

How to make your sourdough loaf

Ingredients:

White Sourdough	
Flour	500 gm
Culture	100 gm
Water	360 gm
Salt (delayed)	10 gm
Total:	960 gm

Wholegrain Sourdough	
Stoneground wholemeal flour	400 gm
White flour	100 gm
Culture	100 gm
Water	380 gm
Salt (delayed)	10 gm
Total:	990 gm

NOTE: Water is always a variable depending on the flour being used.

Method:

1. Mix flour, culture and water together to form a mass. Sprinkle salt over dough and continue mixing until a smooth elastic dough is formed. Approx. 10 minutes.
2. Place dough in a lightly oiled bowl (preferably plastic or ceramic) and cover, for 2 hours.
3. At 45 minutes and 90 minutes turn dough out and fold and turn. Place dough back into oiled bowl after.
4. Allow another 30 minutes then shape dough into tin or cloth covered basket.
5. Place bread in warm spot with moist cloth covering dough.
6. Final proof will take between 4 and 6 hours depending on conditions.

Baking:

Tin loaves

- Preheat oven to 240°C, load tin onto wire shelf and reduce heat to 220°C and bake for 15 minutes, reduce heat again to 200°C for further 20 – 25 minutes.

Basket loaves

- To bake loaves proved in baskets, heat pizza stone or tile in oven prior to loading oven. This will give better lift to the loaf when baking.
- Preheat oven to 240°C, load loaf onto stone and reduce heat to 220°C and bake for 15 minutes, reduce heat again to 200°C for further 20 – 25 minutes.