



BEAUTIFUL LIVING
made easy

SERIOUSLY EASY MAINTENANCE-FREE, NO-KNEAD

SOURDOUGH BREAD

R E C I P E



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The important bits...

THIS IS WHAT MAKES SOURDOUGH WORK

FLOUR

Use bread flour *only* when making sourdough bread. Check the nutrient table for 12-13% protein content, don't trust the name on the packet! *No bread mixes*. For a list of suppliers and more information search our website: *Where to buy bread flour*.

TEMPERATURE

Room temperature affects *all* sourdough - dictating how fast or slow it grows, directly influencing the timing between each step.

The warmer the environment, the faster your sourdough will grow. Conversely, the cooler it is, the slower. Cosy temperatures stimulate growth. It's easy to hack warm temperatures without heating up your kitchen. See website: *How to keep sourdough starter warm*. Some tips also provided below.

TIMING

Timings provided are a guide to show how long it may take your sourdough starter, and bread dough, to grow, directly impacted by temperature.

E.G If you:

- Leave your dough to sit in an environment around 30°C / 86°F, you can expect it to double in roughly *5 hours*.
- Leaving the same dough at 20°C / 68°F may take up to *10 hours* to double in size.

I recommend warm temperatures, they not only cause sourdough to grow faster, but encourage a healthy, strong culture. You can create a warm spot easily at home by placing your sourdough near your internet router or inside your microwave with the door ajar, allowing the light to be on.

The downside to warm environments is that sourdough requires a little babysitting - you need to be available to continue with the process when the starter or dough doubles. The window for doing the next step in time is a lot smaller. This can be inconvenient if you need to work or leave your sourdough overnight.

TIP: If the water or environment you use for your sourdough is too hot or too cold for you, it will be too hot or cold for your sourdough.

MAKE THE TIMING SUIT YOU

You can use temperature to hack the growth time of your sourdough to suit. Tips provided in recipe.

⚡ FAST TRACK

Follow the lightning bolt to bake in a little as 48hrs!

🕒 WORK WITH YOUR 9-5

Follow the clock symbol to slow down the process to suit busy days.

ADVICE FROM A PRO

On the day you start, do Step 1 by 8am. This will help avoid critical moments later in the process occurring overnight.

When your sourdough doubles, it's ready for the next step. Leaving it too long can cause it to deflate. Use our hints and tips to grow the sourdough starter and bread dough around your ability to continue the process.

Sourdough is a living thing, be patient with it and with yourself and you will develop a love story that lasts a lifetime.



MAINTENANCE-FREE SOURDOUGH STARTER & NO-KNEAD SOURDOUGH BREAD

PREP TIME: 2-4 Days depending on temperature
TOTAL HANDS-ON TIME: Less than 15 minutes

INGREDIENTS PER LOAF

5g Maintenance-free Sourdough Flakes (0.17 oz)
500g Bread Flour* (1.1 lbs) Split over 3 feeds & 1 dough
375g Water (13.2oz) Split over 3 feeds & 1 dough
9g Salt (0.32oz)

Conversions for volume or imperial measurements are included below

**Use bread flour only with 12-13% protein. Don't use bread mix.*

EQUIPMENT

*Room temperature thermometer (optional)
Digital scales (or measuring spoons & cups)
Medium-sized jar (or glass bowl with cling wrap)
Large non-metallic mixing bowl
Tupperware container (optional)
Spatula or spoon
Cling wrap
Baking paper (parchment paper)
Spray oil
Sharp knife
Oven gloves or thick tea towel
Dutch oven / casserole dish, OR pizza stone & large cake tin, OR ovenproof frypan, heavy baking tray*

STEP 1 ~ FEED 1

1. Soak 5g Maintenance- Free Sourdough Flakes (0.17oz / 2 tsp) in **10g warm water** (0.34oz / 2 tsp / 10ml) in your jar or bowl. Allow the flakes to soak for a moment, then vigorously stir. If the flakes don't dissolve completely, they will dissolve during the day.

2. Add 10g bread flour (0.34oz / 1 Tbs), mix well to form a thick, almost dry, paste. Loosely cover with the jar lid or cling wrap. Place in a cosy spot.

3. Leave 24 hours*^a

Set a reminder if you think you might forget!



