



## Basic Sourdough

*Makes one small 6" round loaf*

### Ingredients:

- 1 Cup of starter (240 grams)
- 1 ¼ Cup of "bread flour"
- Add ¼ tsp of instant yeast
- 6 tablespoons of water at room temp
- ¾ teaspoon of sea salt

### Instructions:

1. Set up Kitchen Aid mixer
2. Add 1 ¼ Cup of "bread flour" (has more protein which helps with gluten development/ texture)
3. Add ¼ tsp of instant yeast
4. Add 1 cup of starter (I use a scale with a piece of parchment paper on top and measure out 240 grams)
5. Add 6 tablespoons of water at room temp and mix on #2 speed for 3 minutes
6. Cover dough and let it rest for 20 minutes
7. Add ¾ teaspoon of sea salt and mix on #4 speed for 3 minutes
8. Take dough out and place in a glass dish that has been rubbed with olive oil.
9. Cover and let sit for 1.5 hours
10. Take out and place gently on a floured surface and give two business letter turns then place back into dish and cover for another few hours
11. Take out again and give two more business letter turns and cover until approximately doubled.
12. Gently pull dough out of the dish trying not to deflate it and round it into a ball and place into a floured banneton or a well floured dishtowel lined colander and cover for another 1.5-2 hours. (I sometimes skip #11 and go right to step #12)
13. Pre-heat the oven to 475 degrees for one hour with a pizza stone on the bottom rack and a cast iron skillet under that rack.
14. Gently cover the banneton with parchment paper and then a cookie sheet and flip the dough out and onto the parchment paper lined sheet.
15. You can gently slash the bread or not but if you do, use a sharp knife and don't go deeper than ¼ inch.
16. Gently slide the parchment paper with the dough onto the pizza stone and before you shut the oven take a handful of ice and quickly toss into the skillet beneath the pizza stone and quickly close the oven.
17. After 5 minutes, reduce the heat to 450 and set timer for 25 minutes.
18. Take your bread out and let it cool.

*Recipe adapted from Rose Levy Beranbaum, "The Bread Bible"*