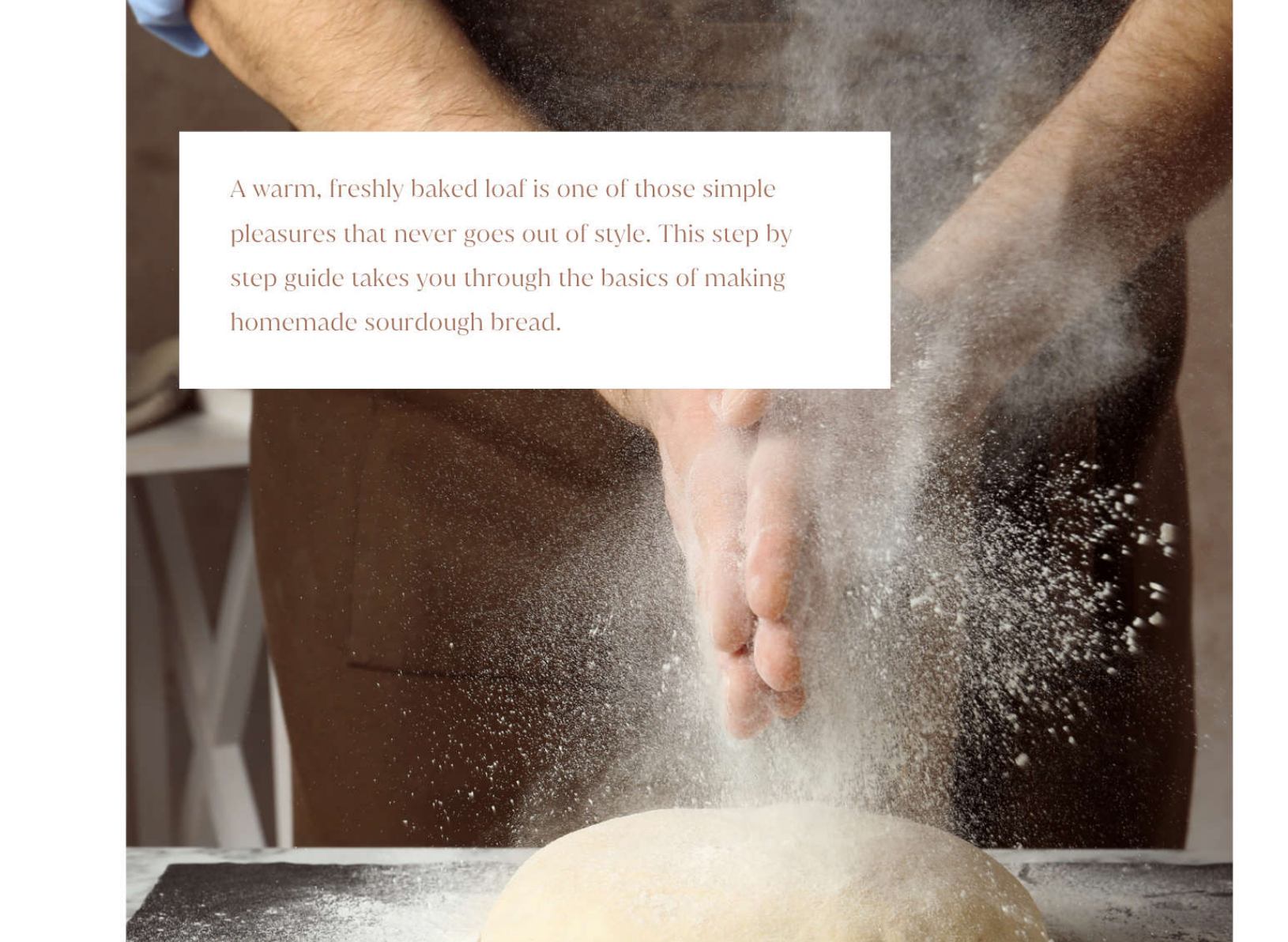




# HOMEMADE SOURDOUGH

A step by step guide for a fresh loaf of sourdough bread.



