

Boule

Sourdough Bread isn't just any bread. It's the perfect dance between flour, water, salt and starter that spend a lot of quality time together over a long period of time. No commercial yeast is used and the bread is naturally fermented.

Equipment

- Kitchen scale. Precise measuring is key to the process
- Dough scraper to help you handle the dough and cleaning your workspace
- Mixing bowls
- Baking paper and a sharp knife
- Cast iron pot that will fit into your oven
- Some elbow grease and willing hands

Ingredients

800g White Stone Ground Bread Flour
200g Unsifted Brown Flour
700g Luke warm water
200g Ripe Sourdough Starter
20g Himalayan Salt
Olive oil for bowl
Non-glutenous Rice Flour

Method

Feeding your starter:

- 8 hours before starting your dough, feed your starter on a ratio of 1:2:2
- 50g starter : 100g whole wheat flour : 100g water



Mix the dough:

Mix the starter, water, flour and salt and very well until everything is well incorporated. I recommend using your hands or a sturdy spatula. Cover and let the dough rest in a warm place for 30 minutes.

Build gluten:

Stretch and fold three times every 30 minutes, cover and let the dough rest until double in size at room temperature.

Bulk Fermentation:

Once your dough has doubled, flour your bowl generously and turn your dough out. Divide and weigh into two equal portions.

Shape and final fermentation:

Shape your dough into a ball and place the dough in a floured banneton. Let your dough rest and double in size at room temperature or in the fridge for 10 to 18 hours.

Continued

Pre-heat:

Once your dough has doubled. Pre-heat your oven with your pot inside. Temperature should reach 230 degrees celsius.

Use a dough sling or baking paper and turn your dough on the paper.

Score:

Score the dough (not too deep) with your knife or scoring tool from edge to edge in a cross.

Bake:

Carefully pick up the dough place it into the pot. The baking paper will act like a sling. Cover and bake for 20 minutes.

After 20 minutes:

Reduce the heat to 200 degrees celsius and remove the lid of the pot. Bake for another 20-25 minutes, checking that the crust doesn't burn.

Cool:

Take your bread out of the pot and let it cool completely before cutting.



Tips & Tricks

- Keep a bowl of water nearby to dip your hands in. This prevents the dough from sticking to your hands.
- Good fermentation means bubbles, elasticity and fluffy dough. Unlike commercial yeast breads, we don't punch out all the air. Do not handle it too much and handle it like a little baby.
- Internal temperature should be above 96 degrees celsius for a cooked loaf.

