

stef bari's SOURGHOUGH RECIPE & TIMELINE

FEEDING THE STARTER

- when it's time to feed your starter, always feed it equal parts water, starter & all-purpose flour.
- I like to use **4 oz of each**. This gives me enough for my loaf & some extra to save as discard.
- combine **4 oz. room temp water, 4 oz. starter, and 4 oz. AP flour** in a jar. Cover & set somewhere warm but not too warm. I always place mine on the counter under our overhead range light.

WHEN TO PREPARE DOUGH

- when your fed starter is bubbly & has doubled in size, that's when it should be ready for dough making.
- my starter usually takes 4 hours to double. Every starter & kitchen environment is different, though!
- to double check if it's ready, you can also drop a spoonful of your starter in some water. If it floats, it's ready!

MY RECIPE & TIMELINE

2:00PM: feed & leave out starter.

6:00PM: make dough. In a large bowl, combine:

- 425g room temp water
- 325g bread flour (I use King Arthur)
- 325g all-purpose flour (I use King Arthur)
- 200g bubbly, active starter.
- Combine with fork, danish dough whisk or hands until you reach a "shaggy dough" texture.
- * When handling dough with hands, wet hands first. This will be less sticky!
- Set aside, uncovered, for 30 minutes.

6:30PM: add 15g of salt. Knead with hands until full combined. Cover bowl (I use a pizza pan) and let rest on the counter.

7:00PM: stretch & fold #1

7:30PM: stretch & fold #2

8:00PM: stretch & fold #3

8:30PM: (final) stretch & fold #4.

- Fold & shape into boule on counter. Place boule into lightly floured proofing bowl or banneton.
- Cover and place in fridge overnight.

WHEN READY TO BAKE: I always bake the next morning. But your dough should be good in fridge for 48 hrs!

- preheat oven to 500 degrees, with empty dutch oven inside.
- take out dough & let rest, uncovered, at room temp for 30 min - 1 hour
- place boule on parchment paper. Lightly flour the top, score/design. .
- transfer boule into (hot) dutch oven. Drop oven temp to 450 degrees.
- bake with lid on for 30 minutes. Then, take lid off & bake for another 10-15 min uncovered.
- take out of oven, and let cool for 1-3 hours before slicing. The longer the better!