

My Sourdough Method (February 2020)

Two Loaves

1. STARTER TO PREFERMENT

- Take scraping jar from fridge mid-day. Add and mix 100g water (80°) / 100g rye/whole wheat flour
- Leave to blossom—nice and bubbly—the next morning. 12-24 hours
- later you will add 200 grams of this preferment to the dough and put the scraping jar back in the fridge when the time comes

2. MIXING

- Mix flour and water: 500g whole grain / 500g bread flour / 700g to 800g) water and 25 g salt (don't forget that salt)
- Autolyse (letting flour and water mix) (30-60 minute rest). Temp 78° to 82°.
- Spread the 200g of levain on top of the dough
- Mix carefully, Don't tear the dough.
- Rest for 30 minutes before starting first fold.

3. BULK FERMENTATION WITH STRETCH AND FOLD (DEVELOPS STRENGTH) 3 TO 6 HOURS.

THREE STRETCH AND FOLDS (OR COIL FOLDS).

- First fold 30 minutes after mixing as noted above
- Second and third stretch and folds one to two hours apart.
- Let rest 30 minutes after last stretch and fold.

4. PRE-SHAPE

— After the last stretch and fold rest for 30 minutes (as noted above). Now pre-shape the dough. Dust your surface with flour, turn out your dough upside down onto the surface. If you have doubled the recipe to make two loaves, divide it into two at this point with the flat side of your dough scraper. Shape the dough into a ball really quite tight without tearing it. Gentle folding. (Excellent video by Bake with Jack on pre-shaping) Rest on the side for 1 hour covered with a cloth.

5. FINAL SHAPING

— For batard: Pick up the near edge paddle hands, stretching out very slightly and folding over the dough up 2/3rds. Now stretch the top and fold down 2/3rds, like a three fold letter going into an envelope. Turn 90 degrees and roll from the top edge towards you into a sausage and pinch the seam to stick in place. When you are done, spray water in the banneton and dust it well with rice flour, You can dust the dough as well. Place the dough in the basket upside down

—For boule: Lift all the edges into the center, turn over and shape tight ball with surface tension.

6. FINAL REST: COLD FERMENTATION

—At this stage, rest the dough in the fridge uncovered to proof overnight slowly. Poke test when removing from fridge—slow rebound

7. BAKING

- Take bread out of the fridge.
- Preheat oven 500F with cloche inside. Lower 475F
- Plop dough on parchment paper on board and score.
- Slide onto hot base of cooker and cover for 30 minutes
- Uncover, remove paper, lower temp to 450 and bake for 20 minutes.
- Internal temp of finished bread is 195 to 205 degrees.

8. LET SIT FOR AT LEAST ONE HOUR BEFORE CUTTING AND EATING (JOSH THIS MEANS YOU)

NOTE: One no discard starter method: Keep 100g starter in fridge. Around 6 in the evening take it out and put in a bowl. In the scraping jar pour 40 grams of water and mix well. Add 65 grams of bread flour. Mix and leave out for 4 to 6 hours. Then pop in fridge. To the 100 grams you put in a bowl add 175g water and 175g flour. Mix and leave overnight. It will start getting active after about 4 hours. In the morning add 405 grams more water, 675g flour (half wholemeal) and salt. Mix and start bulk ferment.

Jake's Scraping Method: Take scraping jar out of fridge in the evening. Add equal amounts by weight of rye flour and water that is equal to the amount of preferment you need to add to the mix of the dough. It will be this and pasty. Leave overnight—8-14 hours depending on how warm. In the morning it will have some activity—any activity is enough—just need some “puff.” Take the preferment out to mix and put the scraping jar back in the fridge for the next time you bake.