

Lazy (but Smart) Baker Sourdough Method

Ingredients (1 bread):

- 500 g of flour (any blend is ok, or 100% all-purpose)
- 375 g of warm water (microwave for 1 min), this is 75% hydration (you can adjust as needed, starting with lower hydration like 350g and you can work up to higher hydration like 400g)
- 50 g starter (straight from the fridge)
- 8 g salt

**for double loaf, you will need to use 2 separate large bowls, as this method causes the dough to triple in volume and you will not have enough room for both in one bowl. Since you will be using the proofing box for this, this means you can only have 1 bowl in the proofing box, and then you may place the second one in the oven with the light on.*

Night Before (around 8:00 p.m.)

- Mix all of the ingredients above in a large mixing bowl. Place in proofing box at 78 degrees.
- Let it sit (autolyze) for 30 minutes
- After 30 minutes, stretch and fold for the first time. Then stretch and fold every 30 minutes, a total of 3 or 4 times.
- After the last fold, let it sit overnight (it should now be around 10:00 or 10:30 pm). Depending on how early in the morning you will wake up, you can adjust the temperature of the proofing box (75-80). I usually have it at 76-78 degrees, and I wake up around 6:00-7:00 to check on the dough. If you want to sleep in, then just have it sit on the counter at room temp if it's cool.

Morning After (around 6:00 a.m.)

- By morning, the dough would have tripled in size, sometimes will reach the top of the rim of the bowl. It will be very crazy bubbly. You will notice a fermented smell.
- In the bowl, wet hand and grab the dough to "shape" repeatedly (see Elaine's video on how to do this, I'll send to you via youtube) until into a somewhat tight ball. The dough will become much smaller as it "degasses". Then keep your palm on the dough, flip the bowl upset down and allow gravity to work so that the dough will now be in your hand. Place it directly into the banneton. THIS IS A SUBSTITUTE FOR COUNTER SHAPING.
- That's it! It might seem a bit messy in the banneton if you are used to counter shaping, but it will end up fine. No need to counter shape, no mess on the counter to clean up. Keep in mind this method usually leads to smaller, even crumb (so no big, open crumb), but very airy and light.
- Place in refrigerator covered, and allow 2-3 hours for final proof. 3 hours is the sweet spot for me. It will double in volume. You also have the flexibility of leaving it in the fridge for 8-12 hours for the final proof (in case you want to go to work and come back to bake). Keep in mind this may cause the bread to be more tart.

Bake (around 9:30 a.m.)

- Preheat oven to 500 degrees around 8:45 a.m. for a 9:30 bake with dutch oven inside.
- Place dough in the dutch oven with a simple score (with Elaine's method, there is less surface tension so you will not be able to score more intricately). You also have the option of not scoring at all!
- Bake covered at 500 degrees for 20 minutes, then turn down to 450 degrees and continue to bake for 30 minutes COVERED. I find that having the dough covered throughout the entire bake results in a thinner crust that is easier to chew, and it leads to a beautiful golden brown color.

**I love this method because I am only baby sitting the dough from 8:00 p.m. to 10:00 p.m. (easily while I'm watching TV), and then I shape the dough in the morning and can do things while it sits in the fridge for the final proof.*

**Also, you can use this method and work it around your schedule if you want to bake on a weekday when you have to go to work. So you can leave it in the fridge for 12 hours + before baking, just keep in mind it will be more tart/sour the longer you let it ferment.*

Lazy (but Smart) Baker Starter Feeding Method

- Keep starter 100% in the refrigerator. It will never be on the counter.
- Every time you use 50 grams of starter for bread (with the Lazy Baker Method), just replenish with all-purpose flour and water. I usually use 2 large spoon fulls of flour and then add water for it to be a consistency that it not too thick or thin. By the time I'm done feeding, the starter should reach about 1/2 the height of the jar.
- Then put back in fridge, loosely covered. Repeat feeding the next time you use it for bread.

**Keep in mind that this method only makes enough starter to make 1 bread (50 grams). If you plan on making 2 breads, you will need to plan for that, feed more until it's almost to the top of the jar, or keep it in a larger jar, or keep it on the counter and feed it the day before you need to use it.*

**With this method, the starter will not really expand much in the jar. Usually it just gets really bubbly but stays around the same volume, maybe just a bit taller.*

**If you don't bake for a couple of weeks, discard some starter as if you are using it to make bread, and then feed it as usual, place back in fridge.*

**With this method, it is very common for a layer of alcohol to develop on the top of the starter. Just pour it out before using or feeding. It will not alter the flavor of the bread.*

**This method does not waste any flour like other methods because you just use what you need (if you bake regularly) and there is little to toss out.*