

SOURDOUGH BREAD



STARTER RECIPE

15g TURKEY RED WW FLOUR
15g ALL PURPOSE FLOUR
30g WATER (WARM ~80°F)
30g SOURDOUGH STARTER

90g TOTAL (STEPS 1 & 2)

BREAD RECIPE

292g ALL PURPOSE FLOUR
97g TURKEY RED WW FLOUR
292g WATER (WARM 80-90°F)
58g SOURDOUGH STARTER
10g SALT

750g TOTAL (STEPS 3 - 11)

STEPS

- ① PREPARE THE STARTER BY MIXING ALL OF THE INGREDIENTS TOGETHER IN A JAR WITH A LID.



- ② REPLACE THE LID & LET IT REST AT ROOM TEMP UNTIL IT HAS DOUBLED IN SIZE & IT PASSES THE FLOAT TEST. ABOUT 4 HOURS.

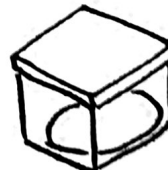


- ③ WHEN THE STARTER IS READY, IN A LARGE BOWL, MIX THE FLOURS & WATER TOGETHER SO THAT THERE IS NO LOOSE FLOUR. USE A SPOON OR WET YOUR HANDS TO AVOID STICKING. COVER WITH A TOWEL & LET REST FOR 30 MINUTES.

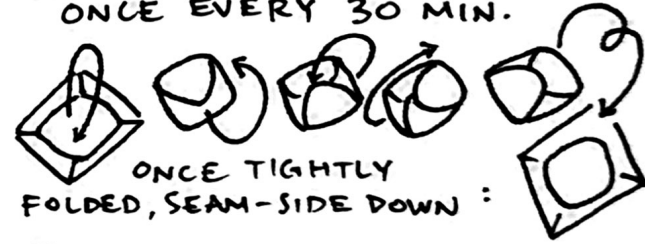
- ④ ADD THE STARTER & SALT. COMBINE BY SQUEEZING & KNEADING THE DOUGH UNTIL A SMOOTH BALL FORMS. IT SHOULD NOT BE STICKING TO THE SIDES, SCRAPE DOWN IF NEEDED.



- ⑤ MOVE THE DOUGH INTO A PLASTIC AIR-TIGHT CONTAINER AT LEAST TWICE THE VOLUME OF THE DOUGH.



- ⑥ GIVE THE DOUGH 5 FOLDS, ONCE EVERY 30 MIN.



- ⑦ 30 MIN AFTER THE FINAL FOLD (3 HOURS AFTER THE DOUGH WAS MIXED), PLACE THE CONTAINER IN THE FRIDGE FOR BETWEEN 12 AND 24 HOURS.

- ⑧ ON A LIGHTLY DUSTED SURFACE, PRESHAPE THE DOUGH INTO A ROUND. LET REST 30 MIN.



- ⑨ SHAPE THE DOUGH AS A BOULE OR AN OBLONG FOR DESIRED PROOFING BASKET OR LOAF PAN. DUST THE BASKET WITH FLOUR & GREASE THE PAN.



- ⑩ SCORE THE DOUGH & BAKE AT 480°F FOR 25-45 MIN. INSERT A THERMOMETER TO THE CENTER OF THE LOAF TO CHECK IF BAKED THROUGH: 200°F.
- ⑪ LET COOL ON A COOLING RACK FOR AT LEAST 20 MIN BEFORE CUT.