



## PROJECT CARD

# Sourdough Bread



### What you'll need . . .

- » ¾ cup fed starter
- » 1 cup + 1 Tbsp. warm water
- » 2 Tbsp. olive oil
- » 3 cups bread flour
- » 1¼ tsp. table salt
- » handful corn meal
- » large baking vessel with lid, oven-safe to 450° F (I prefer cast iron or enameled cast iron, but Pyrex works fine, too.)

*I adapted this recipe from The Clever Carrot (<http://www.theclevercarrot.com>). The author, Emilie, adapted her version from Fig Jam and Lime Cordial (<https://figjamandlimecordial.com>). No doubt you might make a few changes or additions yourself in time, but this is a well-tested recipe to start with. —Susan DeBolt*



Dough Before Stretch and Fold

### Step One: Combine Ingredients

Dissolve salt into water in a large mixing bowl. Add starter and olive oil and give it a stir. Work in bread flour a cup at a time and mix until flour is absorbed. You may have to add a little water, and will probably have to finish with your hands. Transfer dough to clean surface while you rinse and dry the bowl. Lightly oil the bowl and place dough inside. Cover with cling wrap and rest 30 minutes.

*This step is optional, but I think it yields a lighter texture. Try skipping it sometime and see what you think.*

Fold back cling wrap and grab one edge of the dough. Stretch it up, then fold it back to the middle. Turn bowl ¼ turn and repeat with a new edge. Do this four times total, then reshape the dough into a nice ball and recover. Rest 30 more minutes.

Repeat the stretch and fold process a total of 4 times, once every half hour. Basically, you are very slowly and gently kneading the dough as you do this.

### Step Two: Stretch and Fold



Stretch and Fold



Dough Before First Rise

## Step Three: First Rise

Rise until doubled, overnight on the counter, or in a warm place for 3–4 hours (including stretch and fold period). In winter, I often put the bowl on top of a heating pad set to low. I know, it sounds weird and it is weird, but it works.

## Step Four: Shaping the Loaf

If you wish to have two smaller loaves, place the dough on a clean surface and cut in half with a bench scraper or sharp knife. If you wish a large loaf, use the whole batch. Gather dough one side at a time (imagine you are picking up four corners) and gently fold and twist to the center. Turn the ball you have just made upside down (twisted corners down, smooth side up). Spin and pull the ball until you are pleased with the shape and the outer surface is taut, but not tight. By the time you are done, the dough will have deflated, which is what you want.



Dough Ready for Second Rise

## Step Five: Second Rise

Preheat oven to 450° F for at least 30 minutes. Meanwhile, generously sift corn meal into baking vessel or vessels. Place dough inside, covered, for second rise. Dough should be slightly puffy when the oven is preheated. Just before baking, make a slash across the top of the dough about ½ inch deep with a very sharp knife or single edged shaving razor.

## Step Six: Baking Process

There are a few adjustments to be made during the baking period.

1. Put the vessel(s) in the oven with lid(s) on.
2. Immediately turn oven down to 400° F.
3. Bake 20 minutes.
4. Remove lid(s), and bake another 20 minutes.
5. Crack the oven door, and bake 10–20 minutes until golden brown. This takes about 11 minutes in my oven.

## Step Seven: Be Patient!

Cool completely on rack, at least one hour, before slicing. Cutting a loaf too soon can cause it to be damp and squishy.