

Emmanuel's Sourdough Bread

Rating (01-10): 09

Hours to prepare: 18

Leaven type: Sourdough Starter

Recipe Source: 'How To Make Sourdough' (Author: Emmanuel Hadjiandreou) – p.20

Bread Volume: Makes two 1,000g boule loaves (or 3 smaller 660g loaves)

of Times Baked: 52

Last Time Baked: May 10, 2024



Special Notes:

For this particular bread, I end up with more problems with the dough sticking to the banneton, so take precautions to avoid this. Also, if baking 3 loaves instead of 2, reduce the baking time.

I have a tendency to overproof my dough, so make sure to keep a close eye on the dough during the proofing process, using the 'finger test' to make sure it doesn't get over-proofed.

Other things to remember when baking this particular bread:

- Use a generous amount of the 50-50 rice flour/whole wheat flour mix when coating the proofing container (e.g., banneton)
- When performing the final shaping, make the dough surface tension much tighter (without ripping the dough) – AND – take time to make sure the shape is what you want – a slight deformity in the dough does result in a deformed loaf after baking
- Don't bake too long

Special Tools:

- Dutch Oven combo cooker OR baking stone & pizza peel
- Sharp lame, Exacto knife, or serrated blade

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>BAKER'S %</u>
Water (80°F)	700g	58
Leaven	360g	30
Total White Flour	1,200g	100
Salt	24g	2

Also, refer to ingredients listed below for creating the leaven.

Directions - Prep:

Ensure that the sourdough starter has been removed from the refrigerator and has been fed enough times to ensure it is rising and falling in a predictable manner.

Directions – Night Before Baking:

The night before planning to bake, prepare the leaven by mixing together the following ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
Water (78°F)	150g
Mature Starter	100g
White Flour	150g

Cover and let rise overnight at a warm temperature (70°F).

Directions – Baking Day:

Sometime in the mid morning (8-12 hours after starting the preparation of the leaven):

MIX THE DOUGH

1. Confirm that the leaven is ready by dropping a spoonful of the leaven into a bowl of moderate room temperature water
 - a. if it floats, it's ready
 - b. if it doesn't float, it isn't ready and should be given more time to ferment in a warm environment
2. In a large mixing bowl, combine the 1,200g of white flour and 24g salt
3. In a very large mixing bowl, thoroughly dissolve 360g of leaven with 700g warm water
4. Add the dry mixture to the wet mixture, combining thoroughly by hand
5. Add slight amount of flour or water to get desired consistency
6. Cover and let stand for 10 minutes

KNEAD THE DOUGH

7. Keeping the dough in the bowl, flatten out the dough with knuckles
8. Knead the dough in the bowl
 - a. Lift & stretch one side of dough and fold it into the middle and press seam with knuckles
 - b. Turn bowl 90 degrees and repeat the folding/seaming process
 - c. Continually turn the bowl 90 degrees and perform the fold/seam for a total of 10 folds
 - i. <if the dough is too sticky, dip your fingers in flour each time you knead>

- ii. <if the dough is a bit dry, dip your hand in water each time you knead>
 - d. Turn the dough ball over in the bowl
 - e. Cover and let rest 10 minutes
9. Repeat kneading process (Step-8) 3 additional times (for a total of 4)
10. Let the dough to rest for 1 hour

PREP DOUGH FOR SHAPING

- 11. Gently punch down the dough
- 12. Place dough on a lightly floured dough board
- 13. Lightly flour the top of the dough
- 14. Use a bench knife to cut the dough into 2 equal pieces and flip each piece so the floured side is down (if there is a desire for smaller loaves, consider cutting the dough ball into 3 pieces and bake 3 loaves of bread)

SHAPING THE DOUGH (FOR A ROUND LOAF)

- 15. Flatten the dough slightly with your palm
- 16. Fold the third of the dough closest to you up & over the middle third of the round
- 17. Stretch out the dough horizontally to your right & fold the right third over the center
- 18. Stretch the dough to your left & fold this third over the previous fold
- 19. Stretch out the third of the dough furthest from you & fold this flap toward you over the previous folds, and anchor it in place with your fingers
- 20. Roll the package over so that the smooth underside of the loaf is now on top and all seams are on the bottom
- 21. Cup hands around the dough & pull towards you, rounding it against the work surface to tighten the tension
- 22. Let the shaped loaf rest a 1-2 minutes
- 23. In a small bowl, mix a 50-50 mixture of rice flour & whole wheat flour
- 24. Liberally apply rice flour mixture to containers being used for Final Rise (directly on banneton and on a towel that will line a bowl)
- 25. Using bench knife, move each dough round into the banneton or bowl so that the smooth side is down
- 26. Gently flatten & manipulate the dough so that it fits uniformly in the banneton
- 27. Cover the dough and let it proof anywhere from 2-6 hours (that's what the recipe author says) – the wide range of proofing times are based on conditions in the kitchen (temperature, humidity); strength of the sourdough starter; and condition of the dough you prepared - I've found that proofing this dough closer to the 2 hour mark is better than the 6 hour mark (at least in our kitchen environment) – in any event, after 2-1/4 hours, regularly test the dough to see if proofing has completed (use finger test) – you'll get the hang of this with some experimentation and experience

