

THE Sourdough Institute

*Module Three Summary,
Country Loaf Recipe,
Sample Baking Schedule
& Checklist*



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Module 03 - Baking

Tools & Ingredients needed for steps taught in this module

- *Scale*
- Existing Starter
- *Mixing Bowl*
- *Unbleached Bread flour*
- *Whole Wheat Flour*
- Water
- Salt
- Bench Knife (recommended)
- Banneton or any bowl lined with a dish towel
- Lamé or straight blade kitchen knife
- Dutch oven or 2 baking pans
- Oven

What you will learn in this module

- Bread baking from beginning to end

Country Artisan Loaf Recipe - 73% hydration

- 100 gram bubbly sourdough starter (leaven)
- 400 gram bread flour
- 100 gram wholewheat flour
- 365 gram room temperature water (335gr for initial dough + 30gr when adding salt)
- 10 gram salt

Module 03 - Summary

Feed your starter

- 4-6 hours before preparing the dough, feed your starter with enough flour and water according to the recipe which you will be baking with.
- Once you are confident that the starter is active and ready you may proceed to prepare the dough. (for beginners it is recommended to preform a float test to verify that the starter is ready)

Prepare your dough

NOTE: Leave 30 grams of water out, this will be added with the salt later on.

- Using the recipe provided, mix the flour, water and starter in a bowl, cover and leave on counter for 30 minutes.
- These 30 minutes are referred to as 'autolyse'.

Add salt & knead

- After 30 minutes add the salt (as in recipe) as well as the 30 gram water previously left out.
- Knead the dough lightly by hand for 1-2 minutes, until the salt is well incorporated.

Bulk fermentation + Stretch and fold

- After kneading, cover the dough and leave out at room temperature for 4-6 hours.
- During this time, preform a stretch and fold every 30-40 minutes.
- NOTE: If you cannot attend to the dough during the bulk ferment to do the stretch and folds, simply knead the dough for an extra 4-5 minutes when adding the salt.

Module 03 - Summary

Bench rest + Shaping

- After the bulk ferment, remove the dough from the bowl, perform a quick stretch and fold, dust lightly with flour, flip over and leave on the counter for approximately 20 minutes.
- After the bench rest, your dough is now ready to be shaped.

Final Rise

- Once your bread is shaped and in the proofing basket, cover it with a dish towel and move on to the final rise:
- Final rise can either be at room temperature for approx 2 hours, or you may place it in the fridge for up to 72 hours.
- If you are doing the final rise at room temperature, it is recommended to place in the freezer for the last 10-15 minutes as this will firm the dough and help to achieve a nice scoring.

Pre heat oven + Score

- Pre heat your oven approx 30 minutes before scoring. It is important to place your bread in the oven immediately after scoring. A hot oven is essential to evenly baked and crispy loaf.
- When baking with a Dutch Oven, place the pot in the oven during the pre heat.
- Once your oven is ready and the final rise is over, score the bread as instructed and immediately proceed to baking.
- CAUTION: Over fermentation will ruin the texture of your bread, be on the lookout for the 'right' moment, or place shaped bread in the fridge if you are not around.

Baking

- Bake the bread at 500 degrees for 15 minutes, either covered in the dutch oven or with a steam tray underneath as instructed.
- After 15 minutes, remove cover or steam tray and lower the oven to 450 degrees. Bake for an additional 25-30 minutes or until dark brown.
- When removing from the oven, place on cooling rack and allow to cool for 1-2 hours before serving.

Module 03 - Sample Baking Schedule & Checklist

SAMPLE Evening Bake

Sample time schedule for a quick same day bake, providing that you are able to attend the dough during the day

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 Use these forms as a sample time sheet and check off list. But remember that these timings are for illustration purposes only, actual timings may vary depending on your ambiance and starter condition.

Refer to the lessons in module 3 for more specific guidance.