FAST TRACK: Leave at 30°C (86°F) for 24 hours

⌚ 9-5: Leave in a cooler spot, under 21°C (70°F). Use maximum leave times as a guide. Check am/pm to see if it has doubled.

**Always leave Feed 1 for 24 hours regardless of the temperature.*

^aYou may not see a lot of activity during the first 24 hours. This is normal.

STEP 2 ~ FEED 2

1. Stir 20g warm water (0.7oz / 1 Tbs / 20ml) into the starter and mix vigorously, make bubbles!

2. Add 20g bread flour (0.7oz / 2 Tbs). Mix well and replace the lid/cling wrap. Place an elastic band around your jar at the level of your sourdough (or mark with a whiteboard marker). This way you can see when the sourdough starter has doubled in volume.

3. Leave 7-24 hours until starter has doubled OR 24 hours is reached.

⚡ *FAST TRACK:* Leave at 30°C (86°F) until doubled: approx 7 hours

⌚ 9-5: Leave in a cooler spot, under 21°C (70°F) approx 24 hours. Check am/pm to see if its grown.

After several hours your sourdough starter should show signs of activity: bubbles visible through the side, or bottom of the jar and the volume starting to grow. If it doesn't show any signs, and you've used a recommended bread flour, the temperature is too cool. Move your starter to a warmer spot until doubled.



STEP 3 ~ FEED 3

1. Stir **60g water*** (2.12oz / 1/4 cup / 60ml) into the jar/ bowl and mix vigorously, make bubbles!

2. Add **60g bread flour** (2.12oz) / 1/3 heaped cup). Mix well and replace the lid/cling wrap. Mark the level of the sourdough in the jar with an elastic band around the jar or using a whiteboard marker. This will show when the mix doubles.

3. Leave until doubled: 3-24 hours

⚡ **FAST TRACK:** Use warm water. Leave at 30°C (86°F) until doubled: approx 3-6 hours

⌚ 9-5 or overnight: Use tap water. Leave in a cooler spot - under 21°C (70°F) for approx 8-24 hours. Check am/pm to see if it has doubled.

*Use warm water for a faster rise, use tap water if leaving overnight or during the day so it doubles slower.

If after leaving Feed 3 the sourdough starter has doubled and is thick, bubbly and airy, its ready to make dough. If the level hasn't grown and the mix is thick but not airy, move to a warmer spot. If the mix is bubbly but runny and flat, its been left too long and has become deflated. Search website for: *Rescue*

TOP TIP!

The structure of your sourdough (after Step 3) will reflect the structure of your finished loaf.

Puffy + airy starter = Puffy + airy sourdough
Flat starter = flat sourdough

Easy!

STEP 4 ~ DOUGH

1. If your sourdough jar is large enough, add **9g salt** (0.32oz / 2 tsp) and **285g water*** (10oz, 1 cup + 2 1/2 Tbs / 285ml) to directly to the jar with the sourdough, replace the lid and shake the jar vigorously. Tip the contents of your jar into a mixing bowl.

If your jar is *not* large enough, scoop your sourdough into the mixing bowl. Add the water and salt. Stir vigorously to dissolve all solids.

2. Add **410g bread flour** (14.46oz / 2 1/2 cups) to your bowl and mix well to combine. If you want to add seeds do it now.

3. Squeeze the mix (like a sponge) for 1-2 minutes using your hands. This will help 'push' water into the flour and hydrate it. Clump the dough into a ball shape and wash your hands.

4. Cover the bowl^ with cling wrap^ and leave it somewhere, where the temperature will be a stable 19 °C to 23°C (66 °F to 74°F) throughout the day.

5. Leave until doubled: 4-12 hours

⚡ **FAST TRACK:** Use warm water. Leave at 30°C (86°F) until doubled: approx 4-5 hours

⌚ 9-5 or overnight: Use tap water. Leave in a cooler spot - under 21°C (70°F) for approx 9-12 hours. Check after 9 hours to see if it has doubled.

Your dough is ready to shape when it's twice the original size, puffy and a number of bubbles are poking through the surface.

If you want to, you can fold your dough several times throughout the leave time. This will give you a more gassy and puffy loaf but isn't essential.

