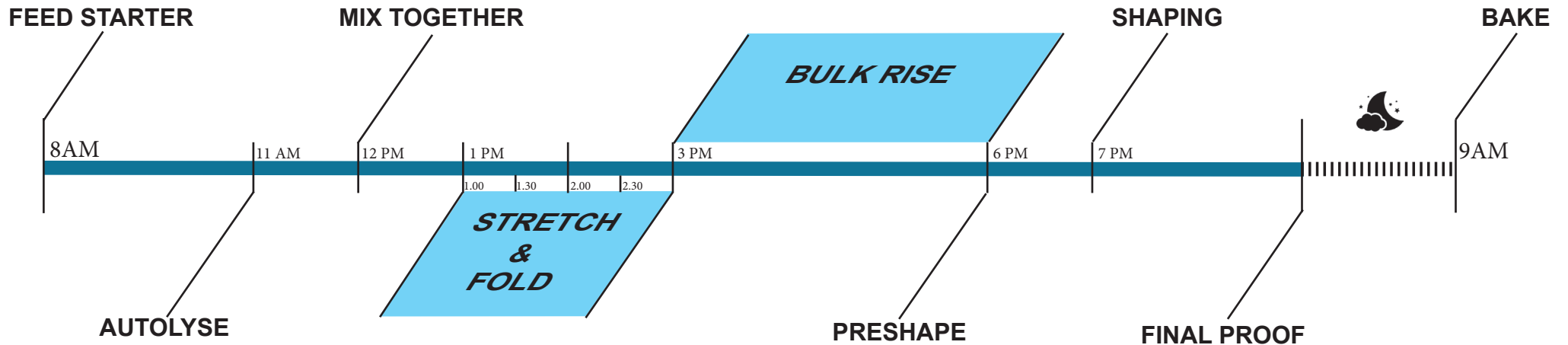


SOURDOUGH SCHEDULE



1) FEED STARTER: mix equal parts water and flour into the the starter to reach required starter weight (75-100g per loaf)

2) AUTOLYSE: mix most of the water into the flour (save a small amount back for the salt solution) to form a shaggy dough

3) MIX TOGETHER: add the starter to the autolysed dough and mix thoroughly, leave for 20 mins then add the salt solution. Use the clawing technique to fully incorporate and start gluten development

4) STRETCH AND FOLD: pinch and the stretch the edge of dough out before it breaks and fold back on itself, do several times around the outside of the dough. Repeat process every 15-30 mins.

5) BULK RISE: leave the dough in a warm place covered in cling film for a few hours or until it has grown by 30-70%

6) PRESHAPE: gently tip the dough onto the countertop, fold corners in to form the rough shape of the banneton and cover with a large bowl

7) SHAPING: gently fold the corners in to form a tight ball shape. lip the ball over so the smooth side is up and roll the ball around to tighten.

7) FINAL PROOF: place the ball into the banneton smooth tight surface facing down, cover well with clingfilm then place into the fridge over night

8) BAKE: Preheat the oven to 250c with the dutch oven in and leave for an hour. tip the dough out of the banneton onto baking paper, quickly score with the lame then place in the preheated oven for 20 mins. remove lid, turn the temperature down to 230c and bake for a further 15mins or until preferred colour is reached. turn the oven off and remove everything. place the loaf back into the cooling oven with the door ajar for crust to cure. Once cooled the bread can be sliced.