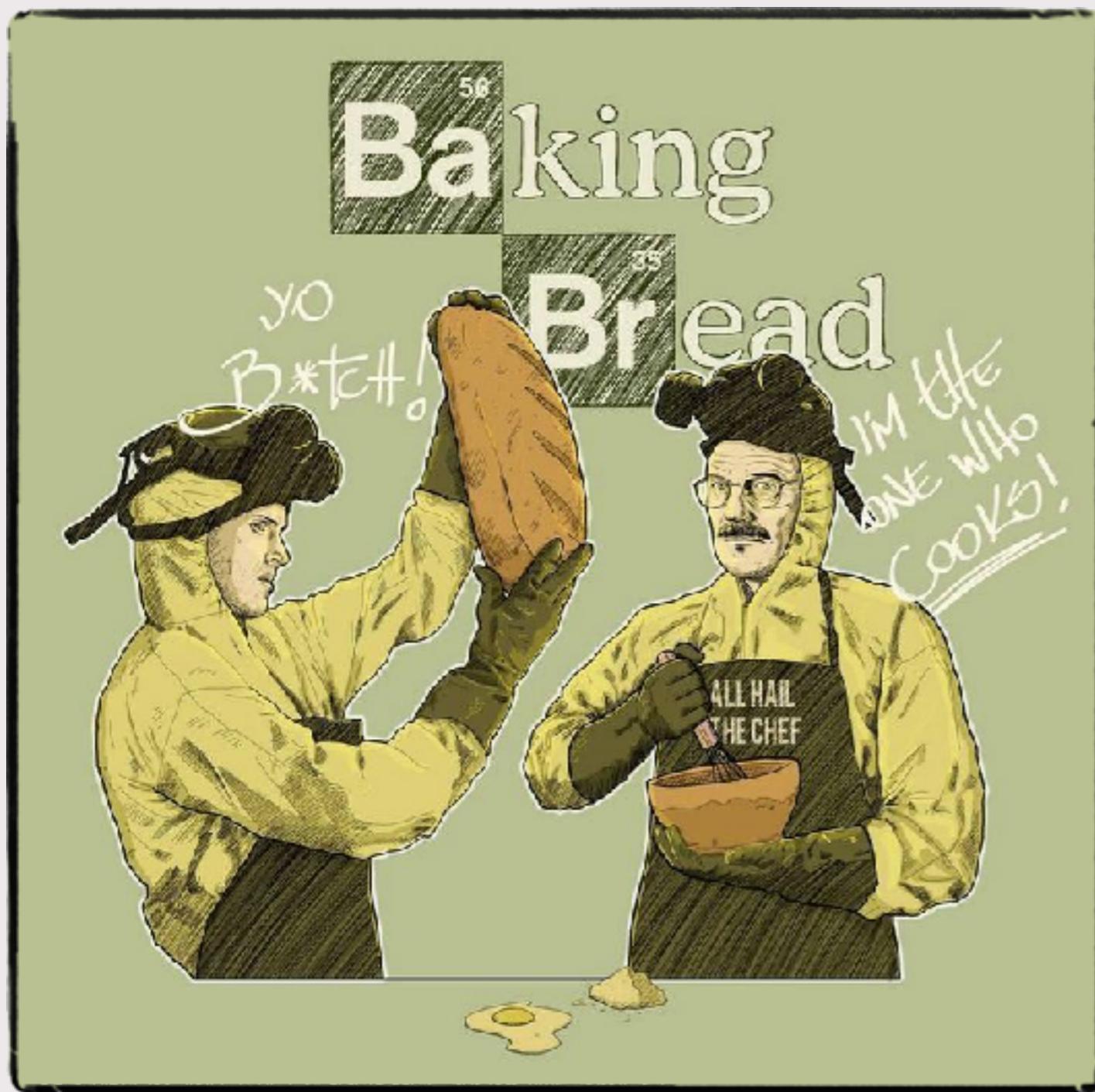
It's
Alive!!!



