

PERFECT SOURDOUGH



Creating the sourdough sponge: What you'll need

- 20g rye starter • 120g organic white flour
- 120g water • A suitable container (a plastic container with a lid will do).

Mix the rye starter, flour and water together in the container.
Leave in a warmish place for 12-16 hours.

The sourdough: What you'll need

- 210g sourdough starter • 380g organic white flour
- 160g organic wholemeal flour • 240g water
- 10g sea salt • Proofing basket or bowl big enough for 1000g loaf
- Pizza stone or heavy baking tray • Baking parchment

In a large bowl mix together the sponge, flours and water into a rough dough, for about 4 minutes. Then leave to 'autolyse' for 30 minutes - a French term meaning to consume or self digest - this encourages the formation of gluten and reduces the amount of kneading needed. After 30 mins, add the sea salt and knead the dough for a couple of minutes, then return the dough to the bowl.

After 45 minutes you need to perform a stretch and fold. To do this take the dough out of the bowl, take the right side of the dough, stretch it out and then fold it into the middle, do this for the left, top and bottom and then put the dough back in the bowl. Repeat the process again after 45 mins, and then again after another 45 mins. By this stage the dough will retain elasticity and it will have almost doubled in volume.

Now take the dough out of the bowl and shape it into a round ball (for more information on shaping check out www.weekendbakery.com). Cover with a tea towel and leave to rest for 10-20 mins.

The dough will have relaxed and spread out a little bit. Now shape again into a round, making sure it feels nice and tight. Lightly dust the proofing bowl with flour and place the shaped dough upside down into the bowl.

Now leave to rest for a final proofing for 1-3 hours depending on room temperature.

Now preheat your oven, turn it up to 230C with the baking stone or tray inside. Place a roasting tin in the bottom of the oven.

To check if the dough is ready, lightly prod it with the tip of your finger, if the dent pops straight out it needs a bit more time, if it slowly regains its shape it's ready.

Tear off a piece of baking parchment and place on a thin baking tray or wooden board, Turn the loaf out onto the parchment, score a cross onto the loaf with a sharp knife and gently slide the parchment paper and loaf onto the heavy baking tray or baking stone.

Now put a glass of water into the roasting tin in the bottom of the oven and bake for 30-40 mins.

**WHEN THE LOAF IS READY, IT SHOULD BE GOLDEN BROWN.
REMOVE, ALLOW TO COOL AND ENJOY.**

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