SHAPING THE DOUGH (FOR AN OBLONG LOAF)

28. Flatten the dough slightly with your palm
29. <through the following steps, target the loaf to fit in the container>
30. Take the top edge of the dough and fold it over slightly to make the top edge straighter – press seam
31. Take both corners of the top side of the dough and stretch them out slightly
32. Take the top right corner and fold it into the middle of the dough – repeat with the top left corner – the top of the dough will look triangular
33. Take the point of the ‘triangle’ and fold it back over the middle of the dough – press seam
34. Elongate the top corners of the dough again
35. Fold the elongated top corners back into the middle of the dough again – once again forming a triangular shape at the top
36. Once again, take the point of the ‘Triangle’ and fold it back over the middle of the dough – press seam
37. Roll the dough towards you so seam is on the bottom
38. Use the tips of your fingers to straighten and tighten the roll of dough
39. Press both sides of the top and bottom of the loaf to create a slightly more tapered shape
40. Let the shaped loaf rest a 1-2 minutes
41. In a small bowl, mix a 50-50 mixture of rice flour & whole wheat flour
42. Liberally apply rice flour mixture to containers being used for Final Rise (directly on banneton and on a towel that will line a bowl)
43. Using bench knife, move each dough round into the banneton or bowl so that the smooth side is down
44. Gently flatten & manipulate the dough so that it fits uniformly in the banneton
45. Cover the dough and let it proof anywhere from 2-6 hours (that’s what the recipe author says) – the wide range of proofing times are based on conditions in the kitchen (temperature, humidity); strength of the sourdough starter; and condition of the dough you prepared - I’ve found that proofing this dough closer to the 2 hour mark is better than the 6 hour mark (at least in our kitchen environment) – in any event, after 2-1/4 hours, regularly test the dough to see if proofing has completed (use finger test) – you’ll get the hang of this with some experimentation and experience

BAKING THE BREAD (FOR A ROUND LOAF)

46. After the dough has been adequately proofed, place the dough in the refrigerator for 30 minutes in order to stabilize the dough
47. Place the dutch oven combo cooker in the oven and pre-heat to 500°F
48. Once the oven is pre-heated and the dough has been in the refrigerator for 30 minutes, prepare the loaf for baking
 - a. Dust the surface of the dough with rice flour
 - b. Remove dutch oven combo cooker from oven

- c. Inverting the basket, carefully turn the dough into the shallow piece of the dutch oven combo cooker
 - d. Score the dough with a sharp lame
 - i. make sure surface is very taught when doing final shaping
 - ii. ensure blade is very sharp
 - iii. dry the dough surface (try using a fan)
 - iv. gently support dough at opposite direction of slash with opposite hand
 - v. cut at angle ~1/4" deep using a confident, smooth, quick motion
 - e. Cover and return to the oven
49. Immediately reduce temperature to 430° and bake for 20 minutes
50. After 20 minutes of baking, remove cover
51. Continue to bake until crust is a deeply caramelized color (~18-20 minutes)
52. Remove bread from oven and from dutch oven combo cooker
53. If baking a second loaf in the dutch oven, return dutch oven combo cooker to oven; and raise temperature of oven the 500°F - once oven reaches 500°F, repeat Steps 48-52 for Loaf#2

BAKING THE BREAD (FOR AN OBLONG LOAF)

54. After the dough has been adequately proofed, place the dough in the refrigerator for 30 minutes in order to stabilize the dough
55. Place the baking stone, along with a pan at lowest level (for ice), in the oven and pre-heat to 500°F
56. Once the oven is pre-heated and the dough has been in the refrigerator for 30 minutes, prepare the loaf for baking
 - f. Dust the surface of the dough with rice flour
 - g. Dust the pizza peel with cornmeal
 - h. Inverting the basket, carefully turn the dough onto the pizza peel
 - i. Score the dough with a sharp lame
 - i. make sure surface is very taught when doing final shaping
 - ii. ensure blade is very sharp
 - iii. dry the dough surface (try using a fan)
 - iv. gently support dough at opposite direction of slash with opposite hand
 - v. cut at angle ~1/4" deep using a confident, smooth, quick motion
 - j. Slide the dough onto the baking stone
 - k. Place lots of ice in pan at lower level
 - l. Close oven door quickly
57. Immediately reduce temperature to 430° and bake for 36-40 minutes, or until crust is a deeply caramelized color
58. Remove bread from oven

