



Sourdough Bread

Ingredients

- 500 grams all-purpose organic flour, not enriched
- 150 grams starter, active and bubbly (1/2 cup)
- 300 grams water
- 10 grams salt, 2 teaspoons
- 24 grams olive oil

Instructions

Feed a sourdough starter 4-12 hours before starting the dough, ensuring it is active and bubbly.

Combine warm water, active starter, salt, olive oil and flour with a wooden spoon or even just your hands in a large mixing bowl.

Cover with plastic wrap or a lid and allow to rest for 30 minutes for the water to hydrate the flour.

Stretch And Fold

Grab the edge of the dough and pull up stretching it out as you pull upwards. This may be difficult and you may need to kind of bounce the dough to get it to stretch. Place dough that is in your hands back into the center.

Turn the bowl about a quarter turn and complete another stretch and fold. Repeat two more times. This is considered one round.

Thirty minutes later, complete another round of stretch and folds. Cover and allow the dough to rest another 30 minutes.

Complete one last stretch and fold round.

Place parchment paper in your bowl then lay the shaped dough on top in the bowl.

Cover with a lid, damp towel, or plastic wrap. Let the dough bulk ferment in a warm place until it has doubled in size.

CARING FOR YOUR SOURDOUGH STARTER:

Feed → Rise → Peak → Fall

- Discard 80% of starter, mix 50g water + 50g flour.
- Loosely cover and rise 8–12 hrs.
- Ready when doubled with bubbles.

FEED ONCE PER DAY

Beginner's Sourdough Sample Schedule:

Friday AM: Feed starter.

Friday PM: Mix dough.

Saturday AM: Shape, rise, bake or cold-proof

Refrigerate when not using.



This could be anywhere from 6-12 hours (or longer) depending on the temperature of your kitchen, maturity of your starter, etc. Be careful not to let it over ferment.

Cold Ferment

Place the bowl covered in the fridge air tight sealed, let the dough rest for 12-24 hours in the refrigerator. The longer you cold proof, the more sour the taste will be.

Bake

Preheat a dutch oven in the oven to 450 degrees for anywhere between 30 mins to 1 hour.

Remove dough from the fridge right before baking. Allow it to sit while the oven heats. Dust with flour, if desired, and score with lame or razor blade. I like to do one large score (called an expansion score) and then a cute design for the other score.

Carefully, lift the dough out of your bowl by the corners of the parchment paper and lower the dough into the hot dutch oven in your oven. Careful not to burn your fingers.

Place the lid back on and place the dutch oven into the hot oven.
Bake for 20 minutes at 450.

Remove the lid with oven mitts, turn the oven temperature down to 400, and bake an additional 25-30 minutes or until golden brown.

Notes:

The dough may seem dry when it is first coming together. Resist adding more water. Use wet hands during the stretching and folding if the dough is too sticky.

The amount of time it takes for your dough to double can be determined by many environmental factors, such as the temperature in your home, the maturity of your starter, and the hydration status of the loaf.

The most accurate way to create consistent results is by using a kitchen scale. I've included both gram measurements and cup measurements in the recipe.



Links to Additional Recipes

Cheddar Jalapeño Sourdough Loaf :

(leaving out the insertions, Autumn uses this recipe as her basic, plain sourdough bread also): www.littlespoonfarm.com/jalapeno-cheddar-sourdough-bread-recipe/#recipe

Lemon Blueberry Sourdough Scones:

www.amybakesbread.com/lemon-blueberry-sourdough-scones

Chocolate Chip Scones:

www.amybakesbread.com/chocolate-chip-sourdough-scones

Sourdough Discard Tortillas:

www.milkandpop.com/the-best-sourdough-tortillas/#recipe

Sourdough Discard Pull-Apart Dinner Rolls:

www.milkandpop.com/sourdough-pull-apart-dinner-rolls

Sourdough Discard Crackers:

www.littlespoonfarm.com/sourdough-discard-crackers

Sourdough Discard Pasta:

www.littlespoonfarm.com/sourdough-pasta-recipe

Amy Bakes Bread

www.amybakesbread.com

Instagram accounts you can follow for more tips:

www.instagram.com/lady.sourdough

www.instagram.com/theearlyrisebaker