



Baking Sourdough Bread

Baker's Schedule

1 Mix Dough. Mix 350 Grams of water with 50 Grams of Starter. Add 500 Grams of high quality flour. Add 9 grams or (1 tsp) salt. Mix together until a shaggy dough forms. Cover dough with plastic wrap. and wait 30 minutes.

2. Stretch and Folds. After 30 minutes take cover off dough and stretch and fold the dough from each side 1 time. wait 30 minutes and repeat this process 2-3 more times in the first 2 hours of rising.

3. Shape Dough. After 5-8 hours of rising time (also known as proofing) Dough should be nice and bubbly. Dough should just about double in size. (3/4 of original growth is good). Once optimal proof has been reached, turn dough out onto clean surface. Light flouring is ok. Flour hands and shape dough until a tight skin forms over your loaf. Roll dough in generous flour then turn upside down into bread proofing basket. Place dough in covered proofing basket in refrigerator for 8-24 hours.

4. Bake Dough. Preheat oven with dutch oven to 500 Degrees. Once preheated, take dough out of the fridge and turn out onto parchment paper. Score dough to give steam release spot. Place dough into hot dutch oven and cover. Put in over at 500 for 15 minutes. After 15 minutes take lid off dutch oven, turn temp down to 450 and continue baking for 20-25 minutes until you reach adequate coloring. Carefully remove hot dutch oven and let bread cool on rack for at least 1 hour before cutting.





Sourdough Starter Care

Definitions:

Inactive Starter or Discard- Starter that has risen, fallen. Has no bubbles.



Active Starter- Starter that has been fed, sat at room temperature and doubled in size. (typically 4 hours or more depending on temperature).



Note* Never feed without discarding
Never discard without feeding*



Flour:

Sourdough thrives on natural flour that is unbleached and preservative free.



Starter Feeding



1. Discard

Discard inactive starter in jar down to 2-3tbs. If your jar is dirty transfer to clean jar. discard less than a week old can be saved to use in discard recipes. Older discard should be tossed in the trash. Do not discard into your sink drain.

2. Feed

Using a food scale, place starter jar with 2-3tbs of starter onto scale. Zero out scale and measure 60 grams of warm water into the starter jar. Add 70 grams of flour and still together. Mixture should be thick and difficult to stir. Set lid loosely on top of jar.

3. Proof

Leave starter on the counter at room temperature to proof until doubled in size. Typically 4 hours but can take longer in colder temperatures. Once starter is doubled and bubbly it's ready to use. Active starter is good for about 8-12 hours depending on temperature.



Note* Counter dwelling starters only need to be fed 2x a week. Fridge dwelling starters do not need to be fed.



Starter Care Cont.

4. Proofing Starter

Place a rubber band or mark a line with a marker on your jar so you can see how much your starter grows.

5. Reserve Starter

Reserve at least 2tbs of starter when making a recipe so you have something to refeed.

◆ Troubleshooting Starter ◆

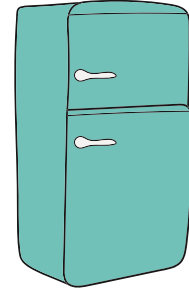
Failure to Grow

Starter can fail to grow after feeds for a few reasons. First-check your flour type. Make sure you're using a natural, unbleach, unexpired flour. Second- your starter may need to get used to a different flour from the one it's previously been fed with. Keep discarding and feeding and it should adjust after a few discard and feeds. Third- It may be too cold in your home for your starter to thrive. Sourdough does best between 70-80 degrees, 68 being the lowest. If your home is cold or you have stone counters, set your starter in a warm spot such as a cabinet above your fridge, in a proofing box or wrapped in a wool sock.



Fridge Storage

Long Term Storage



Reasons for Fridge Storage

- Weekend Baker
- Travel
- Sickness or Crisis
- Moving
- Busy Season

Reviving Fridge Starter

1. Take out of fridge and place on counter overnight. I do not feed a cold starter so warming up to room temperature is our first step.
2. Once starter is at room temperature, discard down to 2tbs and feed following guide above. If this starter is more than a week old (or has been in the fridge more than 1 week, toss into trash when discarding.
3. Once starter has peaked, discard and feed again following guide above. This fresh discard can be saved to use in discard recipes such as crackers, brownies, muffins, waffles, and tortillas. Save in container in fridge. After these 2 feeds your starter is ready to be used.

