

OVERVIEW OF PROCESS FOR A BASIC SOURDOUGH LOAF

DAY 1:

- STEP 1** **ACTIVATE STARTER** (allow 4 to 9 hours depending on weather, in the warmer months it will be quicker, in the cooler months it will be slower)
- STEP 2** **USE STARTER** (this is where you add your starter to the flour, water and salt to make your dough, it then rests for 20 minutes)
- STEP 3** **FEED STARTER** (you now feed the starter so that it can go back into the fridge until next time)
- STEP 4** **FINAL KNEAD** (knead dough in your Thermomix for 1 minute, or by hand for 5 minutes, then place dough into an oiled bag and put into fridge ... use within the next two days)

DAY 2 or DAY 3:

- STEP 5** **STRETCH AND FOLD DOUGH** (on the day you bake, remove dough from fridge and sit on bench for 1 to 3 hours on before doing this step ... “stretching and folding” activates the gluten, and is done when the dough is at room temperature ... see note below in Step 7 as to why I leave it for 3 hours)
- STEP 6** **SHAPE DOUGH** (after you stretch and fold the dough you shape the dough for your tin or Banneton **NB: if using a Banneton ensure you flour the Banneton really well otherwise your dough will stick to it when you upturn it onto your baking tray or into your Dutch oven or enamel roaster**)
- STEP 7** **RISING THE DOUGH** (allow 4 to 8 hours - once the dough is in the tin or Banneton it needs to rise again, timing will depend on the day but I find that by allowing the dough to sit for 3 hours before stretching and folding it rises faster in the tin, and gives me a bigger rise in the oven)
- STEP 8** **SPRAY AND BAKE** (Excellent! You are finally ready to bake ... so when the crest of the dough has risen to just past the rim of the tin you are ready to bake ... for a Banneton you are looking for the dough to have doubled in size)