

Sourdough



by Riley Sandrell

What Is Sourdough?

Sourdough is a style of baking. It's not a flavor - although it typically does have a sour flavor that most people connect with the artificial sour flavor grocery stores try to recreate and call sourdough. It is a long fermented type of baked good, the fermentation breaks down the gluten. All you need for sourdough bread is flour, water and salt. All you need for a starter is flour and water. This is how you know it's truly sourdough. The starter you create is your wild yeast which feeds on the flour and water and salt and morphs into a loaf that has broken down the gluten to a tolerable level that even those that have gluten intolerances can usually tolerate it.

Feeding Your Starter



Remove your sourdough starter from the fridge the night before you want to feed to let it feed off the air. Unscrew the cap and gently cover $\frac{3}{4}$ with the lid or a damp paper towel. Set out somewhere relatively warm.

I feed my starter twice before utilizing it in a recipe. For the first morning feed to revitalize the starter before we use it to bake, I use a ratio of 1:3:3 (30 g of starter, 30g of AP flour, 30g of Whole Wheat Flour and 60 g of distilled, room temp water).



In a clean jar measure out your 30g of starter. Add your flour and water and stir with a wooden spoon or rubber spatula. Scrape down the sides for a clean line. Avoid metal as it throws off the pH balance of the starter. Place a rubber band around the starting line of the highest point of the starter. Get a paper towel warm and damp and wring it out. Place it on top of the jar and fold 1/4 back to allow air flow. Set the starter in a warm, preferably dark place. The goal is that it gets bubbly and doubles or triples within the next few hours and hits a “peak” before it starts to break down and return to the original level. Check on it every few hours to see the progress. Once it has at least doubled, usually within 6-8 hours (more in the winter), we will feed it for a second time. With my schedule I feed in the morning and then feed again the night before I want to bake with a higher ratio of 1:5:5 to slow down the process and ensure I hit my starter’s peak in the morning when I need it. Feed it at 20g of starter, 50g of AP Flour, 50g of WW flour and 100g of distilled water. This will prepare 330 g of starter. This is enough for 100g in your loaf, to continue your starter jar and some discard.



SIDE VIEW

Line your rubber band up with the highest point of your starter so that you know when it's doubled.

TOP VIEW

Wet a single sheet of paper towel with warm water. Wring it out and put it on top of the jar folding it down to create a cover. Peel back one edge on the top just a bit to allow for air flow.



Discard



Recipes:

**Little Spoon Farm
Farmhouse on Boone**

What is it?

You've fed your starter, now we wait.

But what about the leftover starter that we took from to feed again? Don't throw this away- and definitely don't pour it down your drain. It will become like glue.

This is where a discard jar comes in. You can use this yeasty goodness to create pancakes, cookies, cakes- pretty much anything. You can even use it to make long fermented versions of anything to truly get the sourdough experience.

Simply pour your leftover starter into your jar.

Keep this jar in your fridge and pull out whenever you'd like to use it.

Soak your used jars immediately and wash or they will harden and become impossible to get clean.

Bread Recipe

Ingredients

- 250g Unbleached All Purpose Flour
- 100g Whole Wheat Flour
- 125g Bread Flour
- 100g mature starter (active and bubbly)
- 325g room-temp distilled water
- 10g Kosher salt

Use your starter at "peak" level preferably bubbly, doubled at minimum and if you drop a bit in water, it floats. Combine your starter, water, flour and then finally salt in a plastic or glass bowl. Stir together until it forms a shaggy dough with a wooden or rubber spatula. Use your hands if need be to bring together and knead a bit into a ball. Let sit for an hour, covered, with a warm, damp towel.

Perform the stretch and folds. Turning the bowl in quarters perform $\frac{1}{4}$ folds in each "set". You'll perform a total of 6 sets total, covering with the towel in-between. Punch down and fold over, trying not to break the dough.

Bread Recipe

Make sure to take the remaining starter and continue your jar. For your weekly "maintenance" jar you'll do 1:2:2 ratio. Take 20g of starter, 20g of AP, 20g of WW and 40g of water, mix it up and let it double. Then put a lid on it and put it in the fridge until the next time you go to bake and need to feed it. If you don't bake, still feed it so that it stays maintained, at least once a week. If you choose not to bake one week, just feed it these same ratios, ensuring to discard any additional starter beyond the 20g. After you've created this starter jar, feed whatever is left over from the original jar (after making bread and re-establishing your starter jar and add that remaining to the discard jar.)

Note: If you want to create a starter jar for someone else, rather than discarding any that week, you could take those extra grams and create a new starter jar with that 1:3:3 or 1:2:2 ratio. The lower the ratio, the faster the starter will grow. If you need more for a recipe, say 300 grams you could do the same ratios and just increase the number. I.E. rather than starting with 25g of starter you'd start with 50g and then your flour would be 250g of flour (total) and 250g of water. The same ratio for a slow overnight rise, but it will make more. Focus on the ratio, not the numbers.

