



WHITE SOURDOUGH

Ingredients for refreshing the white sourdough starter, evening day 1

*100g strong white flour
100g warm water (around 35°C
depending on flour temperature)*

*50g established white sourdough
starter*

Ingredients for the final dough, morning day 2

*250g strong white flour
4g salt
75g white sourdough starter*

*150g lukewarm water (around 35°C
depending on flour temperature)*

Take 75g of the refreshed starter and put the rest back in the fridge if you are not baking again soon. If you are baking again soon refresh it with equal quantities of flour and water.

In a large bowl add 150g of warm water to the 75g of sourdough starter and mix. In a separate bowl weigh out 250g strong white flour, add the 4g salt and mix.

Add the flour/salt mix to the sourdough/water then mix well. Leave covered for 10 minutes.

Pull the side of your ball of dough outwards then fold it into the centre. Moving the bowl around as you go, you do this 10 times going around the ball of dough. If it starts to become stiff and the dough tears, then stop.

Allow the dough to relax for ten minutes, then do the pulling and folding into the centre kneading technique again. Do this four times in total at ten minute intervals, scrape all the dough from the sides of the bowl into your round ball of dough after each knead. At the end of this you should have a nicely smooth ball which is strong in structure and will rise.

Rest it for one hour. Meanwhile, prepare your proving basket or use a bowl/basket lined with liberally floured cloth.

Dust the dough with white flour then lift it into the prepared proving basket or lined bowl/basket pretty side down. Leave to prove for 3 to 6 hours or overnight or until doubled in size.

Preheat the oven to 250C. Place a shallow tray in the bottom and a flat baking tray in the middle. When hot put the dough ball onto a pre-heated baking tray, dusted with semolina. Slash the top with a corrugated knife.

Bake at 250C, adding a cup of tap water into the hot tray in the bottom of the oven. This helps to form a good crust. After 10 minutes lower to 220C. (If you have an Aga, put in the cool shelf) Bake for another 20 minutes. The bottom of the loaf should sound hollow when you tap. Place on cooling rack.