

Sourdough Bread

Makes one loaf
This is a long process but so worth it!

Ingredients:

- 1 cup starter (stir before using)
- 1 ¼ cups warm water (110°F)
- 3 ½ cups unbleached all-purpose flour or bread flour
- ½ cup whole wheat flour
- 1 ½ teaspoons kosher salt



Steps:

1. In the bowl of a stand mixer combine the starter and water and stir allowing the two to sit for 15 minutes. Add both flours and salt and knead dough for 8 - 10 minutes. The way to tell if your dough is kneaded enough is to pull some apart and see if it stretches enough for you to see light through it (like a window pane). If the dough breaks immediately it hasn't kneaded enough. **If you watch my video on Youtube you will notice I do it by hand using a different method. Either way will yield a nice loaf of bread.*
2. Turn dough out onto clean board. Resist putting too much flour on the board. The dough should be very tacky (but not sticky). Form a tight ball using a bench scraper (or your hands). Place the ball into a clean bowl and cover with a towel. Allow the dough to rise for up to 12 hours. It should double in size but do not allow it to rise more than double. That weakens the dough. You can proof the dough in the fridge for a slower rise.
3. Dump dough out again onto a very lightly floured board. Stretch and fold the dough four times. Form the dough back into a tight ball. Place dough into a floured proofing basket. Lightly sprinkle the top with flour and cover with the towel. If you do not have a proofing basket, line a round, medium-size mixing bowl with a flour-sack or linen towel that has been dusted with flour. Put the dough on top of the towel. Sprinkle the top of the dough with flour and cover. Let dough proof for another 4 hours.
4. Preheat oven to 480°F. Peel back the towel and sprinkle the top of dough with flour. Place a piece of parchment paper on top of the dough. Put a plate on top of the parchment paper and flip the bowl over. Gently peel off the towel. Using the parchment paper, lift the dough carefully and place into a dutch oven. Score the dough (this requires a SUPER sharp knife or razor). Put the lid on and bake for 30 minutes. Remove the lid and continue baking for another 15 or until the top is firm, browned and crisp.
5. The bread should sound hollow when knocked on the bottom. Let bread cool for one hour on a cooling rack (this is the hardest part) before slicing and serving. Leftover bread will keep in an airtight bag for three days or you can freeze.