

## **My bread making process.**

Day before baking the bread I take out sourdough starter from the fridge in the morning. The sourdough starter will be what you have left over from the last time you made bread. The amount varies but is usually about 150 gms or 4 tbsps of starter.

When it has come to room temperature I do the first feeding by adding 2 tbsps of strong/ high grade flour to the starter with 2 or 3 tbsps of water, again at room temperature.

Then mix the flour and water into the starter. Once mixed leave on the bench top until the starter has begun to come alive and you will see bubbles forming.

In the afternoon I feed the starter a second time. I used to put half the mixture in the compost, but now I don't remove half the starter mixture, I just feed it with 4 tbsps of flour and 2 or 3 tbsps of water.

Then in the evening when the starter is hopefully lively, I will add about 150gm of the starter, or about half what is in the container into 350gm of bread flour, and 350mls of water.

I then mix all of this together, cover, and leave out of the fridge if it isn't too hot, or if it is too warm you can put it in the fridge.

This process is called many things, but it allows everything to develop and the flour to absorb the water.

The next day you will need to add the salt, 10gm or 2tsp, and I add 100gm of wholemeal flour and 50gm of rye flour, but you can experiment with the amounts and types of flour you use at this stage.

When everything has been combined I knead the mixture for about 10mins.

Then I leave the dough in a clean bowl, oiled with olive or other oil and leave covered for a couple of hours depending on the temperature. I then do a quick knead and fold, which is just folding over the dough 8 times and then rest again for about an hour.

Then turn the dough out onto a board and shape the dough, depending on what you are making, so it could go in a loaf tin, or left as a round loaf. It again depends on the temperature as to how fast the dough will rise. But in about 2 hours it will be ready to go into the oven, which is pre heated to 250 deg c.

A pizza stone works well for cooking the bread directly on, or you can use a cast iron dutch oven, which works well, see video link below

[www.youtube.com/watch?v=bSYdABrPrtM](http://www.youtube.com/watch?v=bSYdABrPrtM)

Slash the dough, with a knife or razor blade, and put in the oven for 20-25mins, then turn oven down to 180 deg c and bake for a further 20mins.

When baked, take out of the oven a leave to cool before eating.

Sourdough bread is best kept out of the fridge in a paper bag or bread bin and should last up to 5 days.