



beginner sourdough WORKSHOP



Mahomet Public Library

Basic Sourdough Recipe

Ingredients

- 100 grams (1/2 cup) active starter
- 500 grams (~3 1/2 cups) all-purpose or bread flour
- 350 grams (~1 1/3 cups) water
- 10 grams (2 teaspoons) salt

Directions for baking

- Preheat oven to 450 degrees (preheat dutch oven if using)
- Place dough on parchment paper, score dough
- Bake for 25 minutes with lid covered
- Reduce temperature to 400 degrees, remove lid and bake another 30-35 minutes

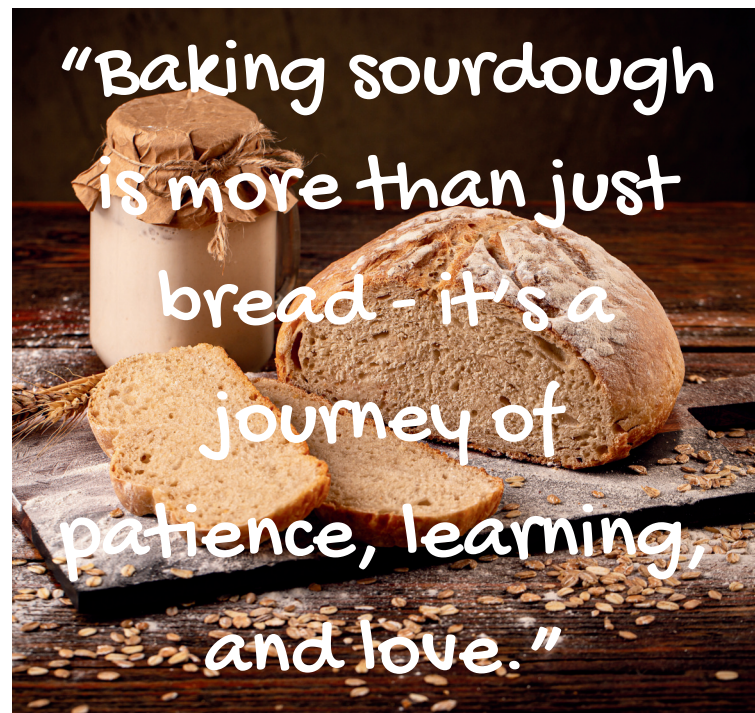
Helpful Supplies

note: Many of these supplies are not necessary for a beginner baker, but they can come in handy if you find yourself baking on a regular basis

- Kitchen Scale
- Bread Pans
- Dutch Oven
- Bench Scraper
- Kitchen Thermometer
- Lame/Dough Cutter
- Proofing Baskets/Bannetons
- Mixing Bowls
- Oven Mitts/Hot Pads/Trivets
- Cooling Rack
- Sourdough Container
- Flour Sack Towels/ Linen Towels
- Dough Whisk
- Calculator
- Silicone Spatulas
- Dusting Wand

Sample Timeline

- 11 a.m. Remove starter from refrigerator; feed 1:1:1 ratio (50 grams)
- 4 p.m. Mix dough and autolyze; feed starter and return to refrigerator
- 5 p.m. Stretch and fold
- 5:30 p.m. Stretch and fold
- 6:00 p.m. Stretch and fold
- 6:30 p.m. Coil folds
- Bulk Fermentation on counter overnight
- 7 a.m. Shape dough and place in fridge for final proof
- 5 p.m. Preheat oven
- 5:30 p.m. Score and bake
- 5:50 p.m. Remove lid and reduce temperature
- 6:20 p.m. Remove loaf and cool



Resources

Websites

- www.theperfectloaf.com
- www.pantrymama.com
- www.amybakesbread.com

Facebook

- @sourdoughforbeginners
- @EverythingSourdough

Instagram

- @shebakessourdough
- @thesouthernsour doughco

TikTok

- @sourdoughduffy
- @conleyannekitchen
- @eatbasilandbloom

Popular Authors

- Chad Robertson
- Emmanuel Hadjiandreou
- Ken Forkish
- Martin Johansson
- Peter Reinhart

YouTube

- @dailysourdough
- @the_bread_code
- @culinaryexploration
- @kingarthurbakingcompany
- @lifebymikeg
- @joshuaweissman
- @fullproofbaking
- @bakewithjack
- @foodgeek

Vendors

- Bob's Red Mill
- Breadtopia
- Food Geek
- King Arthur Baking Company
- Sourdough International
- The Sourdough School

