

Sour Dough Notes

Feeding

- 2:2:1 – flour:water:starter
- can use a mix of flours (unbleached, bread, wholewheat)
- mix water and starter, add flours and stir to combine
- allow to double on the counter (use an elastic to mark the level), typically overnight
- put in the fridge after doubling (optional), otherwise, feed 1/day and keep discard in the fridge
- starter is ready if a small amount floats
- note that keeping a starter in the fridge can make it quite sour

Baguette

- 600:350:250 – flour:water:starter (grams)
- can use 450:150 unbleached:wholewheat flour
- Best to use fresh starter (e.g. feed a batch overnight)
- mix water and starter, add flours and 10 g of salt and stir to combine
- allow to rest for an hour or so, covered in plastic wrap
- fold dough edge to centre, rotate 45°, repeat 8 times, recover and rest for ½ hour
- repeat folding and resting 3 more times – can fold in more flour if the dough is too wet
- allow to rise ~24 h in the fridge, covered
- remove from fridge and let come to room temperature
- divide into four portions and gently form into four logs, let rest covered for ½ hour
- form logs into rectangles, and fold into long logs, then roll to ~12 inch loaves
- arrange on floured couche, cover and allow to rise to ~double
- preheat oven to 450 F and humidify with ~1/4 c of water on rocks
- transfer loaves to baguette pan (use a board) and slash 3 to 4 times
- bake at 450 for ~20 min, with another ~1/4 c of water to make for a crusty loaf

Pepper bread

- same as for baguette, but stick to unbleached flour and add 1 T cracked pepper
- form into 1 loaf in an oiled and floured loaf pan for the final rise

Focaccia

- 720:340:340 flour:water:starter (grams)
- I used unbleached flour and fresh starter (feed a batch overnight)
- Mix water and starter (and optional 18 g of salt), add flour and stir to combine
- Knead for ~10 minutes (I am not sure this is required with the long rise times)
- Place in bowl lightly coated in olive oil, cover and allow to rise for ~1 hour
- Gently fold the dough over 3 or 4 times and let rise for another hour
- Put in fridge and allow to rise over night
- Remove from fridge and allow to come to room temperature
- Put ~2 tablespoons of olive oil on a sheet pan and gently stretch the dough to cover the pan in a uniform layer. When the dough springs back, allow it to relax for ~15 minutes. You may need to allow it to relax a couple of times before the sheet pan is covered.

- Cover the sheet pan and put it in the fridge overnight to rise again.
- Remove sheet pan from the fridge and allow to come to room temperature (~1 hour).
- Meanwhile preheat oven to 425 F.
- When ready to bake, gently dimple the dough with your fingers, drizzle on 2 tablespoons of olive oil and some rosemary.
- Bake the focaccia for ~20 to 25 minutes until golden brown.
- Remove from the oven and gently move focaccia to a rack to cool.