

Sourdough

...at its best!



No Knead Sourdough Bread

Begin by waking up your Starter: Combine 2 Tablespoons Sourdough Starter with 100 grams warm water and 100 grams bread flour. Sit in a warm place till it doubles in size. Approximately 4 – 5 hours. Store remaining Starter in a sealed container in the fridge – ready for your next batch.

INGREDIENTS

- **3 cups bread flour, more for dusting**
- **¼ cup of wakened Starter**
- **1 ¼ teaspoons salt**
- **Cornmeal, rice flour or wheat bran as needed**

PREPARATION

- In a large bowl combine bread flour, Starter and salt. Add 1 1/2 cups water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at warm room temperature, about 70 degrees.
- Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest about 15 minutes.
- Using just enough flour to keep dough from sticking to work surface or to your fingers, gently and quickly shape dough into a ball. Generously coat the unwashed mixing bowl with flour, wheat bran or cornmeal; put dough seam side down back in the bowl and dust with more flour, bran or cornmeal. Cover with another Saran Wrap and let rise for about 2 hours. When it is ready, dough will be more than double in size.
- At least a half-hour (**important!**) before dough is ready, heat oven to 450 degrees. Put a 6 to 8-quart heavy covered pot (cast iron, enamel, Pyrex or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under the dough ball (add more flour if sticky) and turn dough over into pot, seam side up; it may look like a mess, but that is O.K. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove lid and bake another 12-15 minutes, until loaf is beautifully browned. Cool on a rack.

No Knead Sourdough Bread- Variations

Multigrain

- **2 cups white bread flour**
- **1 cup whole wheat flour**
- **1/3 cup multigrain mixture ****
- **¼ cup of wakened Starter**
- **1 ½ teaspoons salt**
- **1 Tablespoon white vinegar**
- **3 ounces lager beer**
- **7 ounces filtered water**

** to make your own multigrain mixture: equal parts of any of the following: sesame seeds, flax seeds, steel cut oatmeal, stone ground grits, quinoa, amaranth, millet, oat bran etc.

Light Wheat

- **2 cups white bread flour**
- **1 cup whole wheat flour**
- **¼ cup of wakened Starter**
- **1 ½ teaspoons salt**
- **1 ½ cup water**

Rosemary Walnut Sourdough

To the Light Wheat recipe add:

- **1 cup chopped walnuts**
- **1 teaspoon crushed rosemary**

Cranberry Walnut Sourdough

To the Light Wheat recipe add:

- **½ cup dried cranberries**
- **¾ cup walnuts**