

Bread/Sourdough

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- Transfer back to 70F area for 25 min.
5. Incorporate (C) into dough, slap and fold for 3 min.
 6. Bulk ferment 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. Place in fridge until next morning.
 8. Preheat iron cooker in 500F oven. Place loaf in, score using a razor blade. Cover and bake for 20 min. Remove cover, oven to 450F, bake 20 min or until done, with nice dark crust.

Servings: 12

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From the kitchen of David and Jennifer Deaven



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1. Combine (A) to make lavan. Ferment 70F for 5 hours.
 2. Combine (B) in mixing bowl, autolyse at 70F for 90 min.
 3. Add (A) to (B); incorporate, mix well by hand.
(Optionally, add 1/8t dry bread yeast, 20g additional mated barley flour, 5g wheat gluten as needed depending on flour.)
 4. Slap and fold dough for 5 min, rotating 90 degrees each fold. Wet fingers with 10-20g of water to handle dough.
- A: 35g sourdough starter
35g whole wheat flour
70g water, 75F
- B: 600g unbleached white flour
200g whole wheat flour
40g flax seed meal
20g mated barley flour
660g water, 90F
- C: 18g salt, high minerals, ground fine
60g water, 90F