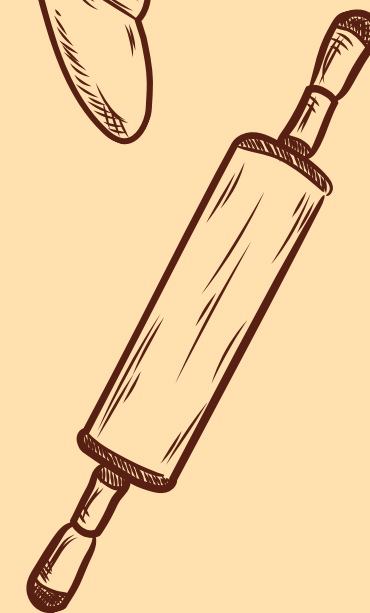
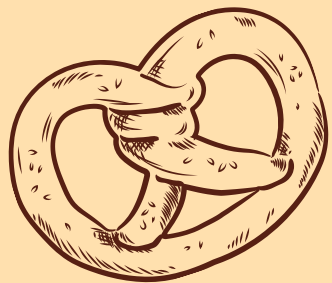
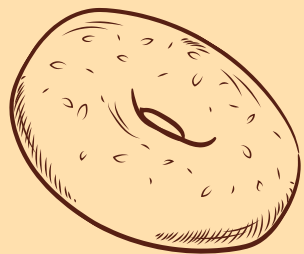
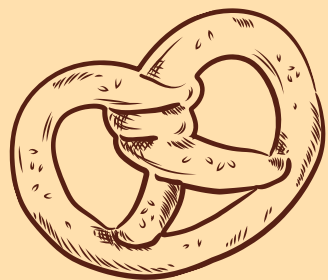
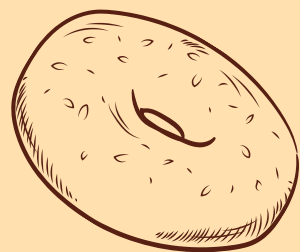


Sourdough for Beginners



My Favorite Tools

- Kitchen Scale
- Large Jar
- Dough Whisk
- Banneton Proofing Basket
- Bread Lame
- Dutch Oven



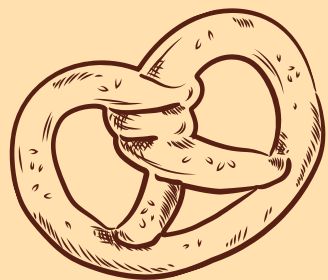
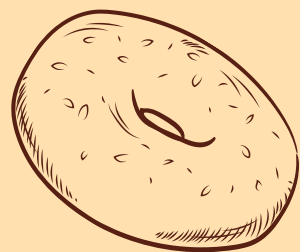
Sourdough Questions

What is a Sourdough start?

A sourdough starter is a mixture of flour and water that has been fermented over time with wild yeast and bacteria naturally present in the environment. It's the key ingredient in making sourdough bread, and it acts as a natural leavening agent—helping the dough rise without the need for store-bought yeast.

Active start vs. sourdough discard?

- An active sourdough starter is a starter that is bubbly, lively, and ready to be used in baking. It's been recently fed (with fresh flour and water) and is at its peak activity, meaning the wild yeast and bacteria are actively fermenting the mixture.
- Sourdough discard refers to the portion of the starter that you remove and don't use when you feed the starter. When you're building a starter, you typically throw away some of the starter before adding more flour and water. This is done to keep the starter from growing too large and unmanageable, while also refreshing it with new flour and water. Instead of throwing it away, many people use sourdough discard for other recipes like pancakes, waffles, crackers, muffins, or even pizza dough. It still contains the wild yeast and bacteria, but it won't contribute to rising bread as effectively as an active starter.



