VANESSA KIMBELL

TRADITIONAL FRENCH SOURDOUGH • AMBIENT DAY METHOD

www.sourdough.co.uk -----

BAKING WITH SOURDOUGH & WILD YEAST



STEP 1.0 Take your starter out of the fridge. 11.00pm



STEP 1.1 Add a tablespoon to a large bowl. Stir together your starter; flour filtered water, cover and leave for 8 hours until lively and bubbly.



STEP 2.0 Your leaven will be bubbly and ready to use. 7.00am the following day



STEP 2.1 Decide and measure the temperature of your water.



STEP 2.2 Whisk the sourdough leaven with the water in a large mixing bowl. Add the flours and mix until the ingredients come together in a large ball.



STEP 3.0 Cover with a clean, very damp cloth and leave to autolyse.



STEP 3.1 Add the salt and water then stretch and fold your dough. Repeat the stretch and fold every 45 minutes until the dough is risen by two thirds. 10.00am



STEP 4.0 Dust a banneton with flour. Put a drop of olive oil onto your work surface and your hands and turn the dough out onto a worksurface. 3.30 - 4.00pm



Shape the dough lightly into a ball tucking the seams under the dough. Handle very lightly as you do not want to knock all the air out.



Place the dough seam side up in the banneton. Dust the top with flour.

INGREDIENTS:

FOR THE SOURDOUGH LEAVEN: 1 tablespoon of Sourdough Starter 50g Organic strong white flour 50g cold filtered tap water

FOR THE LOAF:

345g filtered tap water at 29°C 400g Organic strong white flour 100g Organic Wholemeal strong flour 10g fine sea salt mixed with 25g of water Spare flour for dusting your banneton A handful of semolina, for dusting the cloche Olive oil

> Tel: 07707 480336 Email: Vanessa@sourdough.co.uk Twitter: @VanessaKimbell



STEP 5.1

Cover with a damp tea towel. Leave your dough to prove until risen by about 20 - 25 % then preheat the oven to 220°C/425°F/Gas 7.



STEP 6.0 Dust your cloche with a fine layer of semolina, turn the dough out in the cloche and score the top so the

bread splits along the lines of the slash.



Put on the lid and bake for 60 minutes. Turn the heat down to 180°C/350°F/Gas 4. Remove the lid and bake for another 15 minutes until the crust is dark brown. Leave to cool before slicing. About 6.00 - 7.00pm



STEP 8.0 If you want a soft crust, wrap the bread in a clean tea towel whilst still warm.

IMPORTANT: This Step By Step Guide is exclusively for Sourdough Club members. © Vanessa Kimbell

Sharing of this Sourdough chart online or elsewhere is strictly prohibited in accordance with membership terms & conditions and may not be reproduced in any way • www.sourdough.co.uk/terms

These steps are additional material to the Classic White Sourdough Boule on page 114 of The Sourdough School book.

STEP 4.1

