

COURSE CURRICULUM

Module 1 | Welcome to Simplifying Sourdough

- Welcome and introduction
- What to expect from this course
- My sourdough story
- Syllabus and course outline

Module 2 | Learn the Basics

- Understanding gluten
- Explaining bakers %
- Explaining desired dough temperatures
- Bread timelines – recipes and checklist

Module 3 | Sourdough Equipment

- The essentials
- Extra tools
- Pro list

Module 4 | Understanding Ingredients

- Importance of ingredients
- Intro to flour
- Explaining the grain and whole grain flours
- Fresh milling in your home kitchen
- Using ancient grains

Module 5 | The Process of Sourdough

- Introducing the sourdough starter
- The science of sourdough
- How to create a sourdough starter



- Storing your starter
- What is a levain?
- Understanding different inoculation and sourdough builds
- What is sourdough discard and how to use it?

Module 6 | Beginners Sourdough Recipe – Tutorial and Guide

- Time to bake
- Beginner sourdough formula and ingredient
- The importance of scaling
- Autolyse - What is it and how to use it
- Mixing your dough
- Adding the starter and salt
- Bulk fermentation
- Stretch and folds and coil folds explained
- Pre-shaping
- Bench rest
- Shaping batard
- Shaping boule
- Ambient fermentation
- Cold final fermentation

Module 7 | Baking

- Scoring
- Steaming
- Venting steam
- Assessing doneness
- Cooling



Module 8 | Tasting and Storing

- How to taste sourdough
- Storing fresh sourdough
- Freezing sourdough

Resources

- Recommended books
- Online resources

Bonus Content

- Stenciling sourdough
- How to put seeds or oats on the shaped loaf
- Sourdough dough calculator
- To be determined