Sourdough Questions

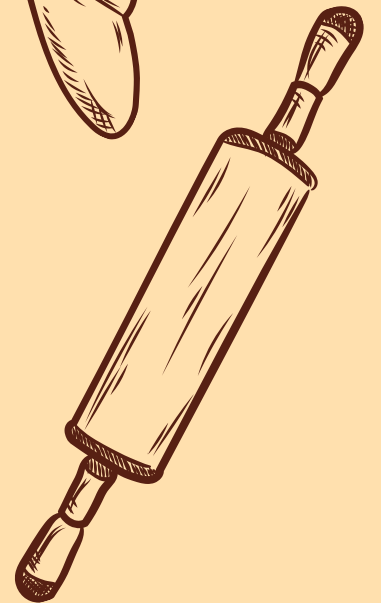
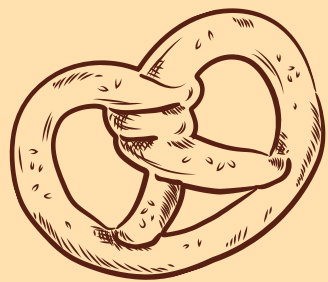
What is that dark liquid on top of my start?



The Hooch - Hooch is the liquid that sometimes forms on top of a sourdough starter, and it's perfectly normal. It's essentially a byproduct of the fermentation process that occurs when the yeast and bacteria in the starter are active and consuming the flour.

Is Hooch a bad sign?

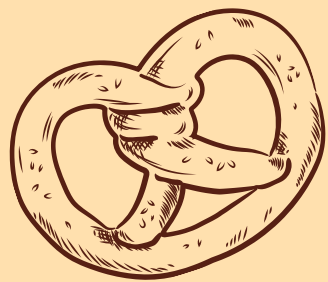
Not at all! Hooch is a natural part of the sourdough fermentation process and generally indicates that the starter is active, just a little hungry.



Sourdough Questions

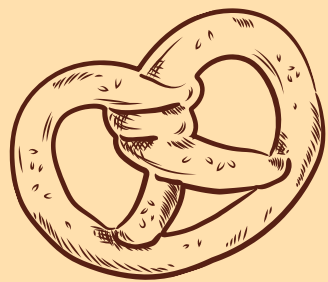
What are the benefits of sourdough?

- Easier to digest - The natural fermentation process of sourdough breaks down some of the gluten in the flour. This makes sourdough bread easier to digest compared to regular white or whole wheat bread. The wild yeast and beneficial bacteria (lactic acid bacteria) in sourdough help break down the gluten making the bread gentler on the stomach.
- Better blood sugar control - Sourdough has a lower glycemic index (GI) compared to other types of bread, meaning it causes a slower, more gradual increase in blood sugar levels. The lactic acid bacteria produced during fermentation can slow down the rate at which sugars from the bread are absorbed into the bloodstream.
- Rich in nutrients - The fermentation process also helps reduce phytic acid in the bread, which can bind to minerals like calcium, magnesium, iron, and zinc and prevent their absorption in the body. By reducing phytic acid, sourdough can make these minerals more bioavailable, meaning your body can absorb them more effectively. Sourdough bread can also be a good source of B vitamins, especially folate, which is important for cell function and growth.



Sourdough Questions

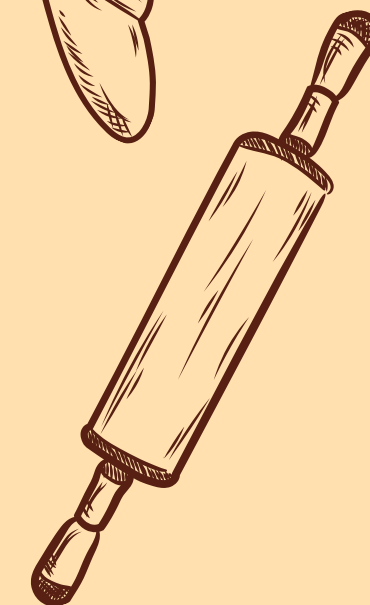
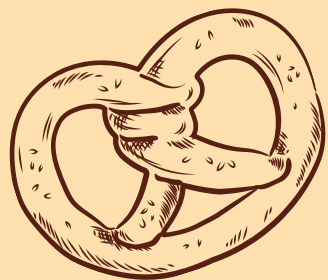
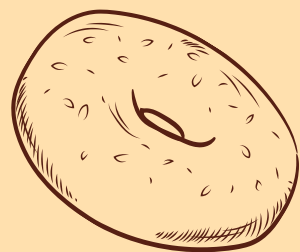
- Improved gut health - Sourdough contains beneficial bacteria (lactic acid bacteria) that can help support gut health. These probiotics may contribute to a healthy balance of gut microbiota, improving digestion and boosting the immune system. The fermentation process also produces enzymes that can help break down carbohydrates and proteins in the bread, making it easier for your body to digest and absorb nutrients.
- Lower gluten content - While sourdough is not gluten-free and should not be consumed by those with celiac disease, the long fermentation process breaks down some of the gluten proteins in the flour. This can make sourdough a better option for people with a mild gluten sensitivity, though it's important to note that it's not completely gluten-free.
- Fewer Additives - Traditional sourdough is made with just flour, water, salt, and wild yeast (from the starter culture), without the need for added sugars, fats, or preservatives. This makes sourdough a more natural option compared to many commercial breads, which can contain added sugars, emulsifiers, and other artificial ingredients.
- Slower digestion - Due to its lower glycemic index and complex structure, sourdough may promote greater feelings of fullness. This can help with weight management, as the slower digestion helps keep you feeling satisfied for longer periods.



