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## Baking Sourdough Bread

Sourdough bread is finicky and takes some practice. It likes to have a little steam at first and then finish off. There are several ways to do this. In all cases it is important to score the top to let the steam escape the bread. Otherwise it may “pop” and make a big mess!

## Dutch Oven

Preheat oven to 230C/450F

Coat the bottom of the dutch oven with Cornmeal or parchment paper so the bread won't stick.

Insert the pot with the lid on.

Reduce temperature to 205C/400F

Bake for 20 minutes

Remove lid

Bake 30-40 more minutes.

Open the door a couple of times during the last ten minutes to get a crunchy crust.

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## Bread Pan

PreHeat to 450

Set Racks so bottom rack can have a bread pan with one inch of water if you don't have a steam oven

Insert bread and water pan

Lower temp to 400

Bake for 30 minutes

Remove water pan

Bake for 15-20 minutes

When thermometer reads 200 bread is done

## Pizza

Set oven temp to 245C/475F

For Par Baking dough, 2 minutes each side or 4-5 minutes on pizza screen

If cooking from raw dough with toppings:

Use Cornmeal on bottom of dough so it doesn't stick

Make sure your oven floor or pizza stone is fully heated if not using a pizza screen

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# The Easy Guide To Sour Dough

Skip the Cook book,

This is all you need.



## Quick Timing Guide

### Day 1

Feed starter in the evening

### Day 2

Mix Dough, 30 minute rest

1st Fold (12 folds), 2 hours rest

2nd Fold (6 folds), 2 hours rest

3rd Fold (6 folds), 1 hour rest

Preshape, 1 hour rest

Final shape, into basket, refrigerate

### Day 3

Bake

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## The Starter



### A Starter is Required

You can get it one of three ways.

1. Buy a Sourdough Yeast Starter Starter Packages and Kits are available online.
2. Get some from your friends.
3. Mix Organic Rye Flour and water until it is like pancake batter and let it sit out with a breathable cover.

## Feeding Starter

Starter is a living thing. It needs to be fed and used regularly.

You can keep it in the fridge and do this weekly instead of daily, but you can't use it for any recipe until it is back to room temperature and fully active. That can take two or three days.

The Starter Jar should be about half full all the time. When it hits 3/4 take some out and make pizza or bread.

Add 1/4 cup flour and 1/4 cup filtered water daily and stir with a wood or silicone spoon. Avoid metal it can kill the wild yeast.

You can see it bubbling and growing if it is properly fed. It should smell like sourdough. If it smells like blue cheese, remove the moldy part.

## Making a Dough Ball

Put into a bowl

100g/3.5oz Starter

310g/11oz filtered water

450g/16 oz flour

8g/.3 oz Salt

Knead until it is like pudding.

Let Rest 30 min to one hour.

Fold 12 Times Rest 2 hours.

Fold 6 Times Rest 2 Hours

Fold 6 Times, Rest 1 hour.

**For Pizza, Separate into two balls**

Put in rising baskets or bowls with a clean dishtowel. Add flour so the dough ball doesn't stick.

For pizza set smaller balls on tray

Let rise 24 -48 hours in refrigerator

Bake as desired.

Times & methods on next page.