

Sourdough Bread (Boulé)

05.03.19

Night Before (or Early Morning) Levain:

100g Sourdough starter (unfed) Mix together in a glass jar. Use spatula to clean down sides + mark level w/ rubber band on outside of jar. Leave until doubled.

150g White bread flour

50g Rye flour

200g Water

Dough

400g Levain 550g water (up to 600g)

950g Bread flour

50g Rye flour

22g salt

1. Mix together the flours and water until they form a shaggy mass. Let this mixture rest 30 mins to 4 hours (Autolyse)
2. Add sourdough starter and salt and mix with dough hook or whisk for 3 minutes or until a little smooth. Let mixture (dough) rest 30 minutes.
3. Bulk Fermentation: 4 hours, in a greased covered bowl: Perform stretch + folds every 30 minutes for first 3 hours then let it rest a full 60 minutes. (6 sets) By the end of bulk fermentation the dough should have grown considerably, has a domed surface and holding some shape from stretch + folds.
4. Divide + Preshape: do not flour work surface. Divide dough in two using a ^{floured} bench knife and gently shape into round ball using scraper or bench knife, building tension. Cover and let rest (bench rest) for 30 min, laying a linen cloth or tea towel over loaves.
5. Shape + Proof: lightly flour work surface and tops of dough. Gently re-shape balls, first do a very gentle fold and roll into a cylindrical shape with seam down then create tension and roll into round. Dust top and bannetons lightly then place in bannetons, seam side up. Cover with towel and let first one proof for 30-45 minutes. (Second will proof while first bakes.)

6. Carefully ease dough from banneton and score with lame on parchment. Bake in a pre-heated Dutch oven at 450°F (with ice for steam) for 23-25 mins (lid on) and another 25 minutes (lid off). Repeat for second loaf.

Notes:

- Don't knead dough, stick to stretch + fold. Don't over-stretch the dough until it breaks or you'll end up with a sticky dough that won't be smooth or rise. Be gentle, you want to keep those gas bubbles. Stretch + fold N,W,S,E going gentler with each turn as the dough tightens.
- After shaping, you want to develop a thick "skin" on the dough during proofing so that your dough comes out of the banneton easily and you can score the dough easily with a lame. Most people tell you to cover the dough to keep it from drying out but that is only for longer fridge proofs. Just cover loosely with a towel.
- Don't use flour during the bulk fermentation or pre-shaping because you don't want your dough to absorb the extra flour and change. You'll end up with too dry dough.

Recipe from [Buzzbybakes.com](http://buzzbybakes.com).