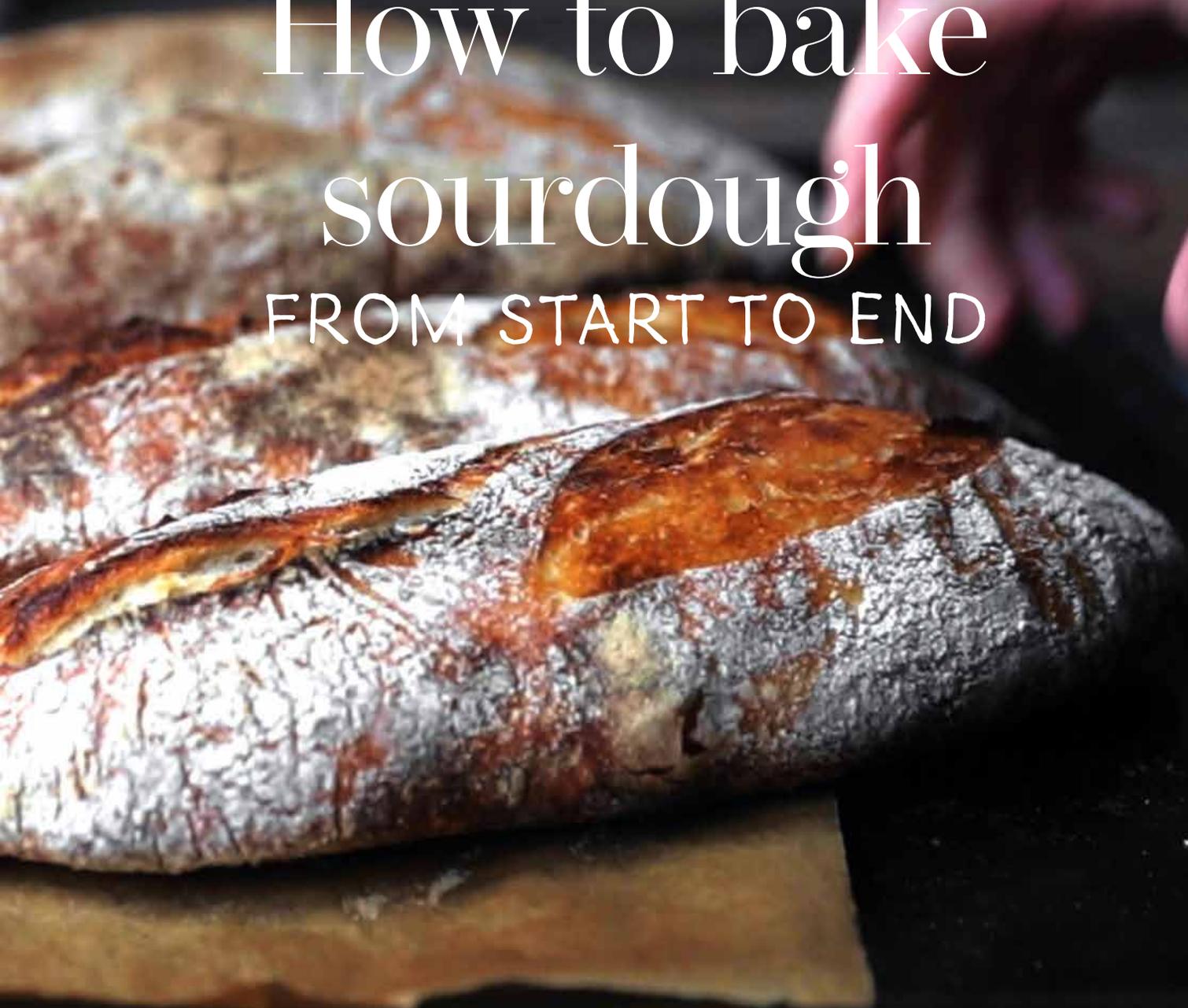




How to bake sourdough

FROM START TO END





Is there anything better ?

Better than a freshly baked sourdough bread with butter, a little sea salt. Well, maybe dipping the bread in a virgine olive oil. But most of all it is the smell of the bread. Think back to places where you are greeted by a scent of freshly baked bread. How your senses set in motion.





First, a few thoughts about baking at home.

Baking is a process that is affected by many factors such as temperature, flour types and your ability to dare to make mistakes. It takes time to find your own way of baking. This recipe works for me and I have used it since I had the restaurant 25 years ago. It's a "basic recipe" that you can play around with. Why not add some walnuts, some cheeses and olives or sunflower seeds? Of course, there are many recipes out there. But my recommendation to you is find your way how to bake sourdough bread and don't give up in the first place.

