

Making Sourdough Bread From A Starter

Equipment Needed:

Mixing bowl (A stand-alone mixer can be used)
Measuring spoons and measuring cups
Plastic wrap or tea towel
Proofer or warm spot for proofing
Bread pan

To Make the Bread:

1/2 cup spring water
1-2 tsp sugar
1/2 - 1 tsp sea salt
1 cup sourdough starter
1 1/2 cups whole wheat flour
1/2 cup white unbleached flour
Olive oil

Egg for egg wash

Place all the ingredients in the mixer and mix. Once the dough is mixed, transfer to a clean surface and knead dough for 5-10 minutes. Use flour to prevent it from sticking to your hands and the kneading surface. If you do not want to work more flour in, then use spring water. Once the dough is kneaded, grease the bowl with olive oil and place the dough in to proof. Cover with the bowl with plastic wrap or a wet tea towel and put it in a proofer or warm spot to proof. It should take about 4 hours and be doubled in size. Punch down and shape the dough. Place the dough in a loaf pan and proof again (about 2 hours) until it has doubled in size. Brush with egg wash and bake in the oven at 350 degrees for 20-25 minutes.

Egg wash: Mix 1 egg with 1 tbsp water

Tip 1: To create French bread shape, place parchment paper that has been folded two or three times into a loaf pan. This will prevent the dough from spreading to the edges of the pan and taking on the form of the pan.

Tip 2: The stickier the dough the lighter the texture. Olive oil can be added to the dough as well to give it a lighter texture.