



BEGINNER SOURDOUGH BREAD

Ingredients

- 700 g (1.54 lb) Cake Wheat Flour
- 160 g (0.35 lb) Sourdough Starter
- 16 g (0.035 lb) Salt
- 160 g (0.35 lb) Rye Flour
- 600 g (1.32 lb) Water

MAKES 2 LOAVES

Directions

1. Prepare your *Sourdough Starter* the night before. Mix in **30 g (0.066lb) of Mature Starter, 80 g (0.18 lb) of Rye Flour** and **80 g (0.18lb) of water**.
2. In a large bowl *mix all Cake Wheat Four, Rye Flour & Water* by hand until all flour has been incorporated into the dough. Cover with a damp cloth and leave to rest for **30 minutes** to perform an *autolyse*.
3. Once the rest is complete, add all of the remaining two ingredients: **Salt & your Sourdough Starter**. Again, mix by hand until all ingredients have been incorporated. Re-cover with a damp cloth and let your dough rest for **15 minutes**.

Directions Continued

4. Perform *stretch & folds*, pulling the sides of the dough over itself. Re-cover the bowl & wait an additional 15 minutes to *repeat this process*. Once the second stretch and fold is complete *repeat this technique* after an additional **30 minutes**. Once complete re-cover your bowl with a damp cloth and let your bread rest for an additional **3 hours**.

5. Take your dough out of its bowl and *split it evenly in two* forming them into boules. Leave them to rest for **15 minutes**. Insert two **dry cloths** into two separate bowls and flour the cloths adequately. When the rest is complete, *flour the top of the dough boules* and flip them over. Pull the bottom of each dough to its centre then repeat with the two sides and then the top. Flip the boules back over and shape them tightly before placing them *flour side down* into each bowl. Cover each bowl with a damp cloth and place it in the refrigerator **overnight for a maximum of 21 hours**.

6. Preheat your oven to **260°C (500°F)** & *place a pan of water into the bottom tray*. Dump your dough into a generously floured pot and score your loaf. Cover your pot with a lid and insert it into the oven (once preheated). **Bake for 20 minutes** then remove the lid as well as the water pan before baking for an **additional 25 minutes at 240°C (464°F)**.

ENJOY!