

SOURDOUGH BREAD

*This recipe, instructions and information are from Tartine Bread by Chad Robertson

Prepare the sourdough starter flour mixture

In a container with a lid, mix equal parts by weight, all-purpose flour and whole wheat flour. For example, I use a large Tupperware and add 300g of all purpose and 300g whole wheat and mix well.

Making a starter from scratch

Add 100 grams of warm water (about 27C / 80F) to a small jar or container and add 100 grams of the flour mixture. Mix until thoroughly combined and the mixture is the consistency of thick batter. Cover with a towel and let sit at room temperature until the mixture begins to bubble and puff up, 2 to 3 days. If it is not active, wait another day.

When the starter begins to show signs of activity, begin regular feedings. At the same time **each day** discard most of the starter and feed the remaining starter with equal amounts of room temperature water and the all-purpose/whole wheat flour mixture. Cover and leave at room temperature until the next day.

Example (with amounts): Discard all but 20 grams of starter. Then add 100 grams of room temperature water and 100 grams of the flour mixture. Do this at the same time each day.

When the starter begins to rise predictably and takes on a mild sour smell, it's ready; this should take about 1 week.

*At this point, the starter can be used for the recipe or stored in the fridge until needed. You should feed your starter once a week or every couple of weeks to keep it active.

Feeding your starter

When you want to feed your starter, take it out of the fridge and discard all the starter except 20 grams. Add 100 grams of room temperature water to the container and mix. Then add 100 grams of the flour mixture and mix.

Leave it out for 10-12 hours in a room temperature draft free spot. You want the starter to have about doubled in size during this time. Put it in your fridge for storage. Do this once a week or two.

Sourdough Bread Recipe

This recipe is adapted from Tartine Bread's "Basic Country Bread". I've halved the recipe so it only makes one loaf, but you can double it to make two.

About 12 hours before you plan to start mixing, take your starter out of the fridge, save 20 grams and discard the rest. Feed 20 grams of starter with 100g of water and 100g of the flour mixture.

Keep it in a draft free and room temperature-warm place overnight. I keep mine in my oven (not turned on), with the oven light on, and the oven door cracked open slightly, so it doesn't get too hot.

Ingredient	Bakers %	Weight, g
All-purpose flour	90	450
Whole wheat flour	10	50
Water (25°C)	75	375
Starter (room temperature)	20	100
Salt	1.8	9 *

**9 grams of salt is about 1 ½ teaspoons*



Weigh 350 grams of warm water (29-32C/85-90F) into a mixing bowl and add 100 grams of starter. (Put the remaining starter in the fridge, this will be the starter you keep and continue to feed regularly). Use a whisk or spoon to disperse the starter into the water. Add 450g of all-purpose flour, 50 grams whole wheat flour and mix until all the flour is incorporated and there are no more dry ingredients. Do not add salt yet. Cover and rest for 30 minutes. This resting period without salt is called autolyse, and it helps the flour absorb the water and develop gluten.

After 30 minutes, add 9 grams of salt and 25 grams of warm water to the dough. Use your hand, a spoon or a dough scraper to completely mix the salt and water into the dough. Once the salt and water are fully incorporated, cover and let rest. This resting period is called bulk fermentation. The total time of the bulk fermentation will be 3 hours.

During the 3-hour bulk fermentation, fold the dough every 30 minutes for the first 2 hours. To fold, lightly wet your hands, and grab the dough with both hands on the sides. Lift the dough, and place back down, folding half the dough underneath. Turn the mixing bowl until you have done 3 or 4 of these lifts and folds, so the entire round piece of dough gets smoother and more elastic.

30 minute mark	1 st set of folds
1 hour mark	2 nd set of folds
1 hour 30 minute mark	3 rd set of folds
2 hour mark	4 th set of folds

After the 3 hour bulk fermentation, lightly dust your work surface with flour. Dust some flour on the top and sides of the dough in the mixing bowl. Use your dough scraper to scrape the dough away from the sides and loosen up the dough in the bowl. Gently lift the dough out of the mixing bowl and onto your floured work surface, putting the top of dough face down on the table. Lightly dust the dough surface with flour, cover with plastic and let this rest for 30 minutes.



After 30 minutes, fold the edges towards the centre, flip the loaf over and shape the dough into a boule (round loaf).

Flour the inside of your banneton generously. Cover your entire shaped loaf generously with flour and place the loaf seam side up in the banneton. Let this rise in a warm place (27C/80F) for 1.5 hours. When there is 30 minutes left on the rise, place your Dutch oven with lid on in your oven in the middle rack position. Turn your oven on 232C/450F.

Lightly flour a dish plate. After your oven has preheated for 30 minutes, flip your loaf very gently out of the banneton onto your floured dish plate. The seam should now be facing down. Using oven mitts, carefully remove the Dutch oven and take off the lid. (Make sure you close your oven door so the heat does not escape). Be extremely cautious as the Dutch oven is very hot. Now, without oven mitts, very gently lift your loaf off the plate and place it gently into the Dutch oven, seam side down. Be careful not to touch the sides of the pot. Score the top of the bread with a lame. Using oven mitts, put the lid back on and place it back in the oven. Bake for 20 minutes.

*Note: The step above can be done by flipping the dough out onto a silicone baking sling or a parchment sling that is designed for use with a Dutch oven. Use the handles on the sling to lift and lower the dough into the Dutch oven. The loaf can be scored before lifting it into the Dutch oven.

After 20 minutes, remove the lid and bake for another 10 to 20 minutes. Bake until the crust is a deep golden brown and the bottom feels and sounds hollow when you tap on it. The internal temperature of the fully baked loaf should be around 96C/205F. Remove the bread from the Dutch oven and put on a wire rack to cool. Wait at least 2 hours before slicing.

