

Sourdough Bread



Flour + Water + Salt...How hard could it be?

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THE CULINARY INSTITUTE OF AMERICA®



Bread Basics

Main Ingredients:

- Flour
- Water
- Salt
- Yeast

Method:

- Mix everything
- Let rise
- Shape
- Rise again
- Bake!





**Unbleached
Unbromated**



**Bleached
and/or
Bromated**

Today's Bake:

Ingredients:

- 🍞 **King Arthur Bread Flour**
- 🍞 **King Arthur White Whole Wheat Flour**
- 🍞 **Water**
- 🍞 **Sea Salt**
- 🍞 **Natural Yeast** (whole rye flour, bread flour, water)
- 🍞 **Polenta** (corn grits)
- 🍞 **Rosemary**
- 🍞 **Rice flour** (on the crust of the loaf)

****This bread is made by me in my kitchen...if you have allergies just ask****

Not Sourdough:

- Made with commercial yeast



Sourdough:

- Made with natural yeast



Boris the Sourdough Starter



To start a starter:

Day 1: Mix equal weights of flour & water in glass container

Day 2: Discard half of mix, add equal weights of flour & water to the container

Days 3 - 7: Repeat Day 2 procedure

Day n: When the starter rises and falls predictably, it's ready to bake with!



Feed Boris 3 times a day:

- **25g Rye Flour**
- **25g Bread Flour**
- **50g Bottled Water**
- **50g Mature Starter**

Can preserve starter in fridge for short periods (weeks) or dry into chips for long-term storage (years)

Sourdough Science:

Lactobacillus (bacteria):

Eats sugars,
produces Lactic &
Acetic Acid

Yeast:

