

“Belinda” Sourdough Bread



From the kitchen of:

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You'll need:

Sourdough starter
1 cup flour
900 grams bread flour
½ cup lukewarm water
620 grams room temperature water
16 grams salt
Whole wheat flour, for dusting

Note: It is completely optional but highly recommended that you name your sourdough starter.

How it's done:

It all starts with waking up Belinda. Or so my daughter insisted on naming her. She lives in a cozy shelf on the fridge door. Take your sourdough starter out of the fridge. Set aside all but 1/2 cup of the starter and feed that now reduced portion of starter with 1 cup of flour and 1/2 cup of lukewarm water. The starter sits out on the counter all night.

The next morning your starter should be full of bubbles and ready to go. Measure out 200g of starter and use a large silicone spatula to combine it with 900g of bread flour, 620g of water at room temp, and 16g of salt. After mixing thoroughly (about 1 min), leave it to rest for 30 minutes.

Now comes the magical transformation, spray the top of the dough with water and dump out onto a counter also misted with water. Tug at the dough and fold it over itself, rotating as you go until you've done about a baker's dozen worth of folds. Back in the bowl it goes for a two-hour long rest. Repeat this process several times during the day. Spray, spray, dump, fold x 6, back in the bowl, cover, rest. At the end of the day, the dough is now smooth and puffed up. Divide the dough into two on a now floured surface and roll into tidy packages that are placed seam-side down in a whole-wheat floured banneton. Tuck the two bannetons in for a good night's sleep in the fridge.

The next morning (yes, day 3! bread-making is not for the impatient or impulsive), take the bannetons out of the fridge so that they can warm up while you heat up the oven and a baking stone to 455 degrees F. Once the oven is ready, carefully coax the dough out of the bannetons and onto a floured peel. After dusting off the excess flour, use a lame (or similar sharp blade) and slice open the dough from one end to the other. Do this with flair as it is definitely the most dramatic part! Carefully maneuver the peel to the oven and slide the two loaves onto the now scorching baking stone. Put a tray of hot water on a rack under the baking stone.

Bake the loaves for 15 minutes before reducing the oven temperature to 375 degrees F and bake for another 20-25 min.

Once they are done, leave them to rest on a cooling rack while fending off hungry family members until the bread is cool enough to be sliced.

