**No-Knead Sourdough Bread**

cuisine: northwest diet: vegan

Ingredients:

8 cups organic white bread flour, spooned and leveled (520 grams total flour) -please don’t include the weight of the bowl! I Highly Recommend weighing for the first few loaves. (See notes for adding other types of flour.)
1.33 tablespoons fine sea salt (12 grams)
3 3/4 cups filtered water (385 grams)
2/3 cup sourdough starter (90 grams) fed 4-10 hours earlier, using it slightly after peaking (or 3-6 days after feeding if refrigerated- see notes for achieving a more “sour” taste)

Directions:

OPTIONAL: 8-10 hours before mixing your dough, feed your sourdough starter, leaving it out on the counter. (See notes for extra sour). OR, if you keep your starter in the fridge and fed it in the last 7 days- it is OK to use straight from jar, cold, without feeding. Best to use starter after it peaks, when it is “hungry”.

8:00 pm PLEASE Use a kitchen scale if this is your first loaf. Weigh the flour in a medium bowl (**zeroing out the weight of the bowl**). Then add salt, spices, seeds. Mix starter and water in a small bowl until cloudy and well mixed. Pour starter-water into flour incorporating all the flour using a fork or wood spoon. It should be a thick, shaggy, heavy, sticky dough. See video. Mix for about 1 minute using the wood spoon- it will be a little hard to mix. Don’t worry about tidy dough here, just get the flour all mixed in and cover with a wet kitchen towel and let rest 15 minutes. It will loosen up as it rests. See notes about hydration. You can alternatively mix starter and water in the bowl first, then add the salt and flour (like the 3rd video)- either way works.

8:20 pm: Do the first set of stretch and folds. (See the first video in post) With one wet hand (put a bowl of water next to you) pull the dough from one side and stretch it upward, then fold it up and over to the center of the dough. Turn the bowl and repeat, stretching and folding from the side, up over the middle, repeat for about 30 seconds or until the dough gets firm and resists. Cover, rest, repeat the process 15 minutes later. Wet hand, stretch and fold, for 30 seconds until the dough gets firm and turn the dough over in the bowl. Yes, you could do this a couple more times if you would like to build the gluten, but not imperative. 😊

8:35 pm Proof overnight, at room temp. Cover with plastic wrap or a damp kitchen towel (to keep the moisture in) and place on your kitchen counter for 8-12 hours. (see notes on temperature) 68-70F is the ideal temp. If it is warmer, check at 6-8 hours.

6-8 AM Check the dough in the morning. The dough should have flattened, expanded, with a slight
dome to the top. With a floured finger, poke into the dough, if it indents, but then mostly springs back, it has probably risen enough. If it feels too firm to indent, let it rise longer. If it indents too easily, and doesn’t spring back, it is possibly over-proofed. When it has almost doubled in size (under proofing is much better than over proofing here) and looks slightly domed you will stretch & shape (see second video in post) and then place it in a parchment-lined bowl for final rising. *** So get your parchment-lined bowl ready now. Oil the parchment. This brand of parchment does not stick to the bread- but if you are unsure, flour or oil your parchment before putting the dough in it. (If you are a seasoned bread baker, you do not actually need parchment -this is for easier transport only, bread will not stick to the inside of a dutch oven.) I like using a high-sided medium-sized bowl versus a flat or shallow bowl to help shore up the sides. You can also use a rice-floured Banneton (bread proofing basket) if you have one.

STRETCH and SHAPE : (Watch 2nd video -Stretch and shape video). WITH WET HANDS loosen the dough from the all edges of a bowl with using your wet fingers, a wet spatula or wet plastic dough scraper, sliding down the sides of the bowl. With wet hands, carefully grab the dough on each side, in the middle and lift it straight up in the air- about 1-2 feet (see photo) and place it back down, gently folding it on top of itself. This first stretch, the dough may feel quite loose and runny. This is OK. It should firm up as it stretches and folds. Give the bowl a quarter turn, wait 1 minute, wet your hands again and do this again. (You could repeat this one more time, 15 minutes later). Then the third time you lift and stretch, you will either lift it all the way into your parchment-lined bowl seam side down. Or into your floured proofing basket seam side up. (If seam up, pinch the seam closed). Sprinkle top with seeds and flour (get the sides too) gently rubbing it to even coat –and add seeds if you like. If using a banneton, sprinkle the seeds in the banneton before adding the dough.

FINAL RISE and PREHEAT OVEN: Place the dough in the refrigerator for one hour (which will make scoring easier and help with oven spring) while you preheat up the oven (for 1 FULL hour) to 500F with your dutch oven inside (PLEASE SEE NOTES). If you have convection- use it! You can also bake the bread at 450F or 475F. You want your oven as hot as possible here– so don’t skimp on the preheat. I usually preheat for 1 hour!

SCORE & BAKE When ready to bake, place dough by the stove. Score: using a very sharp knife, lame, or razor blade, score the dough swiftly and deeply, at a 45-degree angle, 3/4- 1-inch deep. One deep slash is just fine. Or criss-cross, or crescent shape. (Or feel free to add other designs, for ideas -google “scoring bread”). Oiling the knife helps as well as using a lame. You want to score where you want the dough to puff out from. You can also cut with kitchen scissors. Carefully take out the hot dutch oven, gently lift your dough by holding the edges of the parchment and place both bread and parchment directly into the dutch oven.

Cover and BAKE. It is ok if parchment peaks out. (Alternatively, if the dough is in the proofing basket, cover the basket with parchment, carefully flip the dough into the parchment and lift into your dutch oven, then score). Quickly cover and place in the middle of the oven for 20 mins with convection on, 25 minutes w/no convection (or 30 minutes at 450F). Remove lid and it should be puffed and just lightly golden. Lower heat to 450 F, Continue baking 10- 15 minutes until deeply golden and internal temp reaches 202- 208F. (For a less “crusty” loaf, increase covered baking time, lower uncovered baking time.
You may have to play with this.)

COOL: It will smell heavenly. Remove from the baker, let it cool 1 hour on a rack or tilted up on its side, before slicing so you don’t smash it- be patient. This is the hardest part! 😊

STORE: I store the bread wrapped in a kitchen towel for the first day or two to keep the crust nice and crispy, then move it to a zip lock bag to keep it moist for longer. Bread can also be sliced and frozen. I love the bread toasted with butter, olive oil or mashed avocado.

Source: https://www.feastingathome.com/sourdough-bread/