

Country Loaf Sourdough Recipe

Sourdough bread is extremely healthy and quite delicious. This bread only has three ingredients, flour, water & salt.

Makes two 2.2lb loaves

Step 1 Activate Start

4-8 hours before you want to make the dough you must activate the start. Mix ¼ cup start with ½ cup water and ¾ cup flour. Let it sit covered until it is bubbly and thick and smells sweet (approximately 6 hours). Your start is ready when it floats in water.

Step 2 Mix

In a large glass bowl or Bosch mixer

*4 cups cool water
¾ cup starter
5 ¼ cup white flour
3 cups wheat flour

Mix just until ingredients are combined (do not knead the dough) and let sit for 30 min

2 Tbsp salt
¼ cup water

Mix the water and salt together then mix into the dough, cover, then wait 30 minutes.

Step 3 Fold Dough

Now “turn” your dough. First dip a hand in water, then reach in, grab the bottom edge of the dough and pull up, stretching it, and folding it on top of itself. Do this four times all around the bowl. This all counts as one full “turn.” Let it sit covered for 30 minutes.

Now turn your dough again. Let it sit covered for another 30 minutes.

Turn your dough one final time.

4 Bulk Rise

Next, let the dough sit for its bulk rise (8-12 hours). Tip: warmer temperatures will result in dough that is ready sooner, and colder temperatures will require the dough to sit longer.

During the bulk rise the dough should double in size. Test by poking it with your finger. If it springs back to the surface without a dent, it needs a bit more proofing. But if it leaves a dent and doesn't spring back, it may be over-proofed. If it springs back just a bit and leaves a slight dent the dough is ready to bake.

5 Bench & Shape

Dump your dough onto a floured or oiled surface. Using a bench knife, cut dough in half to form two loaves. Let sit for 30 minutes (this is the bench rest).

Fold the dough to create tension and shape into a boule. Start at one edge and fold the dough over toward the center. Then roll the dough up like a jelly roll, turn and repeat several times until the dough tensions together.

Using a dough blade or your hands, turn the dough in a flat circle until it shapes into a ball.

6 Proof the Dough

Place on a floured towel or oiled parchment paper and set in a bowl. Cover bowl with a lid and let rise until doubled (45 min to 1.5 hours depending on temperature). The dough is ready when it is puffy but has not yet doubled in size.

7 Score & Bake

20 minutes before baking time, place your dutch oven in the oven to preheat at 475. When the oven is ready, score the top of each loaf. Place the dough in dutch oven and splash water in it with your fingers before covering with the lid. Bake for 30 minutes in the dutch oven, until the bread is golden brown. Remove and cool completely before cutting (1-2 hours). Enjoy!

*Most bakers measure by weight rather than volume. If you have a kitchen scale we suggest weighing your ingredients. This is an online calculator that you can use: <http://historicbread.colonialheritage.org/p/recipe-calculator.html>

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