

RECIPE Sourdough Bread

From the kitchen of Keaton Lewis



25 hours

30 min

1 or 2 Loaves

Ingredients



1 Loaf

- 300g- 90°F Water
- 100g- Ripe Starter
- 400g- Bread Flour
- 100g- Whole Wheat Flour
- 10g- Sea Salt

2 Loaves

- 600g- 90°F Water
- 200g- Ripe Starter
- 800g- Bread Flour
- 200g- Whole Wheat Flour
- 20g- Sea Salt

Directions



4 hours

1. Mix all the ingredients in a mixer using a dough hook for **3 minutes ON THE LOWEST SPEED!**
2. Cover the bowl with plastic wrap for **30 minutes** to allow the autolyse.
3. Remove the dough from the bowl and then place it on a lightly floured surface. Gently mead it using the stretch and fold technique.
4. Place the dough back in the bowl and cover with plastic wrap. Leave for **1 hour**.
5. Repeat Step 4 **two more times** for an additional 2 hours.

3 hours

6. Remove the dough from the bowl.
 - If making two loaves, then divide the dough into two equal-sized balls.
7. Put flour into a banneton basket, and then place the dough ball inside. Wrap in plastic wrap.
 - If you don't have banneton baskets, use bowls instead. (I recommend getting some banneton baskets as it creates a much better loaf.)
8. Let the dough rise for another **3 hours** at room temperature.

18 hours

9. Afterwards, place the dough in the fridge for 12-18 hours.
10. When ready to bake, preheat the oven to **the highest setting on your oven (but not higher than 550 degrees!)**.
11. Insert a tray with hot water in the bottom of the oven on the lowest rack. (I boil water then pour it on a cookie sheet.
12. Your dough balls will be upside down. Gently flip them over onto sheets of parchment paper and place them on cookie sheets or baking stones.
13. Score your dough ball. (I've found that a lame knife is the best tool as it is what it is designed for. Other blades may not be sharp enough and ruin the shape of your dough ball. Use the sharpest blade you have, such as a razor blade.)

2 hours

14. Place the dough in the oven and bake for **8-10 minutes**.
15. Remove the tray of water from the oven, then bake the loaf for an additional **20-30 minutes**.
16. Remove the bread loaf from the oven and place on a cooling rack.
17. Wait at least **45-60 minutes** before cutting into the loaf. This allows any extra moisture that causes the bread to be gummy to be removed.

Notes

- Feed your starter around 8pm the night before and let it sit partially covered on the counter overnight. That way you can begin making the dough the next morning.
- When handling the dough, be VERY gentle. You don't want to knead it as you would a normal loaf of bread.