

SOURDOUGH BREAD



Today's loaf of sourdough bread, straight out of the oven. Smells delicious!

See if you can wangle 200g of Sourdough Starter dough from a s.d.bread-making friend.

To make new Starter

200g (old) starter
200g strong white flour
100g warm water + 1 tsp sugar

Put flour and starter (ripped into small pieces) in a mixing bowl. Add the warm water, mix all well together, then knead until smooth. You need to end up with a nice, non-sticky ball of dough. Put it in a jar or other container, and cover the top with a piece of clingfilm which you have pierced several times to allow the dough to breathe. You can put this directly in the fridge, and in two to three days (though you can leave it for ten to fourteen days, if you like) it will be ready for bread-making.

Next stage

Extract 200g from the quantity you have removed from the fridge, and repeat the steps above. Then, see below:

New loaf

Rest of (old) starter - probably ~250g

375g flour (I generally use 200g strong white flour, + 175g spelt).

Experiment!

200g warm water + 1 tsp sugar

1 tsp salt

Put flour and salt in mixing bowl, with the starter (ripped into small pieces).

Add the warm water, mix all together, then knead thoroughly for ~ 10 minutes, until the dough is soft and elastic. Cover with a tea towel and leave to rise for 5 hours, or until at least doubled in size.

Now knead again for a while (to knock out the air and strengthen the structure of the dough). Oil a rectangular tin and dust with flour (I use semolina here, which works well). Pull the dough into a rectangular-ish shape and drop into the tin. Leave for a further five hours or overnight, during which time it will rise again nicely.

Place in the oven (200c) for 30 to 40 mins.

Enjoy!