HOW: Leave the dough in the bowl and using a wet hand, pull one side of the dough towards the ceiling and fold it across the middle of the dough. Rotate the bowl and repeat 4-5 times working your way around the entire edge of the dough, creating several folded layers in the middle. Do this up to 4 times during the day leaving at least half-hour rest time in between.

*Use warm water for a faster rise, tap water if leaving overnight or during the day.

^If you don't mind doing an extra step, use a clean, lightly oiled bowl to rise the dough. It will stop the dough from sticking to the bowl. When you tip the dough out later, it will maintain more of the lovely air pockets that form. This isn't necessary, gently scrape the sides of the bowl to release the 'stuck' dough. If you don't the dough can stretch, tearing the wonderful air pockets that help it rise.

^Using a clear shower cap over your bowl, instead of cling wrap, helps put less plastic in landfill because its reusable.

STEP 5 ~ SHAPE

1. Lightly spray your bench-top with oil* and gently tip out your dough. If you made enough for two loaves and have made it as one dough, use a dough scraper or firm plastic spatula to cut the dough into two equal halves.

Work gently from here. You want to keep as many air bubbles in your dough as possible.

2. Using wet hands, pinch one side of the dough and stretch it up towards the ceiling, then fold it down and into the centre. Pinch the opposite side and do the same. Repeat with the 4 corners, each time overlapping the previous fold in the centre, like wrapping a present tightly. Pull and stretch until your dough becomes tight.

3. Grab a piece of baking paper and gently place your dough onto the sheet with the seam side underneath.

4. Use the baking paper to lower the loaf into a large Tupperware container or oversized bowl.

5. Seal with the Tupperware lid or cling wrap and place into your refrigerator for a minimum of 10 hours, and up to 24 hours. That's it until you bake!

*Spray oil stops the dough from sticking to your benchtop top, just like flour, but it is much easier to clean up. If you don't want to oil your bench, oil a large baking tray and use it as a mat.

STEP 6 ~ BAKE

1. Preheat your oven for 45 minutes to 1 hour at 250°C (482°F). Remember to add your chosen bakeware (see right). The heat absorbed during this time is super important in helping the loaf rise.

2. After the oven has been on for 45 - 60 minutes take your loaf out of the fridge. Lift it from the container using the baking paper and place it on the bench.

3. Wet your sourdough with 1 Tbs water* and lightly dust with flour.

4. Using the sharpest knife you have slash deeply, moving quickly and confidently, on an angle through the loaf. If you go slow, the knife will drag the dough. This helps control oven spring for a professional look.

5. BAKE USING ONE OF THE FOLLOW METHODS:

Dutch Oven or casserole dish

Using oven gloves, carefully remove the baking vessels from the oven, lower the dough into in the tray/pot using the baking paper. If using a casserole dish please do not let water from the wet loaf make direct contact with the hot dish, as it may crack. Replace lid and bake for 30 minutes.

Remove lid after 30 minutes and continue baking for 10-15 minutes.

Pizza stone or heavy baking tray

Slide a wooden chopping board underneath the dough and baking paper. Carefully slide the dough on to the pizza stone or oven tray inside the oven, by giving your chopping board a quick, firm, forward flick to release the dough and baking paper together.

Cover your loaf with a large cake tin (upside down like a lid) or add a baking tray to the bottom shelf with 1cm boiling water and bake for 10 minutes at 250°C (480°F)

Remove the cake tin / baking tray after 10 minutes and turn the oven down to 190°C (375°F). Bake for an extra 25-35 minutes.

Ovenproof frypan

Using oven gloves, carefully remove the frypan from the oven and lower the dough onto the fry pan or baking tray using the baking paper.

Cover your loaf with a large cake tin (upside down like a lid) and bake for 10 minutes at 250°C (480°F).

Remove the cake tin after 10 minutes and turn the oven down to 190°C (375°F). Bake for an extra 25-35 minutes.

ALL BAKING: Your loaf is cooked when you knock the bottom (like a door) and it sounds hollow.

***Wetting your sourdough loaf stops the crust forming early, restricting the size of the loaf. It also helps to make your loaf glossy and golden!*

Congratulations!

Celebrate & tag us! @beautifullivingmadeeasy #mysourdoughlovestory #beautifullivingmadeeasy