

# Sourdough Recipe & Timeline

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## Ingredients

### For the Dough

- 1250g High-Gluten Flour
- 875g Water (*see note below*)
- 32g Salt
- White Rice Flour for dusting

### For the Starter

- Active sourdough starter (see directions below)
- Extra flour & water for feedings

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## Important Note

This recipe in the video is called a 'high hydration' dough. That means there's a lot of water. It makes the bread very nice and chewy, which is the way I like it, but it's also much harder to work with the dough because it's looser. It's harder to shape.

If you find the dough too hard to work with, you can just **use less water** I'd recommend trying **775g**.

Although in the video I keep saying 875g, I'd recommend starting with **775g** until you're comfortable.

Once you master the dough with 775g of water, feel free to experiment with higher hydration of 875g.

You might even find that **775g is perfect** — the bread comes out just as delicious!

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# Feeding Your Starter and Getting Ready to Make Dough

## Ingredients:

- Sourdough starter (from fridge)
- 75g + 75g water
- 75g + 75g high-gluten flour

## Steps:

1. Measure out 150g of starter, making sure to leave some starter in your starter container.
  2. Feed both this week's and next week's starter with 75g water and 75g flour each.
  3. Leave this weeks starter covered on the counter according to the timeline below, and your main starter also covered, and goes back in the fridge.
  4. Note, if you don't bake one week, you should feed it so it doesn't die. It needs to fed! So follow step 1-3, but instead of feeding the 150g to bake with, just measure it out and toss in the garbage (we call it the 'discard'). So only feed the starter that's going back into the fridge.
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Here are some 2 sample timelines to give you an idea of timing when the steps need to be done. Adjust according to your schedule.

## Timeline Option #1

### Wednesday – 9:00 PM

- Feed your starter as written above.
- Cover this week's starter and leave on the counter overnight
- Cover your main starter, and put it back in the fridge for next week.

### Thursday – 7:00 AM

- Mix your **active starter** with flour, water, and salt.
- **45 mins later** – Stretch & Fold #1
- **30 mins later** – Stretch & Fold #2

Leave covered on the counter for **8 - 12 hours** (bulk ferment).

### Thursday Between 5:00 PM - 8:00 PM:

- Cut dough in half.
- Shape loaves (oval or circle) and dust with **white rice flour**. If you want to add seeds or a topping, do it BEFORE you dust with the rice flour!
- Place in **bannetons**, cover, and refrigerate until ready to bake.

## Timeline Option #2

This is my preferred schedule.

### Thursday – between 7:00 AM - 3:00 PM

- Feed your starter as written above.
- Cover this week's starter and leave on the counter at least 6 hours, up to 14).
- Cover your main starter, and put it back in the fridge for next week.

### Thursday – 9:00 PM

- Mix your **active starter** with flour, water, and salt.
- **45 mins later** – Stretch & Fold #1
- **30 mins later** – Stretch & Fold #2

Leave covered on the counter **overnight** (bulk ferment).

### Friday 7:00 AM

- Cut dough in half.
- Shape loaves (oval or circle) and dust with **white rice flour**. If you want to add seeds or a topping, do it **BEFORE** you dust with the rice flour!
- Place in **bannetons**, cover, and refrigerate until ready to bake.