

THE SOURDOUGH CHECKLIST

DAY ONE - REFRESH THE STARTER

7AM

- Pour half of the starter off (save your discards for other recipes!) and feed it with 100g flour and 100g water.
- Leave in a warm, draught-free area of your home for 24 hours.

DAY TWO - LEVAIN & DOUGH

7AM

- Mix 1 tbsp of starter with 100g strong white bread flour and 100g water (this is the levain).
- Cover and leave for 8 hours.

3PM

- Pour 600g tepid water into the levain and mix together.
- Tip flour (1kg strong white bread) in and mix together. Make sure no dry bits in bowl and fully incorporated.
- Cover and leave for at least 30 minutes and up to 4 hours (I did it for just over an hour).

4:20PM

- Sprinkle the salt (20g fine sea salt) and add 50g water and pinch salt into dough. Mine went like the recipe said, like old chewing gum but keep pinching and scrunching until its a smooth texture.
- Cover with cling film and leave for 15 minutes.

4:50PM

- Wet hands and Fold dough. Stretch the dough over itself, then repeat the other way, then bring each side in on itself too. Cover with cling film and leave for 30 minutes.
- Fold (repeat first step folds). Cover with cling film and leave for 30 minutes.
- Fold (repeat first step folds). Cover with cling film and leave for a further 2-3 hours.

8:20PM

- Scrape dough out onto floured work surface and split dough in two using a dough scrapper, and create a ball by folding each dough onto itself.
- Cover with linen tea towel for 30 minutes

9PM

- Prepare proving baskets, line with linen cloths and flour them, then put balls in baskets. Fold excess of cloth over.
- Put in fridge overnight (up to 18 hours).

DAY THREE - BAKING

9AM

- Heat oven to 220°C and whilst oven is heating up, trace the bottom of the dutch oven onto baking parchment and cut out two pieces this size.
- Put dutch oven and lid in oven to heat up for 30 minutes.
- Put one of the parchment shapes onto a plate and liberally flour with strong white bread flour.
- Take one of the loaves from the fridge and turn out onto the parchment sheet. Flour the loaf on the plate, and make cuts how you like on the top of the loaf.
- Remove the dutch oven from the oven, remove the lid and slide the loaf and parchment into the dutch over and replace the lid and put back in the oven.
- Heat with lid on 30 minutes and then heat with lid off 10 minutes.
- Remove loaf and sit on cooling rack (you can check if it's done by taping the bottom - it should sound hollow).
- Repeat process for the second loaf.
- Let loaves rest until they are at room temperature (this can take a good few hours but it will all be worth it!)