Sourdough tools:

- Heavy bowl or plastic tub
- Dough scraper
- Kitchen scale
- Linen Towels
- Glass jars
- Rubber spatulas
- Sharp knife or lame
- Pizza stone or dutch oven
- Pizza peel
- Good oven mitts
- A good attitude!





Sourdough Steps:

- 1. Build Levain**
- 2. Autolyse**
- 3. Final Dough Mix**
- 4. Stretch & Folds**
- 5. Bulk Fermentation**
- 6. Pre-shape**
- 7. Shape**
- 8. Cold Fermentation**
- 9. Bake**
- 10. Analyze & Enjoy!**

1. Build Levain

Boris



Levain



3. Final Dough Mix



2. Autolyse

4. Stretch & Folds



Water
Flour

+

Levain
Salt

Mix ins

4. Stretch & Folds



@stephsbread

5. Bulk Fermentation



6. Pre shape



7. Shape



@padocadoalex

8. Cold Fermentation



9.

THE GREAT BRITISH
BAKE OFF

BBC One

BAAAKE

9. Baking

Important things:

- Scoring
- Oven temp
- Steam
- Time



@danlarn

@blondieandrye

9. Baking

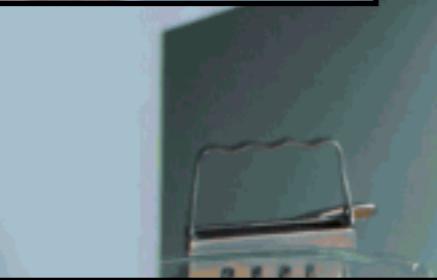
Important things:

