

Sourdough Bread

www.willard1.com

Ingredients

- 12.5 cups flour (mix and match all purpose, whole wheat, and bread flour). My preferred ratio:
 - 6 c All purpose
 - 3 c Wheat
 - 2 c Rye
 - 1.5 c Quick oats
- 5.5 cups filtered water, room temperature
- 4.25 teaspoons sea salt
- 1 scant cup sourdough starter

Day Before

- Feed starter in AM and PM

Baking Day

- “Scald” 1 cup flour with 1 1/2 cups boiling water
- Add 1 1/2 cups cold water to the above and stir, let cool a bit
- Combine with 11.5 cups flour, 2.5 cups water, and 1 cup starter (mixed well to pop bubbles). Knead until combined. Make sure dough is not too dry. Add more water if needed. Dough should stick to your hands.
- Let stand for ~1 hour
- Add 4.25 tsp salt and knead dough for 15 minutes.
- Cover dough with damp cloth and let rise for 1-2 hours. Knock back (gently compress dough to pop air bubbles) once or twice.
- Divide and fold dough into 4 tight balls. Place in small bowls, greased with EVOO. Cover bowls with damp cloth and let rise for 2-4 hours
- Make sure your pizza stone is in right position. Preheat oven to 515 and put a pan with water at bottom of oven
- Dough is ready to bake when a dent made by a wet finger remains (but then slowly puffs back out)
- Put dough onto floured pizza peel, slice top with an exacto knife, and slide into oven
- Bread is done when an inserted thermometer reads 180-190F (about 15 min). Do not let go over 190.
- Take bread out with pizza peel and place on cooling rack for 1 hour before eating
- Bake remaining loaves, refilling water in bottom of oven as necessary

Tweaks

- If you want to make rising go faster:

- Heat dough slightly while rising (eg turn up thermostat, place dough near oven, or in oven with boiling water poured into a pan at bottom)
 - Use more starter and make sure starter is mixed well
- Using more wheat flour in the mix will give you a more fermented taste but not rise as high