



THE ART OF
SOURDOUGH

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Sourdough Terminology

Sourdough

Starter

Feeding

Levain

Hydration &
Baker's %

Stretching

Flour(s) & Grains

All About Starter

Starter Maintenance - Keeping your starter happy is the key to great sourdough! It needs to be fed regularly and ideally is fed twice before baking bread recipes. Feeding your starter is simple. The most common feeding ratio is 1:1:1 - meaning equal parts starter, flour, and water. However there are times when you might need to feed your starter more and you can bump your feeding ratio up to 1:2:2 or even 1:5:5!

Things that impact fermentation of starter:

- How much you feed it - the more you feed it, the longer it takes to ferment. If you're only feeding small amounts, it can be ready much quicker.
- The season/temperature of your home - in the winter, my starter can take a DAY to activate. In the summer it's much less time, plan accordingly. The fridge helps slow down fermentation - use it wisely!
- What you're feeding it - flour richer in enzymes will ferment faster - the starter has more deliciousness to eat. I do not recommend feeding a starter bread flour, bleached all purpose for extended amounts of time! It will do in a pinch. Also, if your starter is giving you trouble, one of my first suggestions is to find a good quality whole grain flour and feed it a couple times with that!
- Stiffer starter takes longer to ferment.

Flour(s)

Once you pull from your starter for a recipe, feed again and place in the fridge if you aren't immediately baking with it again. It can be kept in the fridge for weeks (even months - you've preferably fed it a couple times). If it has dark liquid (hooch) or hard patches on top, just remove and keep going!

Discard - discard is a natural part of the process. I try to minimize mine, but when you're bulking up, you'll have discard. Discard can be used for recipes that don't rely on starter as the main rising agent: pancakes, waffles, cookies, muffins, etc.

Tips & Tricks

Recommended equipment

- Scale
- Good flour (organic, unbleached)
- Good salt (sea or kosher)
- Starter container (glass or food grade plastic)
- Bread lame (sharp/razor knife)
- Dutch oven (for artisan loaves)
- Filtered water
- Banneton basket (for artisan)
- Bench scraper

The climate of your home matters! Baking in the winter in your colder home takes more time. In the summer, my bulk fermentation period is often 2–3 hours, in the winter it feels like it takes all day!

Fermentation times – It is easy to over and under proof your loaf. A loaf that did not have enough rising time and will produce dense loaf. Over proofing your dough is when it rises too long and the yeast is spent. Over proofing will result in a flat loaf. I go by sight (40–50% increase in size) and touch (springy and bounces back when indented). Once you get into a routine, you will recognize what a perfectly fermented loaf looks like in your bread bowl and how it feels.

Add-ins: Adding ingredients into your bread is fun and delicious. Here are a few rules:

For larger items like – cheese, chopped fruit, nuts, etc you will add at the loaf forming stage, Once you stretch your dough to a rectangle, simply use that shape to sprinkle your add-ins on. Form loaf and keep going!

For smaller/drier items – herbs, seeds, seasonings, etc. you can incorporate into the dough or during the first stretch & fold. The smaller items will disperse best if included in the dough.

Lastly – PLAY & HAVE FUN! I encourage you to keep a notebook & experiment with hydration, flour, add-ins.

The Sourdough Flow

1

Starter

2

Dough

3

Stretch & Fold

4

Bulk Fermentation

5

Shape Loaf

6

Secondary Fermentation

7

Bake

Basic Sourdough Loaf

Ingredients:

- 500 grams flour (this can be split across multiple types of flour)
- 1.5 tspn salt
- 100 grams sourdough starter
- 300 (60%) – 360 (72%) grams liquid



2 days before baking

1. Remove your starter from the fridge in the morning. Add equal amounts of water and flour by weight.
2. Just before bed, feed your starter again.

Day before baking - By morning, your starter should be bubbling and lively. You can test it by removing a spoonful and seeing if it floats in a bowl of water. Proceed!

1. In a large bowl placed on a scale, mix together the starter and water.
2. Measure your flour(s) and salt directly onto liquid ingredients
3. Using your hands, combine the wet ingredients into the dry until a shaggy dough forms.
4. Let the dough rest for 20 minutes. FEED YOUR STARTER and place in fridge if not using again.
5. After 20 minutes, knead until the dough comes together completely and is smooth. You are kneading to form the dough, it should only take a minute!
6. Place back into same bowl. Rest for 30 minutes.

Basic Sourdough Loaf

7. Start your stretch and folds. You can use the coil method, letter folding, slapping or pulling techniques we covered in class. Repeat this process 3 times, every 30 minutes. Before proceeding, ensure your dough passes the window pane test.
8. Let the dough bulk rise (first fermentation) for 3-5 hours until doubled in size. In the winter this can be more like 6-8 hours and at the height of summer this can be 2-3 hours.
9. Remove the dough and shape into a loaf. Place the loaf into a floured banneton basket or bread pan ready with parchment and butter.
10. Place formed loaf into refrigerator for at least one hour, preferably overnight (second fermentation).

Day of baking (artisan loaf):

1. Place your covered dutch oven into your oven. Preheat to 500 degrees for at least 30 minutes.
2. Remove your loaf from the fridge.
3. When ready, gently place loaf into dutch oven or on a piece of parchment paper. Score the loaf. Quickly replace the lid to the dutch oven and place back into oven. Reduce temp to 450.
4. Cook covered for 30 minutes, Remove lid and cook for another 10-15 minutes or until bread is deeply golden and hollow when tapped on the bottom.
5. Remove from the oven and dutch oven. Let cool at least 1 hour before slicing into it!

For sandwich bread:

1. Remove loaf from the fridge and preheat oven to 425.
2. Score top of loaf and bake loaf at 425 for 20 minutes.
3. Reduce the temperature to 350 and bake another 20-25 minutes. Loaf should be deeply brown on top and hollow when tapped. Let cool at least 1 hour before slicing into it!