

Maria's Sourdough Bread

This sourdough bread is made in 3 separate parts and takes just shy of 24 hours from start to finish.

Step One: Make the Refresher Build at 4:00 pm

1/4 cup starter

1 cup flour

½ cup warm water

Take 1/4 cup of your starter, 1 cup of flour, and ½ cup of warm water and mix it up. Cover it with a dish towel and let it rest in a warm spot.

Step Two: Make the Levain at 10:00 pm

Refresher Build

¼ cup warm water (93 grams)

½ cup flour (144 grams)

Add the warm water and flour to the Refresher Build and stir. Pop on the dishtowel and leave in a warm spot overnight.

Step 3: Turn it into Sourdough Bread in the Morning

Levain

2 ½ cup unbleached flour (610 grams)

1 ¾ cup warm water (695 grams)

1 tbsp salt (20 grams)

1 ¼ whole wheat flour (390 grams)

In the morning, mix all the ingredients above into the levain. It will be quite wet! Next, you will be folding the dough every hour on the hour

Here is the pattern to use:

Fold 6-8 times, leave for 1 hour,

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Fold 5-6 times, leave for 1 hour

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After this, you get to shape your loaves of bread and let it rise:

Prepare two bowls or baskets with parchment paper. Flip your dough onto a floured surface and divide into two (this makes two loaves of sourdough bread) using a butter knife.

Flatten the first dough blob into a rectangle, pressing out all the air, and fold each side tightly in forming a ball. Place this into one of the prepared bowls.

Repeat with the second loaf.

Place a dishtowel over the dough and allow to rise for 2 hours.

After they have been rising about 1.5 hours, preheat your oven to 450 degrees. This can vary a little bit depending on how dark and crunchy you like your bread. My kids don't like it dark brown at all, so we set our oven to 450. Maria sets hers to 500 degrees.

Put a big soup pot (or dutch oven) in the oven as it preheats so it gets very hot.

Once your dough has risen for 2 hours, score the top of your loaves with a sharp knife.

Remove your pot from the oven, pick up the dough by picking up the parchment paper out of the bowl and carefully place it into the pot and then into the oven

Bake it at 450 degrees for 20 minutes covered, and then 20 minutes uncovered.

Remove from the oven and allow to cool completely.

Xo

Sarah