

Sourdough Starter Kit - Cheat Sheet

This is your Sourdough Baking Cheat Sheet. Once you've gone through the course at least once all of these steps will make sense and you can likely just follow this guide in the future to make delicious sourdough.

Make your Leaven the night before you plan to make your bread

Ingredients

- 20g active starter
- 90g Whole Wheat unbleached flour
- 90g room temperature water
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Directions

1. In a medium bowl mix your starter, flour, and water until there are no more pockets of dry flour. Cover and set aside for 8-12 hours or overnight.

Making your Sourdough bread (this makes 2 loaves)

Ingredients

- 200g Leaven (This is from previous step)
- 500g Whole wheat flour
- 500g Bread flour
- 800g ~80F water (room temperature is fine)
- 20g sea, flake, or kosher salt (if using table salt, reduce this to 10g)
- Rice flour, tapioca starch, or more whole wheat flour for dusting

Directions

1. In a large bowl combine the leaven, flours, and water until homogenous (your hands work well for this). Cover and let sit for 60-minutes (wrapping your bowl in kitchen towels will help insulate your dough from a chilly kitchen)
2. Add the salt, squishing it into the dough so it is evenly mixed. Cover and let sit for 30-minutes.
3. Folding - Reaching under your dough to grab a small handful. Then lift it up to "stretch" it without breaking it and "fold" it over the top of the dough. Rotate the bowl slightly and repeat until the dough has become firm and doesn't stretch very much anymore. Which is roughly 10 times. Cover and let rest for 30m. Repeat the above folding process another 3 times (for a total of 4 times), waiting 30-minutes between each time. After the 4th folding immediately move to the next step.
4. First Proof - You have 2 options
 - a. If you want to shape your loaf today, cover the dough and leave it out on the counter for 2-3 hrs
 - b. If you have a busy day and you want to wait longer, cover the dough and place it in the fridge for 12-48 hrs before continuing
5. Shaping & bench rest
 - a. Transfer your dough to an unfloured work surface
 - b. Split the dough into 2 roughly equal parts. Grab the corners and pull them over the top to make a roughly round "pre-shape", then flip them over and "tighten" the dough (watch the video) to create some tension and give the dough more structure. Do this for both loaves.
 - c. Let the dough rest ("bench rest") for 20 minutes while you prep your proofing vessels
6. Prep proofing vessels
 - a. Prep your banneton, bowl, or bread pans using rice flour, tapioca starch, or whole wheat flour and set aside.

- b. In a shallow vessel (like a pie tin, dinner plate, large tupperware, baking dish, etc.) pour ~1/4in of your rice flour, tapioca starch, or flour and set aside.
7. Shaping into a loaf
 - a. Dust your countertop and the tops of your loaves with your above powder of choice
 - b. Using a bench scraper, loosen the dough from the counter and flip it into your hand, then place the floured side down onto the floured surface (the sticky side should be up, facing you)
 - c. Grab the far end of your dough and gently stretch it away from you and then fold it over the body of the dough by roughly 2/3rds (like folding a letter).
 - d. Grab the dough nearest you and gently stretch it towards you and then over the top of the dough by roughly 2/3rds, overlapping the previous fold a bit (again, like folding a letter)
 - e. Rotate the dough 90 degrees and, starting from the far end, gently stretch and roll the dough towards you as if you were rolling a burrito.
 - f. Use the bottom of your palm (the heel) to gently seal the edge of the dough-burrito. This is now your "seam"
 - g. Gently transfer your dough to the shallow vessel with your rice flour and roll it once to coat, then transfer it to one of your prepped vessels, seam side up (if using a bread pan, seam side *down*). Cover and set aside. Repeat for the second loaf
 8. Final Proof - 2 options, do what's best for you
 - a. If you want bread today, just leave it out on the counter/somewhere warm, covered, for 3-4hrs
 - b. If you want to wait longer, cover your dough and place it in the fridge for 6-36 hrs
 9. Prep your oven and baking vessels
 - a. Begin preheating your oven and baking vessels to 475F (246C) 30-minutes before your final proof is finished (if you placed your dough in the fridge, take it out now, then prep your oven).
 10. Score a line across the top of each loaf at about 45 degrees and roughly 1/4-1/2 in. deep.
 11. Carefully transfer your dough to the oven and bake, covered, for 15-minutes. Then bake, uncovered, for an additional 20-minutes before checking the color of your bread. If your bread is not yet a deep brown or caramel color, continue to bake in 5-10 minute intervals checking on the color until you have the desired color.
 12. Remove your bread from the oven and pans and allow to cool for 1-hour on a cooling rack before slicing into it