

# Backroad Momma

## Artisan Sourdough Bread

### Ingredients:

- 50g fresh bubbly active starter (at its peak)
- 560g King Arthur All-Purpose flour
- 380g warm filtered water (80-100 F)
- 15g salt (I use pink Himalayan salt)

1.) In a medium bowl, mix together the starter and water until the water looks creamy and you don't see anymore large chunks.

Add in the flour and salt and mix (I like to use a Swedish whisk, but you can also use your hands, a spoon, or a spatula). The dough should be "shaggy" - the flour should be fully incorporated, but there will likely still be some areas that are drier than others, that's okay! Humidity or dry climates can affect how much water you'll need. If you can't get the flour fully incorporated, try adding more water - about a teaspoon at a time.

If you mixed in a bowl, add the dough to a large, clear, straight-sided container\* and flatten as much as you can (gently), so you can mark the level of your dough, so you can see how much it's rising. Cover the container - you can use the lid of the container, a damp towel, plastic wrap, or even set a plate over the container. You just want to help keep some of the warmth and moisture in from the fermentation process.

Let sit on the counter at room temperature for 30min.

\*If you don't have one, that's okay! Just make a mental note or take a picture of the level now, so you can tell when it doubles. I recommend getting one when you can - anything from a Pyrex glass dish, to a plastic Rubbermaid leftover container will work just fine!

2.) Now do your first series of coil folds. Get your hands wet, pick up the dough in the middle and lift, letting the dough fold under itself, and set it down. Repeat until the dough isn't stretching enough to fold under itself anymore. Spin the container 180° and repeat on the other end of the dough. Spin 90° and do the side, then repeat on the other side.

Cover again, and let sit for another 30min.

3.) Perform 5 more sets of coil folds, with 20-30min rest in between. You should notice progress and improvement with each set of coils, as the gluten develops and strengthens. After your last set of coils, use a thermometer probe (I use a meat thermometer) and take the temperature of your dough, then cover with the container lid, or plastic wrap and let rise on the counter. Use this table to determine how much rise you're looking for out of your dough, based on the temperature you just took.

Bulk Fermentation Guidelines		
Dough Temperature	Target Percentage Rise	Approximate Timing
80F/27C	30%	5.5 hours
75F/24C	50%	7 hours
70F/21C	75%	12 hours
65F/18C	100%	16 hours

Note: Assumes a typical "Tartine" recipe and method. 90% Bread Flour, 10% Whole Wheat, 75% Water, 20% Starter, 2% Salt. Bulk fermentation begins when starter is added. Assumes a 12-16 hours cold retard at 37F/3C.

The Sourdough Journey®

4.) Once your dough has reached the desired rise, dump the dough out of your bowl onto a clean, lightly floured surface. Lift up your dough allowing it to fold over itself. Do the same thing from the other side, repeat five more times for a total of 7. Lamine (stretch the dough out into a rectangle and fold into thirds, then roll up horizontally). You're going to want to pull into a ball to create tension (pull towards you, and push away, using the counter to build tension into the dough ball) stop when it's holding shape well, and before you tear the dough on the top of the ball. Let rest for 20 mins on the counter with a tea towel.

After 20 mins, flip your shaped loaf over - I like to use my bench scraper to get it off the counter without deflating the loaf. Pick up one side of the loaf and fold it up and over. Pick up the opposite side, and fold it up and over. Slide your hands under the ends of the loaf you have now, and fold/squeeze them up to meet at the top of the loaf.

Sprinkle the liner of your banneton, or a tea towel in a bowl, with rice flour (helps to keep the loaf from sticking, because the rice flour doesn't absorb into the loaf). Using your bench scraper, scoop up the loaf and set it into your banneton/bowl. Pinch together any areas that the folds are separating, so that the loaf can form into a cohesive unit. Cover (I use disposable shower caps from Amazon, but I'm also going to be trying out a washable bowl cover, so I'll keep you posted on that) and set on the counter for an hour or two at room temp, then place in the fridge overnight.

If you want a longer ferment, you can go up to 72 hours. A longer fridge ferment helps to make the bread more digestible, especially for those who are gluten-intolerant.

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In the morning (or when ready to bake): When your loaf has chilled and you're ready to start baking, preheat your oven to 450° and place your Dutch oven in there to heat up for at least 24-30 mins, meanwhile, place your banneton/bowl in the freezer. Once your oven is preheated, take out your loaf and place a silicone baking sling or parchment paper down on the counter. Turn your loaf out, cover with some flour (use rice flour if you want the flour to remain white and show off your score. The flour you made it with is fine, but it will absorb into the dough while baking), and score to your liking.

Remove your Dutch oven and place the loaf inside the Dutch oven and cover with the lid - I place my loaf on a trivet, to help keep the bottom from burning or getting too tough. Place in the oven and bake for 5-7mins, then remove and make your expansion score - follow an existing score line, or just go across your design to make an expansion score that will give your loaf room to grow. Return the Dutch oven to your oven for an additional 35min, or until the internal temp reaches 205-210°. At that point, if you would like your crust darker or crispier, take the lid off your Dutch oven, and bake for another 5-15min until it reaches the color you're looking for.

Remove bread from the Dutch oven, and place on a wire cooling rack for 1-2hrs before slicing, for best results. Then enjoy!