

## RECIPE: Artisan Sourdough Bread

From the kitchen of: **Hayley Rubinoff**

### Tools:

Mason jar with a lid

Scale

Flour - I use a mix of bread flour (80%) and whole wheat flour (20%)

Banneton (proofing basket)

Dutch Oven

### Creating a starter:

Fill your mason jar with equal amounts of flour and water

To create my starter I start with 40g of flour and 40g water

Mix together and cover loosely with a lid (just let it sit on top)

Every 12 hours you will need to discard and feed your starter

To do this you will first discard the majority of your starter (leaving a few tablespoons)

Then add your equal parts of flour and water and mix with a fork or spatula

Cover and let sit and repeat the process 12 hours later

It can take anywhere from 10 to 15 days for the starter to be active and bubbly

To test the starter fill a bowl with water and drop in some starter...if it floats your starter is now active

When your starter is active and bubbly you can now begin making your bread

\*\*To make your dough feed your starter accordingly...if a recipe calls for 100g of starter feed your starter with 50g flour and 50g water

... and serve with love!



## **Sourdough Bread Recipe:**

500g Flour

355g Warm water

100g Starter

7.5g Kosher Salt or Pink Himalayan Salt

Place warm water in a bowl and add starter

Mix together with a fork or dough whisk

Add flour and salt

At this point the dough will be dense and shaggy

Cover with a damp towel and let the dough rest for approximately 30 minutes

At this point, replenish your starter by adding equal amounts of flour and water

Once the dough has rested, place the dough on a lightly floured work surface and work into a smooth ball

To do this, grab a portion of the dough and fold over to the middle until all sides are done and you have formed a somewhat circle

At this point, place the dough in a bowl and cover again with a damp towel or a plastic cover (shower cap) and let the dough rise for approx. 8 to 10 hours (I usually prepare the dough the night before we want to eat the bread)

In the morning place the dough on a lightly floured surface and work the dough into a circle

Use the same folding process from earlier

When done, flip the dough over and let it rest for approx. 5 to 10 minutes

At this point line a bowl with a towel (lint free) and dust with flour or use a banneton

Place the dough into the bowl seam side up

Cover and let rest for approx. 30 to 60 minutes

Preheat oven to 450 degrees

Place a piece of parchment paper over the banneton and flip over to release the dough

Sprinkle dough with a light dusting of flour and gently rub all over

Now get creative decorating your bread by scoring it

Do this with a knife or a trick I saw online – take a magic clip and attach a blade to it

Transfer the bread on the parchment paper to a Dutch Oven

Place your Dutch oven in the center rack of your oven and bake covered for 20 minutes

At the 20-minute mark, remove the lid and set a timer for 30 minutes

At the 30-minute mark, remove the bread from the Dutch Oven and place the bread directly on your oven rack and bake for approx. 8 to 10 minutes

Allow to cool before slicing

