

Easy Beginner Sourdough Bread

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 150 grams of active bubbly starter
- 250 grams warm water (80-90 degrees F)
- 25 grams olive oil
- 500 grams unbleached bread flour
- 10 grams sea salt or kosher salt

Directions:

Mix the starter, warm water, and olive oil together in a mixing bowl. Then add the flour and salt. You will need to use your hands to incorporate all of the ingredients together. Continue to mix until all of the flour is absorbed. At this point the dough will appear dry, that's okay.

Cover the dough with a warm damp kitchen towel and allow it to rest for 30 to 60 minutes. The technical term for this stage is autolyze, hydrating the flour.

After the 30-60 minute rest, quickly work the dough into a rough ball. Place the ball on parchment paper in your proofing box. I use my Ninja Foodi, set to proof at 85 degrees for this step.

After 30 min, stretch and fold the dough over on itself, turn 1/4 and stretch and fold again. Continue to turn the dough 1/4 turn and do a total of 4 stretches and folds (a full circle). Wait 30 min and do another set of 4 stretches and folds.

Continue to allow your dough to rise in the proofing box at 85 degrees. Check on it every hour to see if it has doubled in size. It usually takes 3-4 hours at 85 degrees, depending on how active your starter is.

Transfer the parchment paper and dough to the counter. Gently scrape the dough from the parchment using a silicone spatula or dough scraper. Fold the edges of the dough under to create a nice ball shape. Place the ball into a parchment lined Dutch oven and cover.

Preheat your oven to 450 degrees F.

Use a sharp knife to make a 1/4 deep slit in the top of your dough ball. Place the dough in the oven. Reduce the oven temperature to 400 degrees F and bake covered for 20 minutes, remove

the Dutch oven cover and place an empty sheet pan on the shelf below your Dutch oven. This will help prevent excessive browning on the bottom of your bread. Continue to bake uncovered for 30-40 minutes. Use a meat thermometer to check the temperature of your bread. It is done when the temperature reads between 205-210 degrees F.

Place the fresh baked bread on a cooling rack and allow it to cool for at least an hour before slicing. This is the most difficult step, but worth it.