

Sourdough

Starter

BEFORE I can start, I need to buy

- 2 week glass jar (#743, 3/4 liter jar)
- kitchen scale
- instant thermometer
- spatula
- rye flour
- unbleached, all-purpose white flour

Note: **mature starter** is when starter has risen to it's maximum height

Making from scratch

Each day, the starter needs to be 'fed'. This is easily done according to the following steps:

1. Stir down your starter a little bit with spatula
2. Place clean jar onto scale and scoop required portion from the jar that was just stirred
3. Add fresh flour and water (80 °F or 26 °C), and mix well
4. Loosely cover the jar and leave to rest until next feeding

Day 1: add 100g whole grain rye flour and 150g water and mix until all dry bits incorporated. Let rest for 24 hrs

Day 2: add 75g of existing mixture and 50g rye flour, 50g all-purpose flour, and 125g water. Mix until all dry bits incorporated and leave for 24 hrs

Day 3: add 75g of mixture and 50g rye flour, 50g all-purpose flour, and 125g water. Mix until all dry bits incorporated and leave for 24 hrs

Days 4-6: add 75g of mixture with 50g rye flour, 50g of all-purpose flour and 125g water. Do the same 12 hrs later, and then do it again in the morning

Day 7: add 50g of mixture with 50g rye flour, 50g all-purpose flour, and 100g water. In the evening (12 hours-ish)

- Until the starter is very active (couple weeks), feed at least once a day

Weekend baking maintenance

Normal refreshment: what you should normally do to refresh your starter

Ingredient	Weight
Starter	20g
Flour	100g

Ingredient	Weight
Room Temperature Water	80g

Below is the weekly schedule:

Day	Action
Monday	Starter in fridge
Tuesday	Starter in fridge
Wednesday	Starter in fridge
Thursday	Refresh in evening
Friday	Refresh in morning and evening
Saturday	Build levain
Sunday	Bake loaves/pancakes

Thursday: take starter out of fridge after work to warm up. Before going to bed, bring jar to 30g starter and add 100g room temp water and 100g flour (or normal refreshment flour mixture). Leave to ferment until morning

Friday: before work, discard starter until you're left with 15g. Refresh with normal refreshment flour mixture. Stir and leave on counter with loose-fitting lid. In evening, do a normal refresh

Saturday: In the morning, build levan from specific recipe. Leave levain to ferment during the day. Now, if you want to make pancakes for Sunday, refresh starter to prepare dough later. If you want to skip pancakes, refresh and leave for 30 min before putting it in the fridge

Sunday: make pancakes and bake bread

Bread

Makes 2 loaves

Ingredient	Weight (g)
Bob's Red Mill Artisan Bread Flour	748
Bob's Red Mill Stoneground Whole Wheat Flour	110
Bob's Red Mill Dark Rye Flour	49
Water	691
Sea Salt	18

1. Levain (8:00 Saturday)

Ingredient	Weight (g)
Sourdough Starter	37
Whole Wheat Flour	37
Artisan Bread Flour	37
Room Temperature Water	74

Mix ingredients together, and leave in a jar for 5-6 hrs until bubbly at top and along sides

2. Autolyse (12:00 Saturday)

Ingredient	Weight (g)
Artisan Bread Flour	748
Whole Wheat Flour	110
Dark Rye Flour	49
Warm Water (92 °F or 33 °C)	691

Mix the above (save 50g water) until all dry bits hydrated. Cover for 1 hr

3. Mix (1:00 Saturday)

Ingredient	Weight (g)
Flour Mix	
Sea Salt	18
Leaven	
Water	50

Add salt, water, and leaven to flour & water mixture and mix. Transfer to thick-walled bowl for next step

Note: check temperature here. If below 78 °C, use warmer water next time

4. Bulk Fermentation (1:10-5:10 Saturday)

Perform 3 sets of stretch and folds

- each set has 4 folds (N-E-S-W rotation)
- stretch and fold half over. Rotate 180° and repeat. Then rotate 90° and repeat, than another 180° and repeat
- let dough rest 30 min between sets
- last hour will not require folds

5. Divide & Preshape (5:15 Saturday)

1. Lightly flour work surface

2. Cut dough into 2 halves
 3. Lightly flour the hand without the bench knife. Using the knife and the hand, turn each dough half on the counter while pulling the dough towards you, forming a circle
 4. Let rest uncovered for 25 min
6. Shape (5:35 Saturday)
1. Flour work surface, hands, and top of dough rounds
 2. Flip rounds so that floured top is on floured surface
 3. Flip one side so that it is covering the over by about 2/3, and then stretch. Rotate and repeat on other side (see Figure 1)
 4. Flip and roll dough so all seams on bottom
 5. Drag gently towards you and let rest for 1 min. Place loaf seam-side up into a proofing basket



Figure 1: Shaping Dough

7. Rest & Proof (5:40 Saturday - After Church Sunday)
1. To prevent drying, seal bowls in plastic bags
 2. Once covered, let dough rest on counter 20 min and then retard in fridge 16 hrs
8. Bake (After Church Sunday)
1. Preheat combo cooker or Dutch oven inside oven for 1 hr at 500 °F.

Place shallow side face up

2. After preheating done, remove plastic from loaf and cut parchment paper and put it on top of the basket with the loaf. Put a cutting board, and flip it so the loaf rests on the parchment paper. Cut a fun pattern on the loaf top
3. Pull out the shallow side of the combo cooker, and using the parchment paper, place the loaf onto the shallow side. Then place the heavy side on top
4. Turn the oven down to 475 °F and bake for 20 min
5. After 20 min, remove top of combo cooker leaving it in the oven beside the shallow part of the cooker holding your dough. Close the door, turn oven down to 450 °F and bake for 30 min. Bread is done when internal temp is 208 °F
6. When done, use oven mitt to remove bread from combo cooker (grab corner of parchment paper and drag cooked bread out of cooker. Cool bread on wire rack.
7. Reheat oven to 500 °F and repeat for second loaf

Note: once done, wait for 1-2 hrs before slicing bread