

Sourdough Artisan Round Loaf

Adapted from Phillip / Culinary Explorations
<https://youtu.be/t0t0aD09pLY?si=KG5kyWFeFeZTPExO>

LEAVEN BUILD (NIGHT BEFORE MIXING)

Feed your starter before bed to ensure you have enough for making bread. See Starter Math calculator for how much on [momslifetips.com](http://www.momslifetips.com) site.

MAIN DOUGH (MORNING):

INGREDIENTS:

REGULAR-SIZE SINGLE LOAF

539g flour, bread
 329g water, filtered
 120g starter, active
 12g salt

TWO LARGE LOAVES

1213g flour, bread flour
 741g water, filtered
 269g starter, active
 27g salt

TWO REGULAR SIZE LOAVES

1078g flour, bread flour
 658g water, filtered
 240g starter, active
 24g salt

TWO EXTRA LARGE LOAVES

1347g flour, bread flour
 823g water, filtered.
 299g starter, active.
 30g salt

INSTRUCTIONS:

Mix

1. **Dissolve salt:** In a large mixing bowl, combine **water** and **salt**. Stir to dissolve.
2. **Add flour:** Add **bread flour**. Mix until all flour is combined (no dry bits)
3. **Add leaven: Add your bubbly, ripe leaven.** Mix until all the flour is incorporated (dough will be shaggy). Depending on dough, I will often use dough whisk first, then use one glove.
4. **Rest (autolyse):** Cover and let **rest for 30 minutes** at room temp (25°C/77°F).

Knead and First Fermentation

1. **Knead:** After resting, knead the dough in the bowl until smooth. I do 5 - 10 minutes of kneading, punching, stretch & folds, coil-folds, and slap & folds in the bowl. I call this SPACKS (**S**tretch/**P**unch/**a**nd/**C**oil/**K**nead/**S**lap).
2. **Shape into a ball:** shape into a ball by squeezing pinkies under dough and cover.
3. **Bulk ferment:** Let **rest for 1 hour** at room temperature.

Lamination & Strength Building

1. **Lamination: Gently** stretch the dough on a clean lightly floured (half rice/half bread flours) surface into a rectangle. *I stretch the dough for two loaves to about 15x19 size.*
2. Brochure fold one side to the center, then the other side over it to create three layers.
3. Roll it up to create a parcel (oval) and squeeze/pinch ends (round).
4. **Shape into a ball:** Gently round it by squeeze/turns for tension and return to the bowl. Cover.

Bulk Fermentation (Continue)

1. **Continue fermenting:** Let dough rise until increased in volume by about 75% (total fermentation time from mixing = **6 hours**). I set a timer starting at 4 hours, then 5 hours, then 6 hours and I check each time.

NOTE: I've made this many times and it has ALWAYS been exactly 6 hours for me. Only a couple times was dough ready at 5 hours, during summer. Winter it is usually 7+ hours. Your home temp will change this. And you want to watch the dough, not so much the clock. Use times as guidelines.

Shaping

1. **Lightly flour (I prefer half bread flour and half rice flour) surface:** Dust countertop with bread flour & rice flour.
2. **Turn out dough:** Gently turn dough out so the floured side is down. Be gentle and try not to press out any bubbles. You want to keep the puffiness as much as possible. Cut in half if you made 2 loaves.
3. **Pre-shape:** Fold two sides of the dough to the middle. Fold the bottom up to create a straight edge. Fold the top down. Do some push/pulls on surface to gently build tension.
4. Rest for 20 minutes UNCOVERED.
5. **Final shaping:** Turn over so ball is bottom up. GENTLY pull slightly to get a little rectangle shape. Roll up from the bottom, coiling inwards to create surface tension. Pinch ends and gently squeeze in/under.
6. **Coat in rice flour:** Lightly dust dough and banneton with rice flour.
7. **Basket/Banneton:** Place dough seam-side up into a floured oval proofing basket (banneton). Stitch & pinch seams.

Proof

1. **Cover:** using a dish towel, bowl cover or shower cap cover.
2. **Room temperature proof:** Let rise at room temperature for **2 hours**, until the dough fills the basket and springs back slowly when pressed.
3. **Cold proof:** Place in the fridge overnight, still covered (for best flavor and easier scoring). *You can also cold proof for just 2 hours and then bake.*

Baking (Next Morning or after 2 hours in fridge)

1. **Preheat oven:** Preheat oven and Dutch oven or baking stone to **445°F**.
2. **Remove dough from fridge:** No need to let dough come to room temp. Remove dough, turn out onto bread sling or parchment. Sprinkle flour on top and gently spread flour on top.
3. **Score:** Score the top of dough about 5mm deep with a lame or sharp knife. I do TWO deep scores and go back over the first one making a 2nd cut in the cut already made. Little scores can be done for cuteness.
4. **Bake with steam:**
 1. Place square of parchment into HOT dutch oven.
 2. Place bread sling with dough in dutch oven over parchment (I feel this helps keep bottom from burning).
 3. **Mist loaves and quickly cover** to keep steam in.
 4. Bake covered for **25 minutes** (traps steam for oven spring).
 5. **Uncover & finish baking:** Remove the pot/lid, **MIST**, **Lower Heat to 430**, and **Rotate pans**; continue baking for **another 20-25 minutes** at **430°F** until golden brown and crusty. **Using a thermometer, bread temperature should be 205-210 when cooked.**

Cool and Enjoy

- Remove from oven and **cool completely** on a wire rack before slicing. Cool at least **1 1/2 hours** as bread will continue to steam cook on the inside. Cutting early will halt this cooking.

Tips:

- Use bread flour with at least 12% protein for best results. Costco sells an AP flour high in protein.
- The overnight fridge proof improves flavor and makes scoring easier.