

Bread/Sourdough

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Adapted from Joshua Weissman on YouTube

- A: 60g sourdough starter
- 100g wheat flour
- 100g water, 75F
- B: 500g unbleached white flour
- 300g whole wheat flour
- 40g flax seed meal
- 20g malted barley, ground
- 660g water, 90F
- C: 18g salt
- 5g water

1. Combine (A) to make lavain. Ferment 75F for 5+ hours, or overnight.
2. Combine (B) in mixing bowl, autolyse at 75F for 90 minutes.
3. Add (A) to (B), incorporate, mix well by hand.
4. Slap and fold dough for 5 minutes, rotating 90 degrees each fold. Wet fingers with water to handle dough.

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- Transfer back to 75F area for 25 minutes.
5. Incorporate (C) into dough, slap and fold for 3 minutes.
 6. Bulk ferment at 75F in 3 sets of: {15 min ferment, fold over 4 sides}, then 3 sets of {30 min, fold over}, followed by 2 1/2 hours of undisturbed ferment.
 7. Using floured hands, shape into 2 round boules and let rest 25 min. Lightly flour, and fold: bottom up, left/right 3/4 across, top 1/2 down. Shoelace fold 3 times, roll into loaf, and invert into banneton or shaped pan. Allow to rise.
 8. Score tops of loaves with razor blade, place into preheated 500F oven, covered (use preheated iron cooker and/or shaped baking pan). Bake 20 minutes.
 9. Remove cover(s), turn oven to 450F, bake 20 minutes or until done, with nice dark crust.

Servings: 14

§Id: sourdough,v 1.7 2025/07/01 19:00:31 deaven Exp §

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