| STEP                                   |                        | ACTION                                                                                                                                                    | TIME        | INSTRUCTION                                                                                                 |
|----------------------------------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------|
| Feed Starter                           |                        | Feed Starter                                                                                                                                              | 7:00 AM     | <i>You can alter the feeding time by using warmer water to speed it up and colder water to slow it down</i> |
| #1. Form dough + Autolyse              |                        | Form Dough                                                                                                                                                | 12:00 PM    | <i>Using the recipe provided, save 30gr water to use when adding the salt</i>                               |
|                                        |                        | Autolyse Begins                                                                                                                                           | 12:05 PM    |                                                                                                             |
| #2. Add salt & knead                   |                        | Autolyse Ends - <b>ADD SALT</b>                                                                                                                           | 12:35 PM    |                                                                                                             |
|                                        |                        | & Knead for                                                                                                                                               | 1-2 Minutes |                                                                                                             |
| #3. Bulk Fermentation + Stretch & Fold |                        | Bulk Fermentation Begins                                                                                                                                  | 12:40 PM    | <i>To skip the stretch &amp; fold's simply knead for an extra 3-5 minutes in step 2.</i>                    |
|                                        |                        | <i>Stretch &amp; Fold 1</i>                                                                                                                               | 1:20 PM     |                                                                                                             |
|                                        |                        | <i>Stretch &amp; Fold 2</i>                                                                                                                               | 2:00 PM     |                                                                                                             |
|                                        |                        | <i>Stretch &amp; Fold 3</i>                                                                                                                               | 2:40 PM     |                                                                                                             |
|                                        |                        | <i>Stretch &amp; Fold 4</i>                                                                                                                               | 3:20 PM     |                                                                                                             |
|                                        |                        | <i>Stretch &amp; Fold 5</i>                                                                                                                               | 4:00 PM     | <i>Note: You can shorten the fermentation time by using warmer water when forming the dough</i>             |
|                                        | Bulk Fermentation Ends | 4:50 PM                                                                                                                                                   |             |                                                                                                             |
| #4. Bench Rest + Shaping               |                        | Bench Rest Begins                                                                                                                                         | 4:50 PM     |                                                                                                             |
|                                        |                        | Bench Rest Ends - <b>SHAPE</b>                                                                                                                            | 5:10 PM     |                                                                                                             |
| #5. Final Rise                         |                        | Final Rise Begins                                                                                                                                         | 5:15 PM     |                                                                                                             |
|                                        |                        | Final Rise Ends                                                                                                                                           | 7:15 PM     |                                                                                                             |
| <i>OPTIONAL - COLD FERMENT</i>         |                        | <i>Instead of final rise at room tempature, you may place the shaped bread in the fridge for upto 72 hours. This is also known as a cold fermentation</i> |             |                                                                                                             |
| #6. Score + Preparing Oven             |                        | Pre Heat Oven                                                                                                                                             | 6:45 PM     |                                                                                                             |
|                                        |                        | Score                                                                                                                                                     | 7:15 PM     |                                                                                                             |
| #7. Baking                             |                        | Bake at 500 degrees for 15 min                                                                                                                            | 7:20 PM     |                                                                                                             |
|                                        |                        | Remove Cover or Ice Tray, lower oven to 450 degrees                                                                                                       | 7:35 PM     |                                                                                                             |
|                                        |                        | Remove Bread From Oven                                                                                                                                    | 8:00 PM     |                                                                                                             |

## Module 03 - Sample Baking Schedule & Checklist

### SAMPLE Morning Bake

Sample time schedule for those that are not home or unable to attend during the day.

Use these forms as a sample time sheet and check off list. But remember that these timings are for illustration purposes only, actual timings may vary depending on your ambiance and starter condition.

Refer to the lessons in module 3 for more specific guidance.

| STEP                                   |  | ACTION                                                                                                                                                    | TIME        | INSTRUCTION                                                                           |
|----------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------------------------------------------------------------------------------------|
| Feed Starter                           |  | Feed Starter                                                                                                                                              | 9:00 AM     | Use cold water when feeding the starter in order to slow down the process             |
|                                        |  |                                                                                                                                                           |             |                                                                                       |
| #1. Form dough + Autolyse              |  | Form Dough                                                                                                                                                | 5:30 PM     | Use lukewarm water, in order to shorten the bulk fermentation time                    |
|                                        |  | Autolyse Begins                                                                                                                                           | 5:35 PM     |                                                                                       |
| #2. Add salt & knead                   |  | Autolyse Ends - <b>ADD SALT</b>                                                                                                                           | 6:05 PM     |                                                                                       |
|                                        |  | & Knead for                                                                                                                                               | 1-2 Minutes |                                                                                       |
| #3. Bulk Fermentation + Stretch & Fold |  | Bulk Fermentation Begins                                                                                                                                  | 6:10 PM     | To skip the stretch & fold's simply knead for an extra 3-5 minutes in step 2          |
|                                        |  | Stretch & Fold 1                                                                                                                                          | 6:45 PM     |                                                                                       |
|                                        |  | Stretch & Fold 2                                                                                                                                          | 7:15 PM     |                                                                                       |
|                                        |  | Stretch & Fold 3                                                                                                                                          | 7:45 PM     |                                                                                       |
|                                        |  | Stretch & Fold 4                                                                                                                                          | 8:15 PM     |                                                                                       |
|                                        |  | Stretch & Fold 5                                                                                                                                          | 9:00 PM     |                                                                                       |
|                                        |  | Bulk Fermentation Ends                                                                                                                                    | 9:30 PM     |                                                                                       |
| #4. Bench Rest + Shaping               |  | Bench Rest Begins                                                                                                                                         | 9:30 PM     |                                                                                       |
|                                        |  | Bench Rest Ends - <b>SHAPE</b>                                                                                                                            | 9:50 PM     |                                                                                       |
| #5. Final Rise                         |  | Final Rise Begins                                                                                                                                         | 10:00 PM    | For final rise, place shaped bread in the fridge overnight, covered with a dish towel |
|                                        |  | Final Rise Ends                                                                                                                                           | 8:15 AM     |                                                                                       |
| <b>OPTIONAL - COLD FERMENT</b>         |  | <i>Instead of final rise at room tempature, you may place the shaped bread in the fridge for upto 72 hours. This is also known as a cold fermentation</i> |             |                                                                                       |
| #6. Score + Preparing Oven             |  | Pre Heat Oven                                                                                                                                             | 7:45 AM     |                                                                                       |
|                                        |  | Score                                                                                                                                                     | 8:15 AM     |                                                                                       |
| #7. Baking                             |  | Bake at 500 degrees for 15 min                                                                                                                            | 8:20 AM     |                                                                                       |
|                                        |  | Remove Cover or Ice Tray, lower oven to 450 degrees                                                                                                       | 8:35 AM     |                                                                                       |
|                                        |  | Remove Bread From Oven                                                                                                                                    | 9:00 AM     |                                                                                       |