

THE Sourdough Institute

Course Schedule Plan



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Module 01 - Available at time of enrollment

Introduction

Introduction to Sourdough Starter + Explaining how we work through this module.

Lesson 01

Scale, Flour & Water: Some fundamentals to be aware of before you begin.

Lesson 02

How to Feed a Starter: Feeding is done constantly, getting this part right is step one in your sourdough journey.

Lesson 03

Discard Before Feeding: Often you will be discarding from your existing starter before feeding. This lesson explains when, how and why to discard.

Lesson 04

Creating Your Starter: Now that you know how to feed and discard from your starter, you are ready to create a brand new starter from scratch.

Lesson 05

What Happens Next: The creation of the starter is a process of 7-10 days. In this lesson I will explain how to treat the starter throughout this stage.

Module 02 - Available 7 days after enrollment

Lesson 01

Identify If Your Starter Is Ready: In this lesson we will learn how to identify if the starter is ready for use.

Lesson 02

Nourish Your Starter for 30 Days: A strong, healthy starter is key to happy bread. In this lesson you will learn how to nourish your starter for the first 30 days further developing its strength.

Lesson 03

How to Maintain Your Starter on an Ongoing Basis: Your starter is now a living thing. It must be maintained in order to remain alive. If you bake on a regular basis, the feedings you do when baking may be enough to keep it alive. But what happens when you are not baking for a period of time? This lesson will walk you through everything you need to know.

Lesson 04

Storing Your Starter for a Lengthy Period of Time: If for whatever reason you need a break from your starter, whether it is for a couple of weeks or even for a few years, there are methods of storage that'll ensure you can return at your convenience and continue to use your starter.

Lesson 05

Preparing Your Starter for Baking: Each time before we bake we need to feed the starter in preparation for the dough. This lesson teaches you exactly how to do so.

Module 02 - Continued

Lesson 06

How to Manipulate The Feeding to Work on Your Schedule: This lesson gives you the basic knowledge you would need in order to advance or delay your feeding of the starter before baking.

Lesson 07

Conclusion: Just a quick wrap up of what we've learned in module 2 and what to look out for in module 3.

Module 03 - Available 14 days after enrollment

Introduction

Introduction to Baking: You are finally ready to break some bread! Just a quick preview of everything we will learn in this module.

Lesson 01

Preparing the Dough + Autolyse: In this lesson we will put up our dough in preparation for a beautiful country loaf. Once we put up the dough, the 'autolyse' begins..

Lesson 02

Adding Salt + Kneading: After 30 minutes we add the salt and knead the dough.

Lesson 03

Bulk Fermentation + Stretch & Fold: The next step is called 'bulk fermentation', during this step we perform what is called 'stretch & fold'.

Lesson 04

Bench rest + Shaping: After the bulk fermentation comes the 'bench rest' followed by shaping.

Lesson 05

Final Rise: After shaping we leave the dough for a 'final rise'. In this lesson you will also learn how to identify if the dough is ready for baking.

Module 03 - Continued

Lesson 06

Scoring + Preparing the Oven: Immediately before baking we 'score' the bread. Preparing your oven in advance is important so that you can bake without delay.

Lesson 07

Baking: This lesson will demonstrate how to bake using either a cast iron pot or a sheet pan. Either way, steam is important and you will learn how to create it using either method.

Conclusion

By now, you are probably crunching on some fresh bread. Congratulations! Let's take a quick look at what we've learned before we wrap this up.