"IF YOU HAVE ANY QUESTIONS, FEEL FREE TO USE THE LIVE CHAT ON THE SITE"

WWW.CHEFMARTINO.DK

HAPPY BAKING - GOOD BAKING



10 COMMANDMENTS FOR BAKING

1. USE ORGANIC FLOUR.
2. USE SOME OATMEAL MIXTURE IN THE DOUGH.
3. MAKE THE DOUGH STICKY – ADD MORE WATER.
4. EXPERIMENT WITH SOURDOUGH. LESS BOUGHT YEAST.
5. ADD 25-30 G OF SALT PER LITRE OF LIQUID.
6. MIX THE DOUGH FOR A LONG TIME – UNTIL IT BECOMES SHINY.
7. LET DOUGH FERMENT IN THE COLD – AT LEAST 8 HOURS.
8. HANDLE DOUGH CAREFULLY AS YOU SHAPE IT.
9. PREHEAT THE OVEN TO MAXIMUM HEAT – PREFERABLY WITH A OVEN STONE.
10. ADD A GLASS OF WATER IN THE OVEN TO CREATE STEAM.



First of all - you need the sourdough starter

ALSO KNOWN AS THE "LEAVEN" "CHIEF" "CHEF" "HEAD"
"MOTHER" OR "SPONGE "

Imagine how fantastic it is that with just water and flour, you are able to create a living culture of good microorganisms and use it to bake a bread filled with flavour and texture. Sometimes it may not go as you want, so a little stubbornness is good to have, it is a living process. But it is not difficult or expensive. I've had to "restart" several times before my sourdough starter came alive. The principle is simple, it is 50/50 water and flour. You then continue to feed and maintain the fermentation of your sourdough with the same proportion of water and flour.





EVERY GOOD SOURDOUGH BREAD STARTS WITH A
GOOD SOURDOUGH STARTER



HOW TO PREPARE THE “MOTHER”

Day 1.

Measure 70 grams of water and 70 grams of flour. Use an organic stone ground wheat flour. It helps to accelerate the growth of the leaven as biodynamic/organic flour does not contain preservatives. Use cold water, so that the flour does not clump immediately and use your fingers and knead the flour and water into a smooth running “dough”

Put a lid -or plastic film, on your bowl and keep it in room temperature and let the dough rest for 24 hours. Now the magic begins.





HOW TO PREPARE THE “MOTHER” Day 2.

At day 2, you do not need to do anything to the dough other than lift the lid and check in on how your sourdough is feeling. It may have already started to get some bubbles (sign that the fermentation has started). But that is not at all certain, it may be necessary with a few more hours before the fermentation process starts. Put the lid back on and leave it for another 24 hours in room temperature..





USE COLD WATER!



USE YOUR FINGERS!





HOW TO PREPARE THE “MOTHER”

Day 3.

Today it's time to feed your new friend for the first time. Weigh 70 g of water and 70 g flour and stir into your buddy. If there is still no bubbles, there is no need for concern so far, give it some more time. The friend (leaven) should now start to have a “runny” structure. Pour in a little extra water if you think it is too thick. Then transfer it to a larger jar and it put back to its place.

Day 4-5-6.

By now your buddy hopefully is up and running and needs to be fed every day. Do this - every time you feed, remove half of the leaven (sourdough) and throw it away, then add 100 g of flour and 100 g of water to the remaining. Stir with a wooden spoon or, as I do, with a wooden stick, which I think is the best tool to mix with.



Day 7.

Hurray - your new friend is finally here and is now ready for you to bake sourdough bread.

Keep feeding your new friend with love. It should be full of bubbles and it should have increased in volume to almost double its size, and the scent should be pleasant. If you bake frequently, store your starter at room temperature and feed it 1 times a day to keep it active. If you plan to bake only once in a while, store it in the fridge to maintain its strength and feed it once a week.





Let's start baking -

Ingredients to make the dough:

520 g flour (manitoba flour)

220 g cold water

200 g of the oatmeal mixture*

200 g of the “mother / starter”

20 g salt

* First do the mixture of scald oatmeal - 1 dl to 5 dl water. Boil the water and pour over the oatmeal and allow to cool before you begin.



THIS IS WHAT YOU NEED:
A STRAINER, A THERMOMETER, A DOUGH SCRAPER
AND A PROOF BOX FOR THE DOUGH. AND A SCALE.



How to prepare the dough

step 1 - "mixing".

- Pour 220g of room temperature water into the dough mixer.
- 200g of the mixture with the scalded oatmeal.
- 200g of the sourdough "starter"
- And finally 600g of wheat flour.

Always use a scale to measure the ingredients.





step 2 - “hydrate”.

Mix the ingredients into a smooth dough for a few minutes.

Now let the dough rest for minimum 30 minutes to make the flour to fully hydrate. But if you have time you can let it hydrate for 60 minutes.



DON'T BE AFRAID,
THE DOUGH IS
“STICKY”.





step 3 - “kneading”.

In order to get a really lovely dough, the dough must be “kneaded” properly. Then the gluten and gliadin are bonded together and the “dough threads” are created. The dough should be glossy and “threaded” when it’s ready. It should take about 15 minutes. Just before the dough is ready, add the salt 2 minutes before the end. Then time to do the “dough test” to see if gluten and gliadin have bonded properly. If you can pull the dough without breaking it is ready.





step 4 - “resting”.

Take out your dough box and grease it in the bottom with a little olive oil. This ensures that the dough does not stick to the bottom. Scrape the dough out of the bowl with a dough scraper. Now it should be allowed to rest for 1 hour.



