



Sourdough Bread



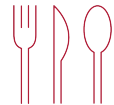
DIFFICULTY: HARD



PREPARATION TIME: 30
MINUTES



COOKING TIME: PROVING
2.5 HRS, BAKING 45 MIN



SERVES: 6-12

Ingredients

Starter

1 g dried yeast
300 ml water
300 g flour

To feed (not required for basic sourdough)

60 g plain flour
60 g water

For bread

400 g plain flour
280 ml water
120 g starter
1-2 tsp salt
3 g yeast (only required for basic sourdough)
10 ml vinegar (only required for basic sourdough)

Method

The starter of a Sourdough must be completed a minimum of 24 hrs before making the bread.

Add the yeast, water and flour for the starter together in a mixing bowl and stir until they are well combined with no lumps. Wrap the bowl with cling film and pierce the top with several holes or cover with a damp cloth and set aside in a dry cool place. Around 15 degrees is optimal.

After 24 hours you will see bubbles form in the starter.

For basic sourdough please skip to the next paragraph.

To feed the starter add 60 g plain flour and 60 g water each day for 7 – 14 days, stirring until combined. This will develop the natural yeasts giving the bread that sour taste. It is important to discard the same amount of starter as you put in each day so you do not end up with too much. For our recipe we add 120 g as a combined weight of water and flour therefore we remove the same amount once it is all combined. After 7 days you can put your starter in the fridge and feed it once a week from that point on if you wish. For the basic sourdough remove 120 g of the starter and place in a mixing bowl with the 400 g plain flour 280 ml water, 10 ml vinegar, 3g yeast and salt. Knead on a high speed for 10 minutes, the dough should now be very elastic but also very sticky. For the aged starter there is no need to add the yeast or vinegar.

Place into a medium mixing bowl and select the prove function for 1 hr on level 1. When the time is up remove and place onto a lightly floured workbench and knead gently for 2 minutes then put into your baking tin, 20cm x 8 cm x 8 cm is a good size, or place onto baking paper for a more rustic result. then score the top down the centre. Place it back into the proving function on level 1 for a further 90 minutes.

When the 2nd prove is complete select the bread-bake function at 220 degrees and bake for 45 minutes or until golden brown and gives a hollow sound when tapped.

Notes

