

SOURDOUGH BREAD

F HARD

Last Modified: 02/09/2016

PREP: 16 Hrs
COOK: 45 Min
OVEN: 450

BREADS

MAKES 1 LOAF

QUA	MEASURE	INGREDIENT	PROCESS
1	Cup	Recipe: Breads - Sourdough Bread Starters	
6	Cups	Bread Flour (Caputo Red Bag 00)	Divided
3	Cups	Water (Room Temperature)	Divided
2	Tsp	Kosher Salt	
1	1/4 Oz	Packet Dry Active Yeast	

PREPARATION

FACTOID	The oldest known loaf of Sourdough Bread was unearthed in Switzerland - CA. 3700 BC. This is a "close" copycat version of San Francisco Brand Sourdough Bread.
TOOLS	1) Dutch Oven & Lid 2) Stand Mixer & Whisk Head & Paddle Head 3) Wire Rack
HINTS	DOUGH PROOFING: An easy, sure way to "proof" (Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.
PREP	None.
1	15 Hours Before: In a stand mixer with a whisking head: Combine 2 Cups of Water and the room temperature Sourdough Bread Starter. The Starter likes being aerated, so mix
2	15 Hours Before: If a warm day (Summer) do <u>not</u> add in the Yeast - If cool (Winter) add it. At low speed, mix in 3 Cups of the Bread Flour and mix until smooth. Mix in the last Cup of Water and the Salt and continue mixing until smooth.
3	15 Hours Before: Switch to a paddle head and add in the remaining Flour by pouring off of a paper plate a little at a time until completely mixed on low speed. This bread does NOT need to be kneaded.
4	15 Hours Before: Cover the bowl with a tea towel and place in a warm draft free place for 12 to 15 hours. If the bubbles start to pop, it has gone for too long. Ambient room temperature will determine the length of time necessary.
5	3 Hours Before: To turn out the Dough, sprinkle Flour on top and coat your hands well with Flour. Scoop around and under the Dough and keep coating your hands with Flour - keep scooping (shouldn't be more than a few times) until the Dough feels elastic. Turn the Dough out onto a well floured surface.
6	3 Hours Before: Clean the bowl, dry and coat it with non-stick cooking spray. Place the Dough back into the bowl. Again, cover with a tea towel and place it in a warm area to rise for the second time. In a cool kitchen, wait 4 to 5 hours, a warm kitchen wait 2 to 3 hours. NOTE: if you see the top of the Bread begin to collapse, it has gone too far and you need to bake it immediately.
7	Preheat the oven to 450 degrees. And place the empty cast iron dutch oven and lid inside to preheat for 30 minutes.
CAUTION	From this point on, it is EASY to burn yourself on that smoking hot dutch oven, SO BE CAREFUL! This <u>is</u> the voice of experience here.....
8	Remove the dutch oven and the lid and sprinkle a light layer of Corn Grits or Oatmeal in the bottom to prevent sticking. Gently and carefully roll the Dough out of the bowl and into the center of the dutch oven. Shake the dutch oven lightly to center the Dough.

SOURDOUGH BREAD

9	Put the lid on the dutch oven. Set it in the center of the oven and bake for 30 minutes. Remove the lid and bake for an additional 15 minutes - Watch to make sure the top doesn't burn.
10	Remove the dutch oven and carefully roll the Bread out onto a cooling rack.
SERVE	Slice, slather with tons of Butter and ENJOY!