Sourdough Questions

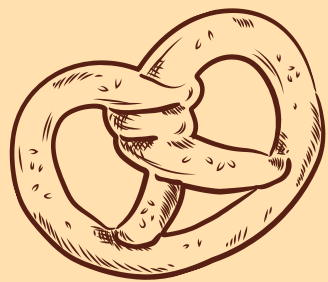
Do I have to feed my starter every day?

NO!!!!



Step 1 - Feed your start

- Either the night before or first thing in the morning you will want to feed your start.
- I prefer a 1:1:1 ratio of start:water:flour
 - Example - 100 grams start:100 grams water: 100 grams flour
- Place the fed start in a clean jar and mark the top of the start with a rubber band so you know how much it has grown.
- Place the jar in a warm place and let it at least double in size before using.



Step 2 - Mix the dough

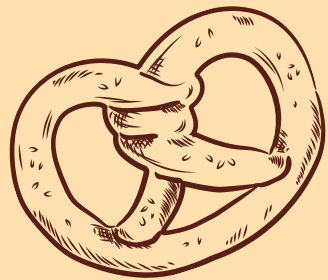
First measure your start, then add water and mix



Then add flour and salt and mix until a shaggy dough forms



Let the dough rest for 1 hour to allow the flour to hydrate



Step 3 - Stretch and Fold

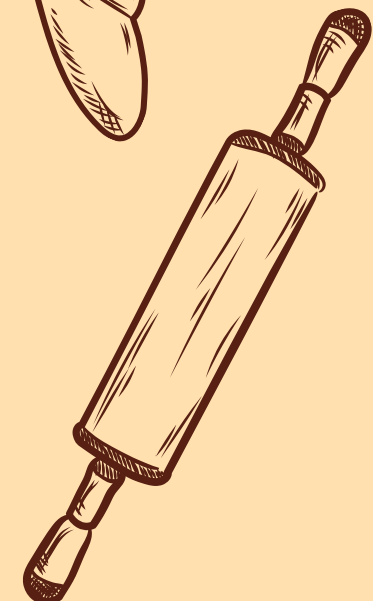
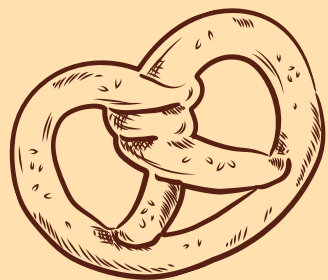
After an hour your dough should look more like this



Time to stretch and fold the dough.
You want to stretch and fold it every 20-30 min for the next 2-3 hours.



Until it looks something like this

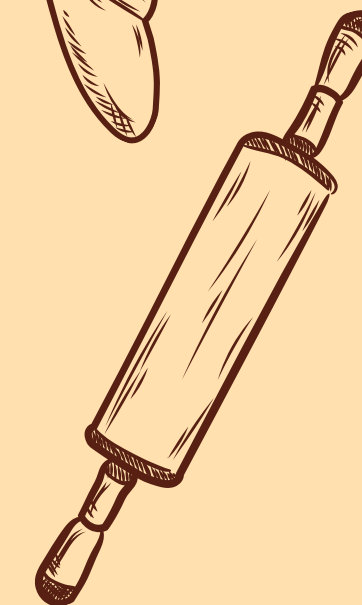
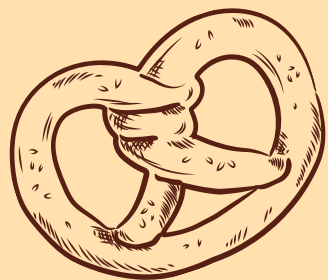


Step 4 - Bulk Fermentation

Once you have finished the stretch and fold process it's time to let your dough rest and bulk ferment.