- Scoring
- Oven temp
- Steam
- Time



@foolproofbaking





10. Analyze and Enjoy!











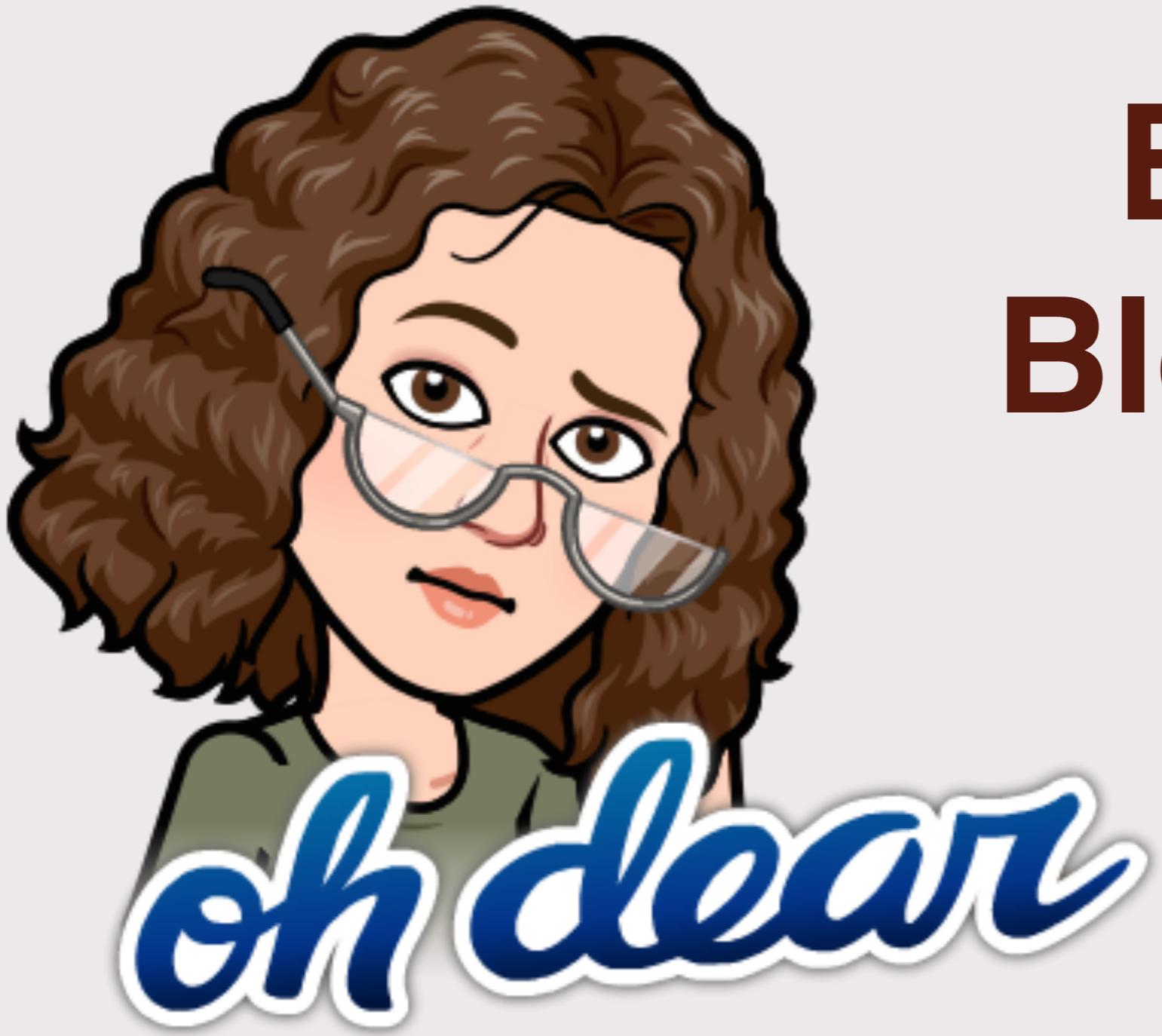




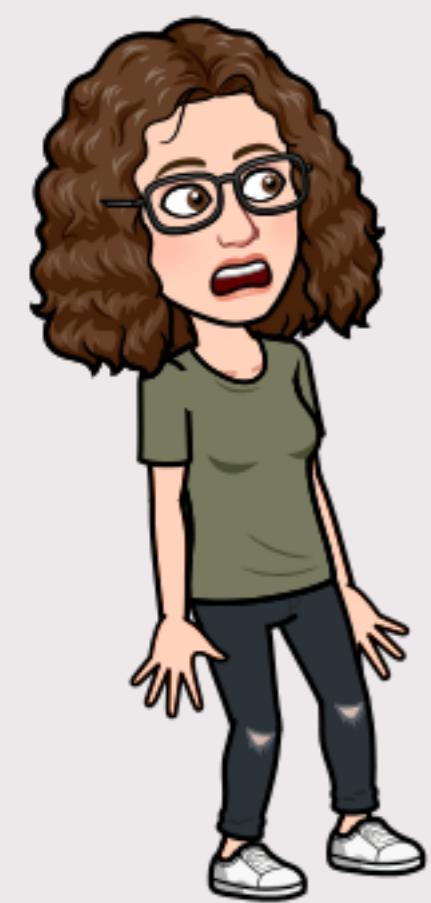
Natural Yeast is not just for sourdough loaves!

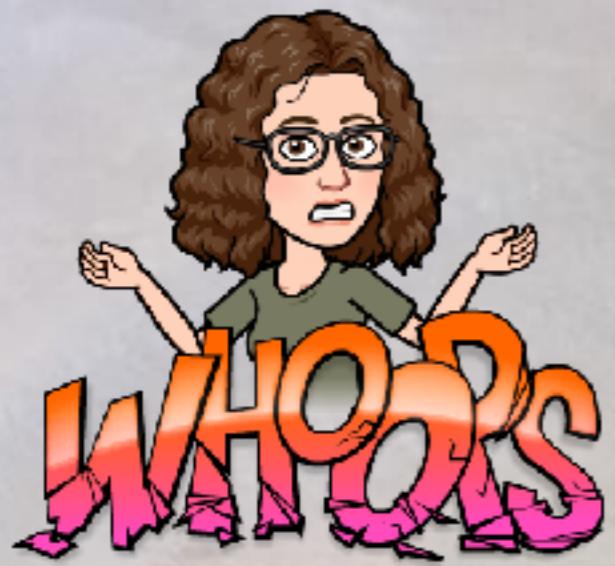






Bread Bloopers









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@syd_sherman