ZZZZZ...



step 5 - “folding”.

If you want to succeed with a good bread, here begins an important part of baking, namely “folding”. Here you should stretch and pull the dough and fold it 4 times over itself. Grab one side and pull the dough neatly and fold over 2/3. Repeat on the other side and do the same on both other sides. Turn the dough over and let it rest for another hour. Repeat this 3 more times. After the folding and for best taste, cover the box and put in a cold place (fridge) and let the dough proof for at least 12 hours.

“If don't have time to wait, you can let the dough proof direct after the folding. Cover the box and wait until dough has rise the double of size. Then go to next below”





Time to shape the bread!

There are many ways to shape the dough, but make it easy if it's the first time. And there are some rules of thumb. It is important to “stretch the dough” with the help of the dough scraper and without squeezing the air out of the dough.

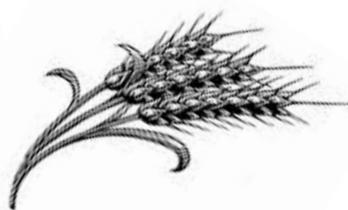




Rules of thumb!

- * HANDLE THE DOUGH CAREFULLY SO THAT THE AIR DOES NOT ESCAPE.
- * HAVE AS LITTLE FLOUR ON THE TABLE AS POSSIBLE.
- * DON'T BE FRIGHTENED BY THE FACT THAT THE DOUGH IS STICKY.
- * USE YOUR DOUGH SCRAPER TO SHAPE THE DOUGH.
- * POWDER OVER LITTLE FLOUR BEFORE PLACING IN THE OVEN.
- * AND IT NEEDS TO PRACTICE, PRACTICE, AND PRACTICE. IT MAY LOOK SIMPLE WHEN SOMEONE WHO CAN DO IT, BUT IT TAKES TIME TO FIND YOUR OWN STYLE. BUT DO NOT GIVE UP - FLOUR IS CHEAP.

A piece of white paper with the word "Love" written in a cursive, handwritten style in black ink.





Let's start Baking 1.

Make sure you have heated the oven to the highest temperature, 275 or 250 degrees. Set a oven tray at the bottom of the oven.

Put in the bread and pour a glass of water into the oven tray to create steam, which is essential to baking good bread. This makes the dough rise more easily before creating a crust. Immediately close the door and leave it closed. After 10 -15 minutes, open the door and release the steam. Remove the oven tray with water. Move the bread down at the bottom of the oven so the bread also gets a crust on the bottom. Maybe move the bread around if the heat in oven is uneven.





Let's start Baking 2!

Lower the temperature to 245 degrees. After 20 minutes, insert the thermometer and measure the temperature in the center of the bread. You know the bread is ready when the temperature is 95-98 degrees. You can also check if the bread is ready by tapping the underside, which will then make a hazy and hollow sound.

CONGRATULATIONS!!

YOU'VE MADE IT TO THE END.





Baking in a Dutch Oven!

Baking in an “Dutch oven” has several benefits and is worth a try.

It causes the steam to remain in the pot. The effect is the same as pouring a glass of water the first 10 minutes into an oven tray. Also the heat becomes even in the Dutch Oven, and the bread becomes moist with a crispy crust.

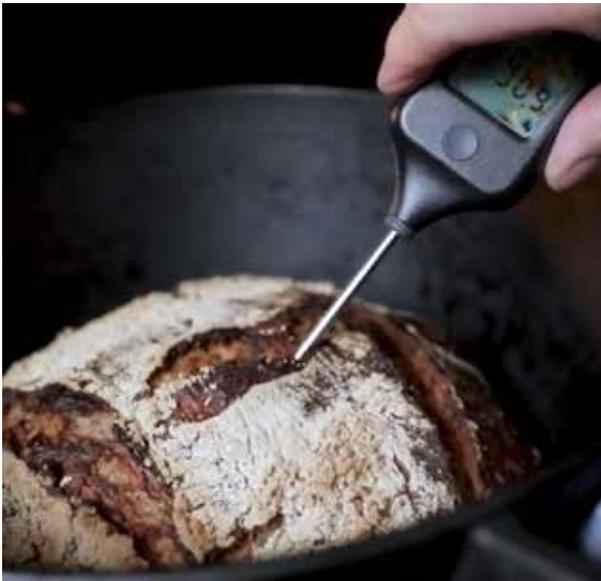
Make sure to heat the pot at the highest temperature you can get in the oven (250-275C) about: 20-30min before the bread is to be put in.





Do like this!

1. Make the dough as usual and shape it to your desired shape.
2. Let the dough rise for an hour or two on a baking sheet.
3. Then carefully place the dough in the heated “dutch oven”, put on the lid and quickly put in the oven.
4. After 10-15 minutes, lift off the lid and bake the bread until it reaches 96-98 degrees.



YOUR DUTCH OWEN BREAD IS READY!!



For more inspiration!

I welcome you to sign up to my website
to get more tips and inspiration in the kitchen

- See you soon!

Cheers, Chef Martino!

www.chefmartino.dk