A warm, freshly baked loaf is one of those simple pleasures that never goes out of style. This step by step guide takes you through the basics of making homemade sourdough bread.

## RECIPE

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Start with 400 grams **warm** water

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Add 165g of starter - whisk for a minute and let rest for 3-5 minutes.

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Add 15g of salt (I like sea salt from Costco but any salt is fine.)

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Add in 650g of flour (Bread flour or All Purpose flour is fine to use.)

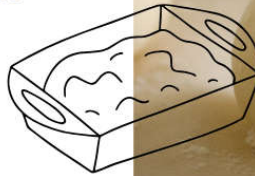
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# INSTRUCTIONS

## 01 — MIXING OPTIONS

From here you have options! You can mix into **shaggy** dough with your hands or by using a stand mixer.

Then you can either switch to a dough hook on your stand mixer and mix for 5-7 mins. on medium speed or you can knead the dough with your hands until smooth, then let the dough sit for about 30 minutes.



## 02 — STRETCH & FOLDS

I will be demonstrating this step. You want to stretch the dough and fold it in until it doesn't want to stretch anymore, about 4 times.

**Repeat 4x every 30 minutes**

## 03 — LET HER SIT!

This is called Bulk Fermentation 6-12 hours.

This is just letting your dough ferment and build up all the yumminess! The amount of time this needs to happen is largely based on how warm your home is. I keep mine at 73 degrees and it still takes about 10 hours.

**NOTE:** You will be shaping your dough once at this point in the process. You will then put it in the fridge to continue to ferment until morning; so if you are off by a little bit, it won't matter.



## SUPPLIES YOU'LL NEED

Banneton

Dutch Oven or bread pan

Trivet (optional for Dutch Oven)