Feeds on sugars,
produces carbon
dioxide and ethanol
when it eats...raises
bread



**20
minutes
in 15
seconds**



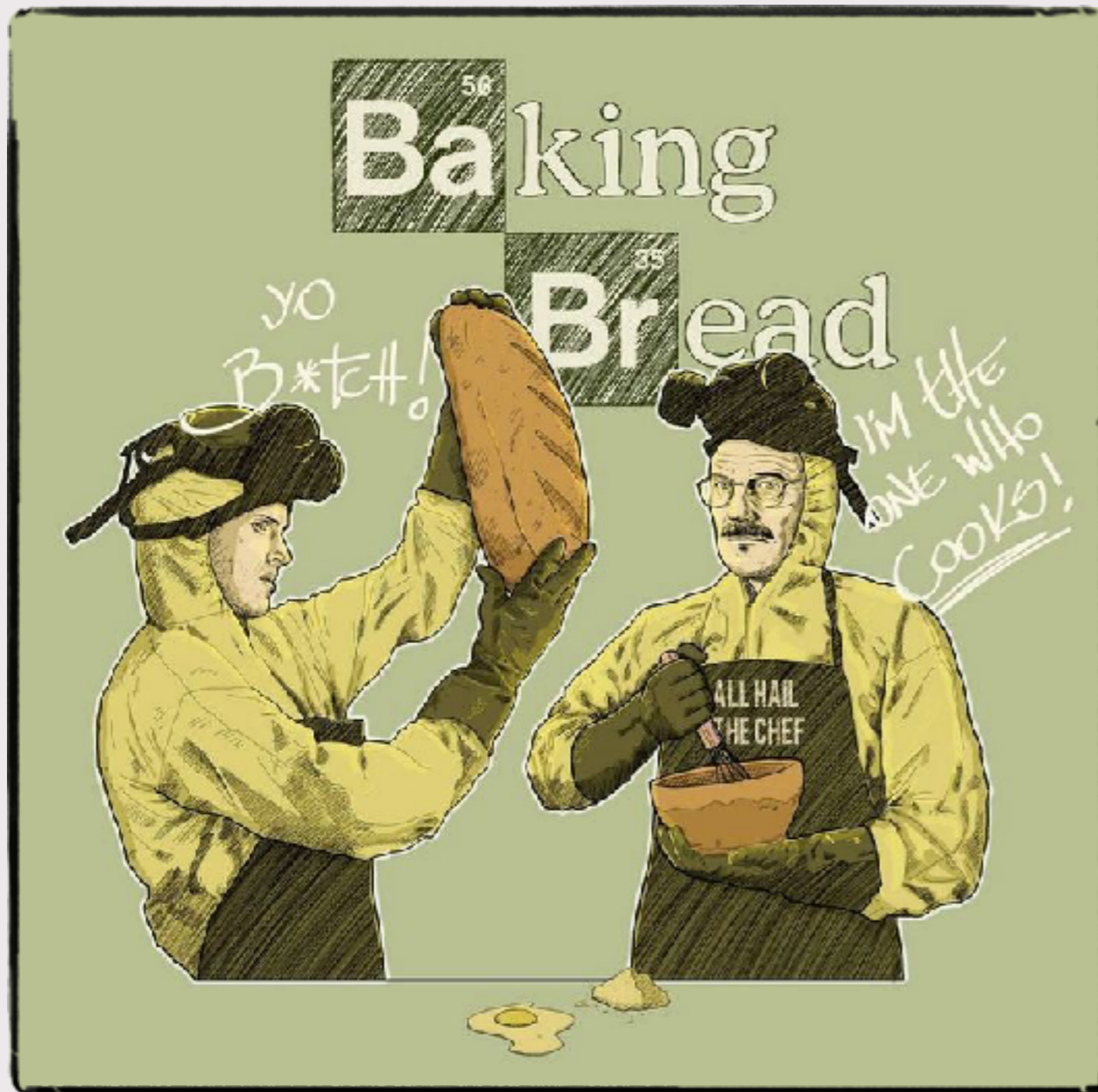
**It's
Alive!!!**



Sourdough tools:

- Heavy bowl or plastic tub
- Dough scraper
- Kitchen scale
- Linen Towels
- Glass jars
- Rubber spatulas
- Sharp knife or lame
- Pizza stone or dutch oven
- Pizza peel
- Good oven mitts
- **A good attitude!**





Sourdough Steps:

1. Build Levain
2. Autolyse
3. Final Dough Mix
4. Stretch & Folds
5. Bulk Fermentation
6. Pre-shape
7. Shape
8. Cold Fermentation
9. Bake
10. Analyze & Enjoy!

1. Build Levain

Boris



Levain



3. Final Dough Mix



2. Autolyse

4. Stretch & Folds



Water
Flour

+
Levain
Salt
Mix ins

4. Stretch & Folds



5. Bulk Fermentation



6. Pre shape



7. Shape



8. Cold Fermentation



9.



BAAAAKE

9. Baking

Important things:

- Scoring
- Oven temp
- Steam
- Time



@danlarn



@blondieandrye

9. Baking

Important things:

- Scoring
- Oven temp
- **Steam**
- Time





10. Analyze and Enjoy!















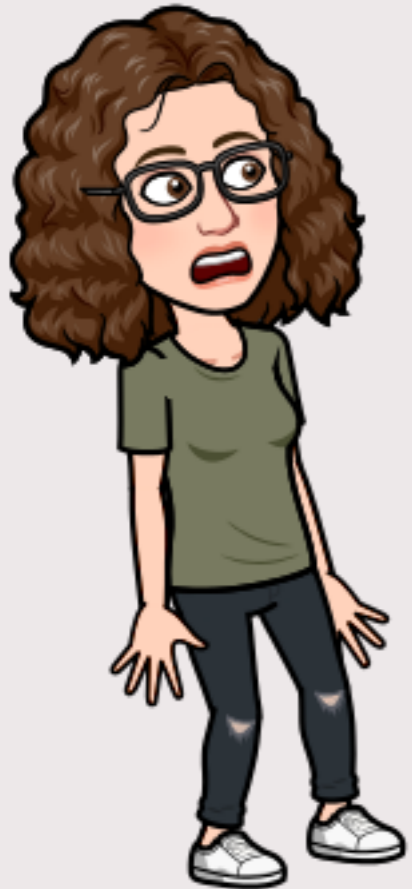
Natural Yeast is not just for sourdough loaves!

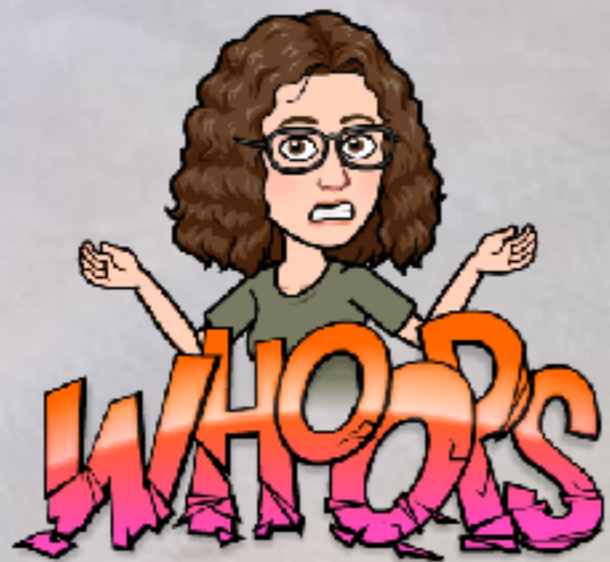






Bread Bloopers









**If you like bread photos
follow me on Instagram!
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