

# Bake your own sourdough bread from scratch



# What will you need



- Active Starter
- Quality wheat and flour
- A lot of patience
- Perseverance

# Sourdough starter

- Takes 7-10d
- Start with rye flour/wheat to kickstart
- Water 26-28 deg (>30 kills the yeast), colder will take longer
- Place at room temp
- Day 1-3
  - Feed every 24h
- Day 4-7 (this is when it gets active)
  - Feed every 12h
  - Use whatever dough you like
- Ready
  - X2 after ~5-8h
- Although it is exact science, there are a lot of variables and experience will tell you when it is good



# The bread

- General
  - Use high protein flour (> 11%, but preferable 14% -> test you flour; window-pane test)
  - 100% flour
  - 60-80% water (hydration). Start with lower hydration levels
  - 20% active! starter (15%)
  - 2% salt (2%)
  - Use wet hands on wet dough
- The day before
  - Starter from fridge. Feed and grow overnight
- The day after the day before
  - Autolyse gluten++ (~30m - 4h) (overnight is great as well)
  - Add starter (~20m) (bench fold twice for lamination)
  - Add salt press w/ fingertips, then fold (rubaud)
  - Bulk ferment (~4-7h) when flattened, coil fold (~every 30m)
  - Shape dough in preferred shape (make sure there is tension on the dough; don't overdo it)
    - Use dough scraper
  - Make sure banneton is heavily dusted before shaping
    - <https://www.kitchenfeeds.com/how-to-use-clean-a-banneton/>
    - Use rice flour. NO REALLY!!!
  - Proof over night in the fridge (cold retard)
- The day after
  - Cut the bread (scoring) so it breaks where you want (you can go all loco here)
  - Bake (~45m)



# Summary

- Autolyse flour and water (~30m)
- Add starter (bench fold twice) (~30m)
- Add Salt and bulk ferment (until it doubled in size) (~4-7h room temp) - coil fold at intervals to get strength (and feeling)
- Shape & proof (overnight in fridge 16-24h 4-6deg)
- Score and bake like a boss

# Random s<sup>h</sup>t that happens



- Starter
  - Won't start
    - Temperature
    - Quality of flour, seriously use flour from the mill (buy it at the eko store (=expensive) or right at the mill (=cheap))
  - Starter died
- Bread
  - Starter not active enough (anymore)
  - Crappy flower
  - Not enough water
  - Bulk fermenting not done (underfermented)
  - Bulk fermented too long (overfermented)
  - The moon and mars were not aligned





# Flour & tools



# Perks



Make nice stuff with discard (my kids love this)

- Pancakes
- Pizza (again use proper flour that you can get at the mill)



# Starter



# Gluten development & window pane



Add salt

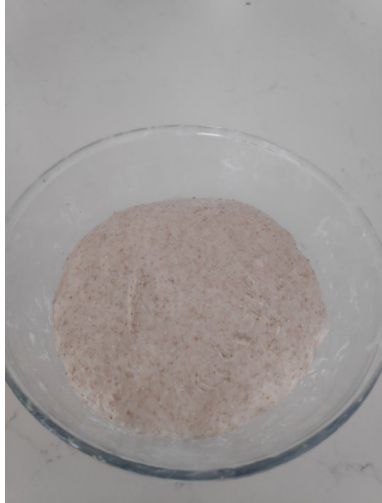




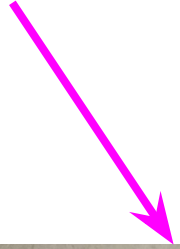
# Create dough and bench folding



# Bulk fermenting



Not mine



## Second proof





# Scoring



# Baking





# Results



# Fuck ups & pizza's



# Links

Bread code - <https://www.youtube.com/channel/UCcl83sSKVJpPLYIAvXYTM7Q>

Bulk fermenting done - <https://www.pantrymama.com/bulk-fermentation-finished/>

Pancakes - <https://madebyellen.com/zuurdesem-pancakes/>

Pizza - <https://madebyellen.com/zuurdesem-pizza-recept-zonder-gist/>

Mills that grind grain and sell quality flour (scroll down to “de adressen”)-  
<https://www.xandrabaktbrood.nl/meel-kopen-bij-de-molen/>