

Sourdough Bread process


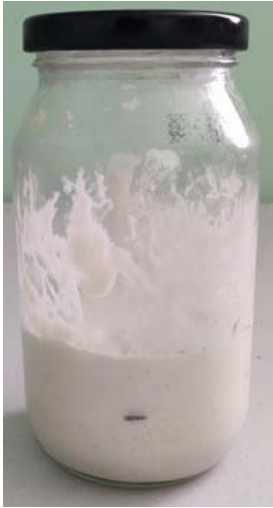


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(Based on the Recipe from Barbara and Paul - please see the recipe and process at the end)

01-03 February 2022 (updated 7th Feb 2022)



Day 1

9 AM - 50g bakers' flour+50g water>>>> mixing>>>> 1 tablespoon starter

			
10 AM	12:48 PM	14:54	16:26

At 1626 hrs transferred to the fridge

Day 2: Sourdough starter next day had sunken – keep at room temperature 2-3h

			
830AM (from fridge)	10:50AM (room temp)		

Day 2

Make dough by mixing 350g wholemeal flour and 150g bakers' flour with 350g water

			
9 AM after mixing flour and water	10:50AM (room temp)	1215 – after addition of starter	




12:50PM after salt addition







13:20 30 min after salt addition



13:52 60 min after salt addition

 A photograph of a single loaf of light-colored bread, possibly whole wheat or rye, resting in a dark metal loaf pan. The bread has a slightly irregular, textured surface. The pan is set against a plain, light-colored background.			
At 14:45			

Day 3:

		 	
<p>Dough next morning from fridge</p>	<p>Before going to the oven</p>	<p>In the oven and the final loaf</p>	

Comments: The bread did not rise as much as expected. The oven did not have a fan – need to repeat using an oven with a fan.

Taste test

Although the bread did not rise as much as I expected, it tastes great (natural sourness) and has nice crisp surface..



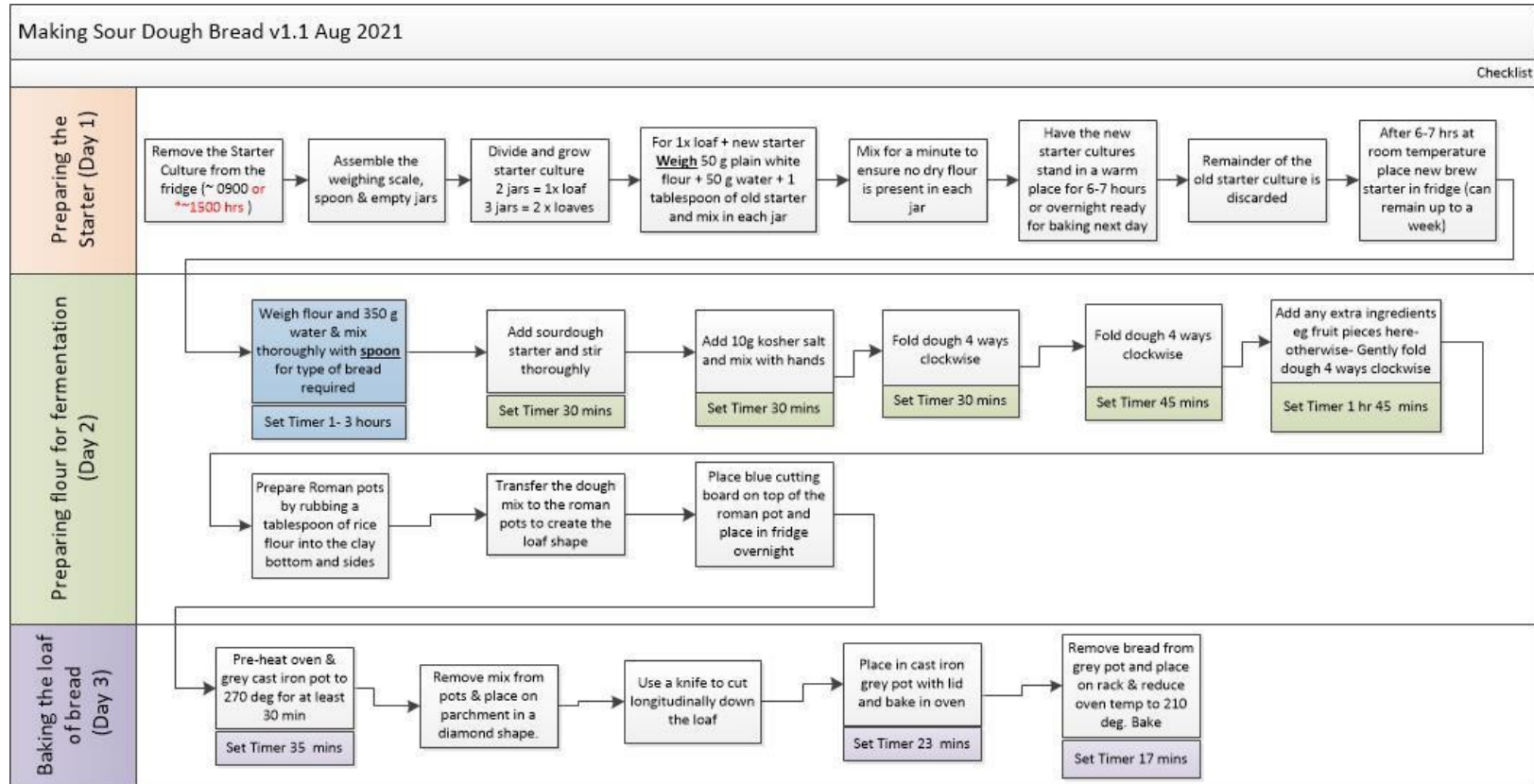
Baking Trial 2:

Dough prepared on Friday, 4th Feb and baked on Saturday morning using the oven at home.

Used oven with a fan – the results were good, and bread appeared and tasted great!



Original recipe and process from Barbara and Paul



Equipment

- Weighing scales
- Scoop
- Large metal spoon
- 2-3 jars and tops
- Small metal container for salt
- 2 large bowls + 2 lids
- Roman pots
- 2 blue boards
- 1x Grey pot + lid
- Baking Paper

Wholemeal
300 g wholemeal flour + 150 g plain white flour

Rye
160g rye flour+ 290g white strong bakers flour

Fruitloaf
150g wholemeal + 300g white flour

* If starting process @ 1500 hrs then merge Day 1 & 2)