



Sherman Circle Sourdough

Bread, Sourdough starter

INGREDIENTS

For the starter (100% hydration):

25 gram active sourdough starter, 12 hours after refreshment

40 gram filtered or bottled water

40 gram all purpose or bread flour

For the preferment (55% hydration):

95 gram starter

45 gram water

120 gram all purpose or bread flour

For the dough (77.5% hydration):

495 gram all purpose or bread flour

225 gram whole wheat flour

115 gram rye flour

20 gram salt

685 milliliter water

Dusting flour:

50% all purpose flour

50% rice flour

DESCRIPTION

Takes 3 days, mostly unattended.

DIRECTIONS

Day 0:

If the starter is dormant in the fridge, refresh it twice, 12 hours apart, to revive it.

Day 1:

1 (morning), Scale up the starter:

In a pint jar or measuring glass, add 20-25 gram starter to 40 gram water and stir to break up. Add 40 grams all purpose or bread flour. Mix until all flour is moist. Cover loosely with jar lid. Let rise for 12 hours.

After 12 hours, reserve 5 grams of starter in a clean jar. Refresh once following your regular schedule and refrigerate if you don't plan to use it again soon.

2 (evening), Preferment:

Add 45 g water to the rest of the starter and stir to break up. In a medium mixing bowl, combine this mixture with 120 g bread flour and use your hands or a spatula to mix until all flour is moistened. Form into a ball roughly the size of an orange. Lightly oil a small mixing bowl and add the dough ball, swirling and flipping it so it is coated lightly with oil. Cover the bowl with plastic wrap or invert a larger bowl over it.

Allow the covered preferment to sit at room temperature for at least 5 hours, or overnight, until it has at least doubled in volume.

Day 2:

If left out overnight, the preferment should have more than doubled in volume. To delay baking, refrigerate it for 8-24 hours. To resume, remove the preferment from the fridge and allow it to sit at room temperature for 1 hour.

To form the dough:

In a 6 liter polycarbonate container with graduated markings and a tight fitting lid, whisk together the flours and salt. Stretch the preferment into a single, rectangular piece and fold gently into the flour. Knead the flour/preferment mixture until the preferment is well distributed. Add water and mix by hand until all water is absorbed and flour is moistened evenly. The dough will be shaggy and very sticky.

Grab a handful with one hand and pull it up, twisting your hand one direction and rotating the container in the opposite direction so the dough twists and stretches. Drop the dough back into the container and then rotate the container with your clean hand. Repeat this lifting and twisting step until the dough starts to pull itself off your hand

more cleanly. It will still be somewhat sticky, but no longer shaggy.

Cover and let rest at room temperature.

After 30 minutes, uncover the dough and fill a mixing bowl with clean water. Dip your hands in the water, and with wet hands quickly pull the dough from the edges of the container and fold it under itself a little. As you work the dough, wet your hands as often as necessary so the wet dough does not stick to them. Once you have worked around the whole dough this way, begin coil folds: with wet hands, lift the dough from the middle, pulling it towards you slightly until the far edge frees from the container. Set the dough back down, folding the loose edge under the mass. Rotate the container 180° and repeat the coil fold as before. Rotate the container 90° and repeat again. Rotate the container 180° and repeat one more time. If the dough is still very stretchy, you can do a few more coil folds until it tightens up (if the pellicle rips, you stretched too many times). Cover and let rest at room temperature.

After 30 minutes, repeat the coil fold process. After 30 more minutes, repeat again, for a total of three sets of coil folds.

After the last coil fold, the dough should be about 1.5 liters in volume. Let it rest for another 2-4 hours, or until bedtime. It should double in volume in this time, but if you're pressed for time, it's OK to refrigerate the dough early, as it will continue to grow in volume overnight.

Retard:

Once the dough has doubled in volume, perform one last set of coil folds and cover. Let rest at room temperature for 30 minutes (if possible) and then refrigerate the covered dough overnight. It will rise more as it cools, possibly doubling again.

Day 3:

Remove the dough from the refrigerator and allow it to rest at room temperature for an hour. It will rise more, to around 3 liters.

With wet hands, pull the dough from the edges of the container as with the first coil fold on day 2. After clearing the dough all around, do one coil fold, spin the container 180°, and do one more fold. At this point you should be able to lift the dough from the middle and place it on a clean, dry work surface (it will stretch as you do this). Lightly flour one hand. Use a bench scraper to divide the dough into two equal portions (around 900 g each). Using the scraper, shape each mass into a round, only using your floured hand to hold the dough back as you remove the scraper. Lightly dust the rounds with flour and rest for 20-30 minutes.

After resting, shape your dough as desired. Prepare two proofing baskets (with a cloth liner if desired) and dust with dusting flour. Place dough seam side up in prepared baskets and dust with more dusting flour. Proof for at least 60 and up to 90 minutes, until the proofed loaves pass the poke test. While the loaves are proofing, preheat two Dutch ovens on the center oven rack at 475° F.

Once the loaves pass the poke test, turn them out onto parchment paper. Score. Immediately (and carefully) use the parchment to lower each loaf into a Dutch oven. Cover. Lower the oven temperature to 450° F. Bake, covered, for 20 minutes. Carefully turn each loaf out onto a gloved hand, and try to avoid crushing it, because it won't recover its shape. Return each loaf to the oven, placing them right side up directly on the center rack. Bake for an additional 25 minutes until golden brown.

Cool on a wire rack for an hour (and a half, if you can stand it) before slicing.