Lame

Starter

Spray bottle of water

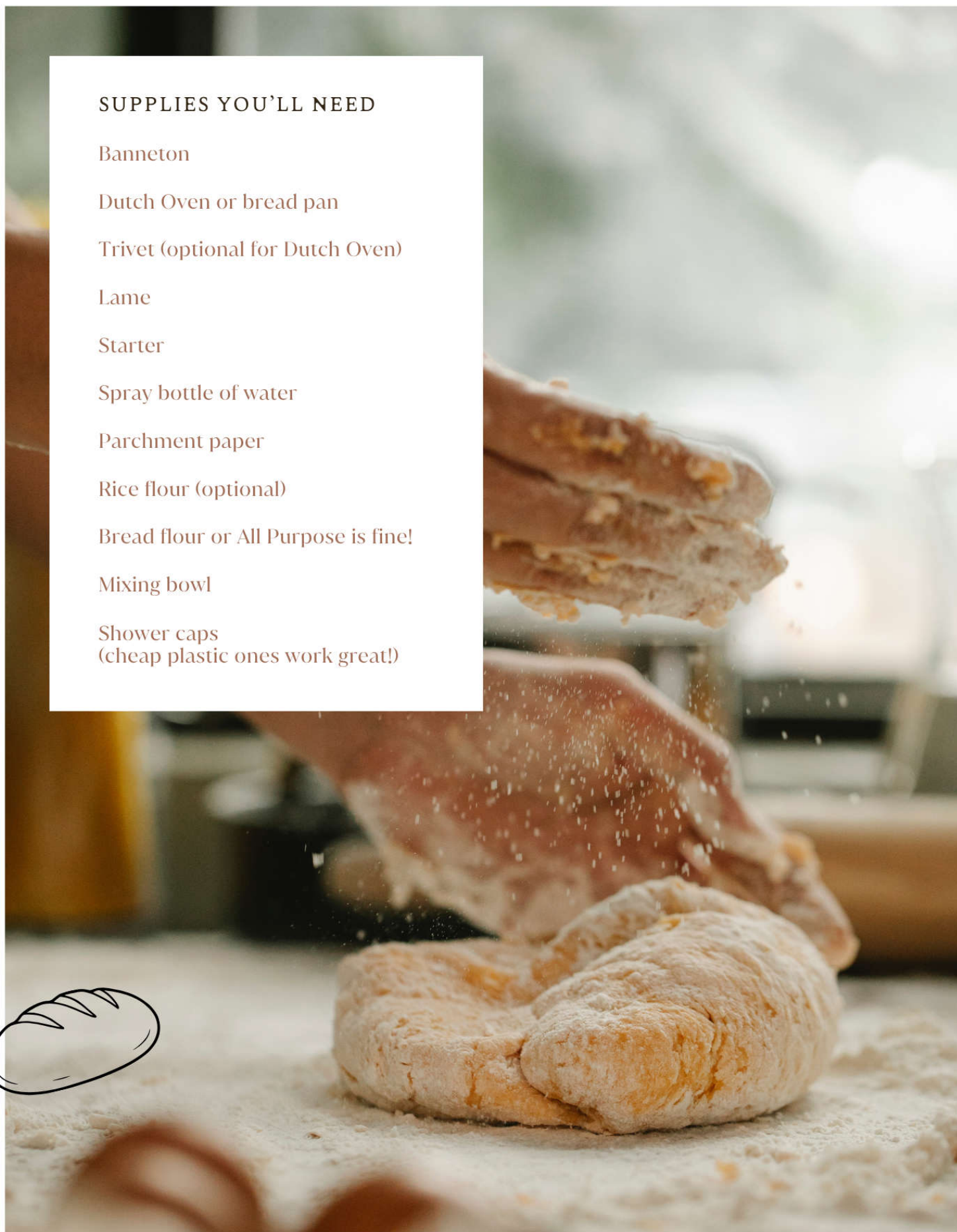
Parchment paper

Rice flour (optional)

Bread flour or All Purpose is fine!

Mixing bowl

Shower caps  
(cheap plastic ones work great!)



# Let's bake some bread!

First, you will remove your bread from it's banneton by flipping it over onto some very lightly floured parchment paper! Then lightly flour the top and score your bread!

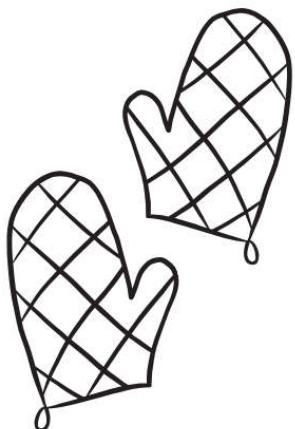
While you are doing this part, put your dutch oven in your oven and preheat to 450!!

It will be super **HOT!**

When you are ready you will pull the heater dutch oven out of the oven and place your bread in carefully with the parchment paper! Spray some water on the lid to create steam, then put the lid back on quickly! You will then put in the oven!

**BAKE** with the lid on for 1 hr, then for 5 mins with the lid off at the end!

You'll want your bread to temp at about 200-210 degrees! It's okay if you don't have a thermometer, you can just knock on the bread and it should sound relatively hollow!





Remember Your House Will Smell Amazing!!!! No Matter What! So that's a BIG WIN!!!

When I shape my dough I use rice flour in my banneton and on top to shape and score the loaf! It's finer and just looks better!

There is no failed loaf! You will learn what corners you can cut and what works best for you each time you bake!!

I love going on reels and gleaning new info./ techniques all the time!

You do NOT have to make it super scientific! Sourdough is actually more forgiving than most people think!

I use a trivet in my Dutch oven to help with the density of the bottom crust, but this is not required!

If your loaves are falling flat focus on making your starter stronger! You can feed your starter twice a day if need be! And you want bigish bubbles and doubling!

A scale is super handy in the beginning but once you get used to textures of each step you might be able to just wing it!

When your starter is strong, you can put it in your Fridge if you don't want to feed it everyday and pull it out and use it when you need it! If it's only a couple days you can just use it out of the fridge! If it's been a while you will want to feed it a couple times first, before using it!