(Bulk fermentation is a key step in the sourdough bread-making process, and it refers to the period after the dough has been mixed (including the sourdough starter, flour, water, and salt) and before it is shaped into loaves. It is the first long rise where the dough undergoes its initial fermentation, and during this time, the yeast and bacteria in the starter ferment the dough, causing it to rise and develop flavor.)

I let mine bulk ferment overnight to get a nice, strong, sour flavor. If you prefer a milder flavor, don't let it bulk ferment for as long.



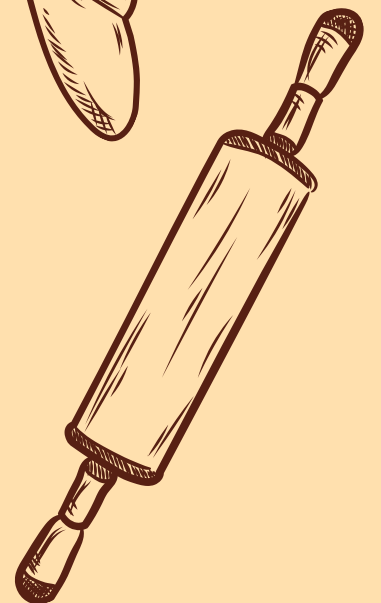
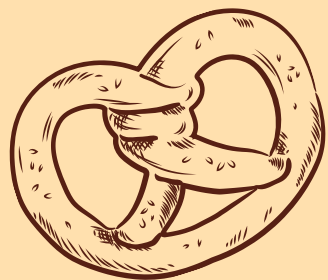
Step 5 - Shaping Loaves

Once the dough is done with the bulk fermentation, it's time to shape it into loaves and place it in the Banneton (or a bowl covered with a towel).



Cover the dough with some plastic wrap and place in the fridge to cold ferment. I cold ferment my dough for about 24 hours.

(Cold fermentation is a method of fermenting sourdough dough at low temperatures, typically in the refrigerator, for a longer period of time. This technique enhances the flavor and texture of the bread by allowing the yeast and bacteria more time to develop complex flavors and improve dough structure. It also offers greater flexibility and convenience, making it easier to fit bread making into a busy schedule. Cold fermentation is particularly useful for producing tangy, flavorful, and well-structured sourdough loaves.)



Step 6 - Time to Bake

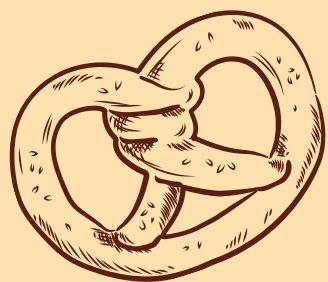
Place the dutch oven in the oven and preheat.



Bake and let cool before cutting.



Use a bread lame (or sharp knife) to score the loaf before baking.



Other things you can make with Sourdough

Pizza Crust - [Quick Sourdough Pizza Crust](#)

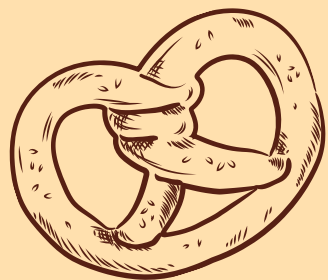
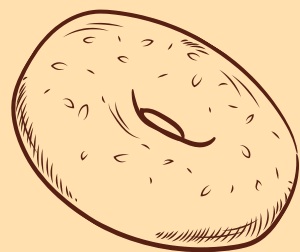
Crackers - [Sourdough Crackers](#)

Mini Muffins - [Sourdough Little Bites](#)

Waffles - [Sourdough Discard Waffles](#)

Pancakes - [Light and Fluffy Sourdough Discard Pancakes](#)

Plus SO much more!!!



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actsofsourdough.com

amybakesbread.com

