

**STEP 1. SOURDOUGH STARTER**

- Feed your starter!
- If at room temp. →
    - 10g starter, 100g warm water, 100g rye flour (around 1Tb, 1/2c, 2/3c)
    - every day to every other day
  - If in fridge →
    - 10g starter, 90g warm water, 100g rye flour
    - once every week or two
    - ( 2-3 days before making your preferment, keep out at room temp. and feed daily )

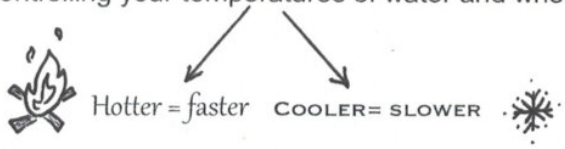
**When can I use this thing?!**

- Around 9-12 hours after feeding, if it's nice and healthy. (24-36 hours if it's being shy)
- Should smell nice and yogurty, and pleasantly sour
- Should have a good amount of bubbles and pass "the float test"

**STEP 2. PREFERMENT**

- 20g active, happy starter (2Tb)
- 90g whole wheat flour (2/3c)
- 90g lukewarm water, 80° (1/2c)

- Mix your preferment 12-24 hours before you plan to mix your dough. By that time it should be nice 'n bubbly and look like thick pancake batter. It should smell a little sour and a tiny bit sweet. Try the float test!
- Control your preferment's pace by controlling your temperatures of water and where you place it. (try and stay between 75° - 85°)



**STEP 3. MIXING YOUR DOUGH, and bulk ferment**

- 200g active, happy preferment (1/2c)
  - 500g whole grain wheat flour (4c)
  - 500g bread flour (4c)
  - 800g warm water (85°) (3 1/2c)
  - 20g sea salt (1Tb)
- MAKES 2 LOAVES

- Mix everything except the salt and a little of the water (about 100g) together until no dry spots are remaining. Let your dough rest for 20 minutes to relax and get comfy. This is *autolyse!* Control the fermentation speed by controlling your temperatures. Keep the dough around 78° - 82°
- Now add the remaining water and salt and mix it up. Let your dough rest another 30 minutes.
- Then, keeping the dough in the bowl, stretch and fold it to give it strength and redistribute the yeast and warmth. Stretch it up while rotating the bowl, about 10 times. Be sweet and gentle, yet firm with your dough. It'll tell you when it's ready to rest. Repeat 2 more times, at 30-45 minute intervals. You're folding like a champ! Let it rest and relax for 20 minutes before shaping.



## STEP 4. SHAPE THAT LOAF!

When your dough is nice 'n billowy, about 1.5x the volume, it's ready to go!

- Lightly flour your surface and plop out your dough. Divide it into 2 equally sized portions and work with one at a time.
- Gently stretch the bottom of your dough (use paddle hands!) and fold up 2/3rds. Now stretch the top and fold down 2/3rds, like a 3-fold letter going into an envelope.
- Now rotate the dough 90° so the seam is vertical. If your seam is too far to one side, just shimmy it back towards the middle. Roll the dough from the top towards you and end when the seam faces you. Now seal that puppy on all sides.
- Using a bench knife to help keep all that tension, pick up your dough and place it seam-side down into an oiled bread pan. Or, for a "hearth loaf" toss it in rice flour and place seam-side up in your basket.

\* *proofing* \*

LET THE MAGIC HAPPEN. Wait until your beautiful loaf has risen by about 1.5x.

This could be on the counter for around 1-4 hours, or in the fridge for 10-20 hours.

## STEP 5. BAKING

- Get your oven to a rippin' 475°. Preheat your cast iron, dutch oven, or pizza stone as well.
- If you are baking your bread in a loaf pan, cover with foil, being sure to leave a tented space for your dough to rise while baking.
- For hearth loaves, plop your dough out of the basket onto parchment paper or a floured peel (or thin cutting board, or something flat). Carefully score your bread and slide it into your dutch oven or onto your pizza stone. Cover immediately to keep all that precious steam in.
- Bake for 20 minutes and then uncover (Carefully! Steam is hot!!) Bake another 30-40 minutes or until the bread registers 190° – 205°.
- Go for that maximum flavor potential with a **≧bold≦**, beautiful bake!
- Let your bread cool to finish baking internally (at least 30 minutes) and become the perfect loaf. Give yourself a pat on the back and then eat that sucker.

POSSIBLE  
BAKE SCHEDULE?

	"THE WEEKENDER"	"EARLY BIRD"	"NIGHT OWL"
MIX PREFERMENT	after dinner around 8pm	before work, 8:30 am	during lunch, 12:30pm
MIX DOUGH	before breakfast around 8:30am	after dinner, around 8pm	around 10pm
SHAPE AND PROOF OR FRIDGE	between 10 and 11 am	10-11 pm overnight proof in fridge	before bed 1-2am overnight fridge-proof
EARLIEST BAKE TIME	around noon- 3pm	as soon as you wake up	before work, 9-11am

BAKER'S % - huh?!

FLOUR WEIGHT 100%  
(no matter what)

+

PREFERMENT  
≈ 20%

WATER  
≈ 80%

SALT  
≈ 2%

=

total dough weight  
≈ 202%

Preferment = (flour weight) × 0.2

Water = (flour weight) × 0.8

Salt = (flour weight) × 0.02

★ BE BRAVE!

PLAY WITH YOUR NUMBERS!