

THE FERMENTED TABLE

Basic Sourdough Loaf

| | |
|--------------|--|
| Date: | |
| Bake Number: | |

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|-------------------------------|
| Bread Flour Type and Brand |
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| Variation Bread Flour Type and Brand |
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| | 1 Large Loaf | 2 Small Loaves | 2 Large Loaves |
|----------------------|--------------|----------------|----------------|
| Flour (grams) | 500 g | 750 g | 1000 g |
| Loaves (grams) | 1 @ 500 g | 2 @ 375 g | 2 @ 500 g |
| Starter | 75 g | 112 g | 150 g |
| Water | 350 g | 525 g | 700 g |
| Total Flour | 500 g | 750 g | 1000 g |
| Used White flour | | | |
| Used Variation flour | | | |
| Salt | 12 g | 18 g | 24 g |
| | | | |

Ready Starter

Feed starter night before bake
12 hours later feed again
Once starter doubles within 4 hours
or triples in 6 it is ready

| | |
|---------------------------|--|
| <u>First Feed Time:</u> | |
| <u>Second Feed Time:</u> | |
| <u>Time Used:</u> | |
| <u>Doubled or Tripled</u> | |
| <u>Temperature:</u> | |

Mix Dough/Rest

Combine starter and water
Mix well
Add flour and salt
Mix only until rough
Lest rest 30 -60 minutes

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|--------------|--|
| Start Time: | |
| End Time: | |
| Temperature: | |
| Rest Time: | |

Stretch and Folds

2 – 3 hours 78 to 82 degrees
Stretch and Fold every 30 min
4 to 5 times

| | 1 st S&F | 2 nd S&F | 3 rd S&F | 4 th S&F | 5 th S&F |
|----------|---------------------|---------------------|---------------------|---------------------|---------------------|
| Time | | | | | |
| Temp | | | | | |
| Location | | | | | |

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Bulk Fermentation

3-6 hours 78-82 degrees

Dough should rise by 50%

| | | | |
|-------------------------|--|----------|--|
| Start Time | | Temp | |
| End Time | | Temp | |
| Total Bulk Ferment Time | | Location | |

Shape Bread

Loaves should be shaped twice for best-looking results
Rest in between 15-30 min

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|----------------------------|--|
| 1 st Shape Time | |
| 2 nd Shape Time | |
| Total Time | |

Final Proof/ Cold Retard

Prepare banneton with gluten-free flour
Put loaves in proofing bowl/banneton
Cold proof 24 -96 hours

| | | | |
|------------------|--|------|--|
| Start Date/Time | | Temp | |
| End Date/Time | | Temp | |
| Total Proof Time | | | |

Baking

Preheat oven and Dutch Oven to 525 degrees for an hour
Dust parchment paper with cornmeal
Take out of refrigerator, place on parchment, score, spray lightly with water.
Place parchment in hot DO and return to oven.
Lower temp to 500 bake for 15 minutes
lower temp to 460 bake for 25 minutes
remove lid and bake additional 5-10 minutes until desired color.

| Loaves | 1st | 2 nd |
|----------------|-----|-----------------|
| Preheat Time | | |
| Start Time | | |
| Reduction Time | | |
| Removal Time | | |
| End Time | | |
| Cool Time | | |

Same for smaller loaf but reduce each time by five minutes

Cool for two hours

NOTES:

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RESULTS:

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| Crust: |
| Crumb: |
| Taste: |

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|----------------------|
| Recommended Changes: |
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