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The
Sourdough
Culture

**BASIC SOURDOUGH
BREAD RECIPE**

 INSTAGRAM

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BASIC SOURDOUGH BREAD

Country Artisan Loaf Recipe - 73% hydration

- 100 gram bubbly sourdough starter (leaven)
- 450 gram bread flour
- 50 gram whole wheat flour
- 365 gram room temperature water (345g for initial dough + 20g when adding salt)
- 10 gram salt

Baking Schedule Summary

Feed your starter

- 4-8 hours before preparing the dough.

Prepare your dough

- In a large bowl combine **345g** of water, all the starter and flour and mix until well incorporated.

Autolyse

- Cover the bowl and leave to rest for 20-30 minutes.

Add salt & knead

- After 20-30 minutes add the salt and the remainder of the water.
- 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.
- 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.

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 20 minutes, either covered in the dutch oven or with a steam tray underneath as instructed.
- After 20 minutes, remove cover or steam tray and lower the oven to 400 degrees. Bake for an additional 30-35 minutes or until dark brown.
- When removing from the oven, place on cooling rack and allow to cool for 1-2 hours before serving.