Bread Recipe

Combine the dough and wait an hour then:

Set 1 - Wait 15 min

Set 2 - Wait 15 min

Set 3 - Wait 30 min

Set 4 - Wait 30 min

Set 5 - Wait 30 min

Set 6 - You're all done!

Cover and put in a warm spot to finish rising.

You will know when it is finished its first proof when it has
a. about doubled in size and b. passed the "poke" test.

Poke the dough and if it immediately fills itself back in, it's underproofed, give it more time. If the dough slowly rises back up but leaves a thumbprint like indent, it is ready. If the dough stays deeply sunken in, it is over-proofed. Take note of how many hours it took from set #6 to the time it is ready, especially if it overproofs, to check it sooner next time. For my kitchen, it is usually 6-8 hours.

Bread Recipe

Once your dough is proofed, it is time to laminate the dough. Flour your clean counter with rice flour and prepare a bowl with a slightly damp dish towel, sprinkled with the rice flour to ensure that your dough does not stick.

Dump your dough onto the counter and with floured hands pick it up and move it into your hands like pizza dough to achieve a rectangular shape, ensuring it does not snap. Set on the counter and finish stretching the edges to form into a rectangle. Fold it into thirds and then fold it into thirds again, tucking the seams.

Flip it seam down onto the counter (add more rice flour if need be) and bring it towards you, tucking it into itself to form a tight ball. Do not roll, simply push it away and drag it back towards you, this tightens the seams. Sprinkle your basket or lined-bowl with a little more rice flour and carefully flip your loaf into the bowl seam side up. Cover with plastic wrap and place it into the fridge for its overnight cold proof.

Bread Recipe

In the morning, preheat your oven to 500° F with the dutch oven inside. Allow it to preheat for 30ish minutes, some go up to an hour. Right before you're ready to bake (around the 12 hour cold proof mark), pull your dough out and dump it, seam side down, onto parchment paper slightly sprinkled with rice flour. Score your loaf with a scoring tool or knife. Ensure deep cuts, one or two on the sides and one on the top if you can.

Smaller marks can be decorative but will not do enough if that's all you have.

Once your bread is scored, sprinkle rice flour on the top of the loaf to ensure your design stands out. Carefully place your parchment paper down into the dutch oven and cover it.

Turn down your oven to 450° F and bake for 20-25 minute depending on how hot your oven runs. Remove the lid, turn down your oven to 425° F and bake for another 15 minutes. You want the top to be just slightly browned. Take it out and let it cool for 15 minutes and then carefully move your loaf to a wire rack to cool for 2 hours. Do not cut until it is completely cool. Store in a Ziplock or bread bag/ box for 3-4 days. After this point, if there's any left, move it to the fridge as it will start to mold because it doesn't have any preservatives.

Baking Timeline

EX: MIX TUESDAY, BAKE WEDNESDAY

DAY #1 - SUNDAY

BETWEEN 8-10 PM (BEFORE BED)

Take out your starter jar(s), take the lid off, cover with a paper towel or half of the ball jar top and set on the counter overnight.

DAY #2 - MONDAY

UPON WAKING (8 AM)

Take out a clean jar and start your new starter jar with the ratio of 1:2:2 this will be ready by the end of the day.

BEFORE BED (8 PM)

Take out a clean jar and feed your starter with the ratio of 1:5:5 this will be ready in the morning.

DAY #3 - TUESDAY

UPON WAKING 8 AM

Make sure your starter is at its peak. Mix up your dough and wait an hour.

9:30 AM

Stretch-N-Fold # 1

9:45 AM

Stretch-N-Fold # 2

10:00 AM

Stretch-N-Fold # 3

10:30 AM

Stretch-N-Fold # 4

11:00 AM

Stretch-N-Fold # 5

11:30 AM

Stretch-N-Fold # 6

Let it sit and rise, check around hour 5 to see if it has started to double and if it feels ready. (Est. 4:30 pm). If it does not pass the "poke test", test it every hour until it is ready.

BETWEEN 7:30-9:30 PM

You should be ready to laminate it at this point and pop it into the fridge for 12-14 hours.

DAY #4 - WEDNESDAY

UPON WAKING TURN ON YOUR OVEN

Let it preheat for an hour before you want to bake

In this example, we'll say your bread was proofed and ready to be laminated at 8:30 pm. You'll have turned on your oven by 7:30 am and remember, you can always push back your timeline to meet the time you like to wake up by.

8:30 AM

Preheat your oven to 500° F

8:30 AM

Pull your bread out, score it and put it in the oven, turning it down first to 450° F. Bake for 20-25 min.

8:55 AM

Take the lid off and turn down the oven to 425° F.
Bake for 15 min.

9:10 AM

Time to take your bread out.

11:00 AM

Your bread should be cooled and ready to be cut!