Note

Fridge starters may require 3+ feeds if your starter has been in the fridge for an extended period of time.



Weekend Baker's Schedule

Wed 9pm

Remove starter from fridge and let come to room temperature over night. I like to set my starter near my coffee pot so I remember to care for it right away in the morning.

Thurs 7am

Discard down to 2tbs into a clean jar and feed starter. Leave on counter at room temperature.

Fri 9pm

Discard down to 2tbs and feed. This is fresh discard and can be saved to use in recipes requiring discard.

Sat 3pm

Mix your dough following the baker's guide. Don't forget to feed your starter again!

Sun-Mon

Bake your dough! 2 days in the fridge increases fermentation and aids digestion.

6 BENEFITS *of sourdough*

Fermented foods
are gentler on
digestion

Using natural
ingredients and
cooking at home
is healthier

Making bread can
be therapeutic

Learning new skills
is good for your
brain

Less dependent
on stores

You will have
more friends that
want to eat your
bread!

www.theculturedbake.com

Debugging crumb structures



Perfect



Underfermented



Lack of
dough strength



Underbaked



Slightly
Overfermented



Severely
Overfermented



Too hot



Lack of steam

Dough proofing

Stages of dough proofing: in basket and on board

Proofing time depends on recipe,
yeast/sourdough amount, flour type,
hydration, humidity, temperature...

weak



Loaf will have small volume, dense crumb, crust may have crack.
Finger test: dough springs back immediately.

normal



Loaf will have best quality, large volume, great appearance.
Finger test: dough springs back slowly and incompletely.

full



The full growth is recommended when using wheat high gluten flour.
Finger test: Dough springs back slowly and incompletely

over



Dough may not be strong enough for perfect loaf. But overproofed dough
may also give unexpected, great results.
Finger test: dough doesn't spring back at all.

If you are proofing at room temperature there is a thin line between normal
and over growth. For extend proofing time use the refrigerator.

Most often proofing needs high humidity, keep your dough in foil bag.

It is easy! :)

Making a Sourdough Loaf

Starter to Finish



if you are NOT ready to bake

when you are ready to bake

store remaining starter

CREATE AND FEED



DAY 1

START STARTER
Mix flours and water

REST
48 (TO 72) HOURS



DAY 3

FEED STARTER
REPEAT DAILY

10 (TO 14) DAYS



DAY 13

STARTER IS READY

PREPARE FOR BAKING



FEED DOUBLE BATCH

REST
5 HOURS



RESERVE 1/3 cup starter

REST 12 (TO 18) HOURS

BAKE



BAKE

RISE
2 TO 3 HOURS



DAY 15

SHAPE

REST
12 (TO 18) HOURS



DAY 14

MAKE DOUGH



Science of Sourdough

BACTERIA

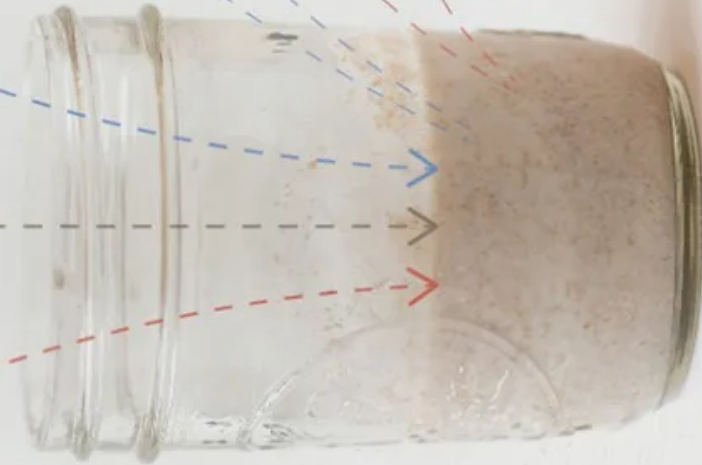
from the environment

YEAST

from the environment (only the acid-tolerant yeasts survive!)

FLOUR

sugar & starch is food for the microbes



Aromas

produced by yeast
contribute to complex
flavors and smells

Acid

produced by bacteria
also produces sour flavor

Acid

produced by bacteria
keeps other microbes
from growing

CO₂

produced by yeast
makes bread rise
and affects
texture



