

Artisan Sourdough

Delve into the nuanced world of sourdough with our artisan recipe, designed for seasoned bakers seeking complexity and depth in flavor.

Yield: 1 round loaf

Prep Time: 12 hours

Bake Time: 45 minutes

Ingredients:

Feeding the Starter

- 150g active sourdough starter
- 150g Caputo "00" Chef's Flour
- 125g warm water (85°F)

Sourdough Loaf

- 150g peaked sourdough starter
- 500g Caputo "00" Chef's Flour
- 350g warm water (85°F)
- 20g sea salt
- Rice flour (for dusting)*



Instructions:

You will need banneton proofing baskets, a dough scraper, and a Dutch oven/bread oven.

**Rice flour is essential for this recipe as it does not absorb moisture. This helps the dough when shaping and also on top when scoring.*

Feeding the Starter

1. Before you begin making the sourdough, you must feed the starter. Remove the starter from the refrigerator and loosen the lid.
2. When your starter has reached room temperature, it is time to feed.
3. Take 150g active starter, 150g Caputo "00" Chef's Flour, and 125g of 85-degree water. Mix this until it is a thick pancake batter consistency. Should you need more water, start with 10g at a time.
4. Loosely cover your jar and leave on the counter at room temperature until the starter doubles, also known as "peaks".
5. You must use the starter when it is at its peak, as this will give the most leavening to your loaf. You will see bubbles in the starter and it will also have a strong smell.

Making the Sourdough

1. In a glass or plastic bowl (never metal), take 150g peaked starter and mix it with 350g of 85-degree water. Mix with a dough whisk until it has a bubbly, frothy, and milky look.
2. Add 500g Caputo "00" Chef's Flour and 20g sea salt and mix until you have no flour dry spots. Do not

over mix! The dough will look rough and bumpy.

3. Cover with a damp cloth and leave on the counter for 1-2 hours.
4. Gently wet your hands and release the dough from sides of the bowl. Complete a stretch and fold on all 4 sides by folding the edges into the center of the bowl. Cover and leave for 30-60 minutes.
5. Repeat step 9.
6. After 30-60 minutes, gently wet your hands and release the dough from sides of the bowl. Complete a coil fold on all 4 sides. To do this, gently lift the dough with both hands from the middle until one end releases, then gently lower the dough, tucking the loose end under the middle. Cover and leave for 30-60 minutes.
7. Repeat step 11, covering and leaving the dough for 1 hour. You will know your loaf is ready when it has increased in size, has bubbles on top, and has a nice jiggle.
8. Prep your banneton by spraying with water and gently sifting rice flour over the cloth.
9. Dust the counter with sifted rice flour, turn your bowl upside down, and let the sourdough release.
10. Laminate your dough by using a dough scraper to help you stretch it into a large square without ripping. You may now add any fillings if you choose.
11. Fold your dough in a trifold (like you're folding a letter), then tightly roll it up in the opposite direction. Shape your dough into a tight ball and place in the banneton top-down.
12. Place in the fridge for 4 hours up to 12 hours, covered with a shower cap.
13. When ready to bake, preheat your oven to 450F and place your Dutch/bread oven inside to warm.
14. Remove your dough from the fridge and flip it onto your counter or a dough sling.
15. Brush off rice flour and add some freshly sifted rice flour.
16. Score your dough any way that you choose. **There needs to be at least 1 large, thick score for the dough to rise, breathe, and release air.*
17. Remove your Dutch oven, place the dough inside, and cover.
18. Bake at 450F for 20-22 minutes.
19. Remove the lid, lower the oven temperature to 400F, and bake for 20-22 minutes until desired color is reached.
20. Remove from the oven, then remove the bread from the Dutch/bread oven and place on a cooling rack.
21. Let your loaf rest for 1-2 hours. **Yes, we're sorry, your house will smell fantastic, but your loaf needs to rest properly to avoid a gummy texture!*
22. Enjoy your freshly made sourdough! We recommend brushing a slice with Olitalia Extra Virgin Olive Oil, spreading on some Deliziosa Stracciatella, and garnishing with balsamic vinegar.