

Online Sourdough Bread Class Schedule and Materials

Before class, please do the following (very important!):

1. Have a mature starter ready to bake with

The starter is ready when it rises and falls over a period of several hours. It will smell slightly fruity and slightly sour and taste tangy. Here is a blog post on starting and maintaining a starter: <https://zerowastechef.com/2017/04/11/prevent-sourdough-starter-taking-life/>

2. Feed your starter before class

The class will begin on a Friday night. Please feed your starter half white, half whole wheat (or half white, half rye). My starter is 100 percent hydration, which simply means it contains the same amount of water (50 grams) as flour (50 grams) by weight.

3. Time your feedings

If you feed your starter daily, please feed it twice on Friday, first about 12 hours before class and then 6 hours before class at the latest.

If you store your starter in the refrigerator and feed it weekly, please feed it on Thursday and Friday. On Friday, first feed it about 12 hours before class and then 6 hours before class. I sometimes will feed it twice daily for a couple of days before baking.

IT'S A GOOD IDEA TO KEEP THAT STARTER YOU FEED FRIDAY MORNING AS BACKUP!
You don't want to run out of starter.

Class Materials

We will bake two loaves of bread in this class.

Ingredients

- your jar of freshly fed starter
- 650 grams whole wheat flour ~ 5 cups
- 250 grams white flour ~ 1 3/4 cups
- 1 cup extra white flour for shaping the dough
- 200 grams rye or spelt flour (preferably rye) ~ 1 1/2 cups
- 25 grams salt ~ 3 scant tablespoons (I use coarse but any type will do)
- water

Equipment

- a scale (optional but highly recommended)
- measuring spoons and cups if you don't have a scale
- rubber or bamboo spatula
- fork
- kettle or microwave to heat water up a bit
- 4-cup measuring cup
- large ceramic or glass bowl, 4 to 5 quart capacity, or about 10" to 12" in diameter
- small bowl that can hold 1/2 cup of water
- wooden board to shape the dough on

- ___ 2 nine-inch banneton baskets OR 2 bowls (any material), each lined with a thin tea towel
- ___ tea towel (in addition to the towels above, if using)
- ___ very sharp knife or lame
- ___ cast-iron Dutch oven or covered glass pyrex dish about 5" tall minimum
- ___ apron
- ___ room in the refrigerator for your banneton baskets or bowls filled with shaped dough
- ___ something for taking notes

Notes

- I use organic flour but any flour will do.
- I filter my tap water with bamboo charcoal but it's not necessary.
- I have included the flour measurements by volume but weight is MUCH more accurate.
- You can bake this without an expensive Dutch oven. I have a 6 3/4 quart-size Le Creuset oval Dutch oven. A 3-1/2 or 5 quart would work also. Here are the oval ones: <https://www.lecreuset.com/oval-dutch-oven> I also have a deep glass pyrex dish with a lid. A cast-iron Lodge pot will also work. I have also baked the bread on a pizza stone. It rises really well but you don't get that beautiful caramelized crust that you get from using a pot with a lid.
- You don't need banneton baskets either. I do love mine though. They are similar to this: <https://www.kingarthurflour.com/shop/items/round-brotform>
- I use a homemade lame to score my loaves. This changed everything! This one is beautiful but expensive: <https://breadtopia.com/store/black-walnut-bread-lame/> I made my own out of a razor blade and a wooden stir stick. If you opt to make a lame, be careful!