

Celia's Sourdough

Starter :

Combine 1 cup water with dried sourdough starter in glass bowl or jug. Mix and add one cup of flour and stir. Cover. Each day for next three or four days, add ½ c each water and flour to starter. If it gets too much, throw some out before adding fresh water and flour each day.

Starter is ready when it has lots of bubbles on surface, and bubbles can be seen through the side of the glass bowl or jug.

This gives starter at 166% hydration.

Storing the Starter :

Store the starter in the fridge in a plastic container with a lid. Every time you wish to bake, take the starter out 12 – 24 hours before, and refresh it. Put some of the starter into a bowl, and give it a feed of flour and water at a ratio of 1:1 (eg. half cup water to half cup flour).

Leave this to sit on the bench, covered in gladwrap. Stir flour and water into the starter remaining in the container, cover it up, and put it straight back in the fridge for next time (try to feed it about once a week, even if you're not using it, to keep it alive).

If you can, feed the starter two small feeds before you actually make the dough, for maximum oomph. Starter should be frothy and bubbly before you make the final dough.

Dough :

200g starter	or	300g starter
400g water		600g water
50g olive oil		75g olive oil
700g flour		1050g bakers flour
10g salt		16g salt

Whisk water and oil with starter in large mixing bowl. Whisk together flour and salt in separate bowl.

Add flour mix into starter mix. Start mixing with spatula, then get your really clean hands into the bowl and mix well. Squish the dough in your fingers to get it all really well combined. Scrape off your fingers, cover bowl with a tea towel, and let it sit for 10 minutes.

Lightly oil bench. Turn shaggy dough onto bench, and knead using a flip and fold technique (see video on blog, under Bread #101 post). Knead until smooth.

Oil the mixing bowl, and turn the dough back into the bowl, cover with gladwrap and allow to rise. This can take anywhere from 4 to 10 hours, depending on the ambient temperature. If the weather is cool enough, dough can be left overnight for 8+ hours on the bench.

Shape loaf :

Gently shape dough into loaves or rolls. Either place each loaf on tea towel floured heavily with rye flour, fold tea towels over to cover OR place loaf on a sheet of Bake on baking tray and cover with a sheet of oiled gladwrap. Allow to prove until doubled in size (1 – 1½ hrs).

Baking :

Preheat oven ½ hour before to maximum temperature (with fan) with pizza stone inside.

Turn risen dough onto upturned tray or pizza peel (either heavily floured or with sheet of parchment paper), and slash the loaf with a serrated knife or razor blade. Shovel dough onto stone. Spritz oven with water. **Turn heat down to 220C with fan**, bake for 15 – 20 mins, then reduce the heat further to 175C with fan and bake for an additional 15 – 20 minutes to set the crust. Take baking paper out after the first few minutes to avoid it burning.

You can also just bake loaves straight on metal baking tray (no need to remove the paper in that case). The pizza stone gives the dough a burst of heat, and you tend to get more rise that way, but baking on the tray is much easier and nearly as good.

Allow to cool completely before cutting.

What to do with your excess starter:

Sourdough pancakes

- 1 cup sourdough starter
- 1 cup plain (AP) flour
- 1 egg
- 1½ cup whole milk
- ½ teaspoon salt
- 2 tablespoons butter, *melted*
- 1 teaspoon baking soda, *sifted*
- 1 tablespoon white sugar

1. In a small bowl, whisk together the flour, salt, sugar and *sifted* baking soda.
2. Pour the sourdough starter, milk and egg into a large mixing bowl and mix well with a whisk or electric mixer until combined.
3. Gradually scatter in the dry ingredients, mixing constantly to avoid lumps. Finally, stir in the melted butter. Allow the batter to rest for at least half an hour before cooking.

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