



ARTISAN SOURDOUGH

Recipe

Ingredients	1lb loaf	1.5lb loaf	Baker's Percentage*
Strong White Flour	180 g	250 g	78%
Wholewheat Flour	50 g	70 g	22%
Water	180 g	250 g	78%
Levain	50 g	70 g	22%
Salt	5 g	7 g	2%
Total weight:	465 g	647 g	202%

* Bakers percentage is relative to the total flour
(Weight of ingredient/Weight of flour) x 100 = %

Instructions

Thursday Activate starter

pm Take starter out of the fridge and measure 20g into a clean jar, then feed your starter as usual and return it to the fridge for safe keeping. The bit that you split off will be kept at room temperature and built up for baking.

To the 20g of starter in the clean container add 20g of flour and 20g water and gently fold in. Loosely cover and leave at room temperature.

Friday Refresh starter x 2

am Discard most of the starter* leaving about 5-10g then stir in 20g of flour + 20g water. Loosely cover and leave at room temperature.

pm Discard most of the starter* leaving about 5-10g then stir in 40g of flour + 40g water. Loosely cover and leave at room temperature.

At this stage feed your starter whatever flour it's based on

Saturday Levain and dough

am Build levain

By now the starter should be doubling, if not refresh again and leave 3-4 hours before using to make the levain.

Take 20g of the starter transfer to a large (500ml) clean jar and add:

30g strong bakers flour + 10g wholegrain rye + 40g tepid water

Mix well to kick start gluten development and make the level of the levain on the jar.

Mix dough and autolyse

Once the levain has doubled (2-3 hours) mix the flour and water together until it forms a rough shaggy dough. Cover and leave at room temperature for an extended autolyse (2-3 hours).

pm Add levain

Once the levain has almost tripled** in size add the required amount to the dough, stretch and fold until fully incorporated. Cover dough and rest at room temperature rest 30 minutes.

Add salt

Sprinkle over the salt and add an additional 10-20g tepid water if you're upping the hydration.

Dimple the salt right through the dough by pressing your fingers in, then stretch and fold until dough tightens (2-3 x round the bowl).

Lamination

Lightly spray your work surface with water, then gently loosen the dough from the bowl with a wet scraper and transfer to the work surface. Get a small bowl of water, dip your hands in, then scoop your hands in under the dough and gently stretch from the middle out to form a thin layer (2-5mm). Repeat all the way round the dough until its stretched into a square shape, then fold the square in either side like an envelope then then repeat on the top and bottom. Transfer back into the bowl, cover and leave at room temperature for 30 minutes.

Coil fold x 3

Lighly mist the dough with wet hands, scoop both hands in on either side of the dough up from near the top, stretch gently, and fold the dough over itself. Turn the bowl and repeat on the bottom and sides. Cover and rest at room temperature for 30 mins, and repeating the coil folds twice at 30 minute intervals.

After the 3rd stretch and fold do a window pane test, if not repeat another set of coil folds, if it passes then rest for another 30 mins and move on to bulk.

Bulk prove

If the dough has increased in size slightly (by around 30%) then move the dough to the coldest part of the fridge and leave overnight for an extended cold proof. This is to ensure that the dough does not overproof, and also makes it easier to handle when shaping.

Sunday Shape, proof, and bake

Shape

Take the dough out of the fridge, it should be puffy, full of bubbles and should have increased in size by around 50%. Dust your work surface really well and dust the top of the dough a little as well, then gently tease the dough away from the sides of the bowl with a scraper and tip it out. Ease it out with well floured hands if need be. Use the scraper to make sure the dough isn't stuck to the counter, then gently shape into a boule or batard with well-floured hands being careful not to knock too much of the air out.

Bench rest for about 10 minutes, then tighten and place into a well-floured, cloth lined banneton seam side up and cover loosely.

Final proof

Allow the dough to proof until it has increased a bit in size, has a bit of jiggle, and has almost come to room temperature. Try the poke test - when you poke the dough it should spring back slowly and leave a slight indent, then its good to bake!

Bake

Preheat oven as hot as it will go (at least 240 degrees) for 30 mins, after 20 mins place a cast iron pot with lid in the oven to preheat.

When the oven and pot are pre-heated dust the dough with flour and gently turn out onto baking paper.

Sprinkle a little extra flour onto the loaf, score approximately 5mm deep with a bakers lame, spray with generously with water, then carefully place into the pre-heated cast iron pot.

Cover and bake for 25 mins, then carefully remove lid and bake for another 20-30 minutes at 200-220 degrees until the crust is deeply caramelised and the bread sounds hollow when tapped.

Cool for at least 20mins before slicing.

* chuck the extra starter in a jar in the fridge and save it up for some crackers or pancakes

** if the levain doesn't triple then the starter probably wasn't quite ready yet, feed it up a little more next time and don't stress, you'll still get a perfectly awesome loaf

Sourdough
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