



THE FERMENTED TABLE


*Learn to Make
Long-Ferment
Sourdough
Bread*

in a 4-hour Workshop





Items Needed

- Baking Scale
 - Large Bowl
 - Danish Whisk
 - Scraper
 - Banneton
 - Lamé
 - Small Water Bottle
 - Parchment Paper
 - Dutch Oven
- 



Ingredients

- Active Starter
- Organic Bread Flour
- Water
- Sea Salt
- Organic Corn Meal



Introduction

by Lauren Stoenescu



Congratulations, you're about to embark on a life-changing adventure. I know, I know, you think I'm exaggerating. But you'll soon find out that I'm not.

Making your own real sourdough just as people have done for thousands of years is truly life-changing. It benefits your health and the practice brings a peace into your life that you couldn't possibly have anticipated.

Chances are quite good it will become a much-loved and completely normal part of your day-to-day life. Once you become familiar with the process and deeply acquainted with dough, you will want to use sourdough in all your bakery and homemade pasta too.

Why is long-ferment important?

Daily, scientists are realizing the importance of good gut-health and how it impacts our mental health as much as our physical health. Gut bacteria is even responsible for lowering cholesterol.

When we take the time to long-ferment our dough we are allowing the good bacteria to basically predigest the gluten which means many gluten-intolerant people are able to eat it without issue.

Long-fermented dough has also been found to heal gut issues and this is probably the most important reason to invest the time and money to make your own sourdough and stay away from all commercial bread products.

Let's Get Started

There are really only a few steps to learn but they will be repeated often and the timing of each step is key. Please know that as you create the habit of making your own sourdough, you must pay close attention to the appliances and atmosphere of your home. Because every home is different you will undoubtedly find you need to make a few adjustments.

Feeding Your Starter

1. You will be baking with an active starter only so you will need to feed your starter the night before you bake and then again first thing in the morning. Once your starter has at least doubled in size you can begin mixing your ingredients. Grab your large bowl and place it on the zeroed out scale.

Mix Ingredients

2. Spoon in 145 grams of your active starter. Next add 700 grams of slightly warm water. Use your Danish whisk to mix together until starter is fully incorporated. Then add 1000 grams of high-protein flour and 25 grams of sea salt. Whisk thoroughly until you have formed a rough ball and all dry mixture is well mixed in. Cover bowl with a towel and leave on counter for 1 hour.

Stretch and Fold (x4)

You'll already notice a difference in your dough after the hour is up. Now run your hand under water and begin the stretch and fold process. This is done by taking a section of the dough in your wet hand and bringing up and over the remainder of dough. Turn your bowl a bit and repeat. Grab another section, stretch it up and fold it over. Turn the bowl again and repeat. You can do this 10 - 12 times this first time. Cover the bowl and let it rest.

You will repeat the stretch and fold 3 more times every 30 minutes but only stretch and fold 4 times, turning your bowl a quarter turn each time. The 10 -12 s/f should only be done the first time. You don't want overworked dough. Each time you'll notice the dough becoming more silky soft and fluffy.

Worksheet Can't

Bulk Ferment

4 - 6 Hour

After the 4th S/F, cover the bowl with a towel. Let the dough rest on counter until it doubles in size. This is called a bulk ferment.

Shape (x2) & Banneton

Now your dough is ready to shape. By following this recipe, you have made two loaves so you'll need to dump the dough out on to a clean, dry, and slightly floured countertop to divide into two equal parts. You may need to use your scraper to do this. Once divided, you'll form each into a ball by stretching the floured side over the top on each side and then flipping your dough over. Form and turn your dough a few times until the top of each loaf tightens up.

Cover each with a towel and wait 15 minutes.

Remove the towel and flip the dough back over onto the floured counter. Stretch it into a square and fold the upper third and then the lower third portion over to the middle. Roll the dough from the right side to the left and then flip. Tighten the top again by twisting and shaping it into a ball again.

Use a scraper to pick up the dough, put the tightened top into the rice-floured banneton first and then cover the entire banneton to prepare for refrigeration.

Cold Proof

Long-ferment dough requires a minimum of 36 hours fermentation. I prefer to allow my dough to cold proof for about two days before baking. Test it and see what timing works best for you.

Since I put my dough in the refrigerator for days at a time I usually put them in a plastic bag to keep the dough from drying out or picking up any other flavors. I've heard of other bakers just covering their dough with a towel. Again, test out to see which method you prefer.

Worksheet Can't

Score and Bake

After the cold proof you're ready to bake your sourdough.

Preheat the oven with your dutch oven inside. Every oven is different so you may need to adjust the temperature in the future but start with a 500 degree oven. (My oven is old and loses heat so I've found that I need to start at 525 and drop it down to 500 after 8 minutes. But many dutch ovens have a temperature limit of 500.)

Fifteen minutes after the oven reaches temperature, remove banneton from refrigerator. Prepare a piece of parchment paper with cornmeal. Flip dough onto the parchment paper. Score your dough with your lame and use the water bottle to spray lightly with water.

Remove the dutch oven and place parchment paper in then cover and return to hot oven. Set your timer for 15 minutes. When the timer goes off, lower the oven temp to 450 degrees. Bake at 450 for about 20 - 22 minutes. You can remove the cover and check to see if the bread is darkened to your taste. If not, leave uncovered for an additional few minutes in oven.

Now here is the truly difficult part of baking your own sourdough bread, you must let the bread cool before cutting into it. This next hour or two will test your resolve and that of your family. If you find you can't do it and you rip into it when still hot it may be a bit doughy and it will not cut as cleanly as it should. The only thing you can do then is eat every crumb immediately to hide the evidence.



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Food isn't Neutral

With every bite we take, every sip we consume, we are either helping or harming the most important vehicle of this physical existence - ourselves. Feed your body wisely.

- Lauren Stoenescu

The Fermented Table

the fermented table manifesto

