

S O U R D O U G H



J A N I C E C L Y N E

Sourdough Workshop Recipes

Introduction

A wee note on starters; the vigour of your starter is key to a nicely risen loaf. If your starter isn't actively bubbling, then it won't make your bread rise, and you will end up with a flat loaf.

There appear to be many ways to refresh a starter, but using equal amounts of flour and water is key. Whether you add equal amounts of starter/flour/water or double the amounts of flour and water to starter, it all seems to work, will just give slightly different levels of hydration. It depends on how much starter you need for your recipe.

I generally use 150g active starter per loaf, so I take 25g starter from the fridge and add 100g flour and 100g warm water, which gives me plenty for my recipe, with some left over which I return to the starter in the fridge. If you need less then you could add 50g water and 50g flour to 25g starter. It all works!

After you have fed your starter, put it somewhere warm and give it a stir every now and then - you want lots of bubbles!

A good idea is to feed your starter at night, then it should be ready by the morning. A wee tip is to put a teaspoon of the starter in a glass of water and if it floats then its ready to use.

If your starter isn't bubbling then discard half, and feed the other half again.

Actively stirring the starter incorporates oxygen which encourages the yeasts to become active so stir it vigorously every time you pass it!

A **Banneton** is an essential thing to make professional looking bread! It's a bread proving basket, usually made from bamboo. You need to condition it before you use it to prevent your dough sticking to the basket. Simply spray your basket with water, then dust it liberally with rice flour or flour, then just let it dry at room temperature. For the first few uses sprinkle more flour into the basket everytime you use it. Don't wash it!! Just tip out excess flour between bakes.

www.bakerybits.co.uk sell everything you need for baking sourdough.

Sourdough Oat De Campagne

Makes 1 large loaf

Pre-ferment:

- 150g Active sourdough Starter
- 75g Water
- 75g Wholemeal Flour
- Mix together with your dough whisk and cover for between 12-72hrs

Making the loaf, add:

- 250g Water
- 500g St White Flour
- 50g Rolled Oats
- 10g Salt

Method:

1. With 300g of your Pre ferment, add all your dry ingredients then the water.
2. Mix together well and start kneading, this may be a stretch and fold or British knead depending on the elasticity of the dough.
3. Once kneaded until you get a spring back, then allow to prove for 2 hours
4. Remove dough from the bowl and de-gas the dough, basically just punch it down with your knuckles!
5. Shape into desired shape for your proving basket
6. Make sure you have floured your basket with some spelt, fine milled semolina or rice flour. If you wish to put extra oats or seeds in the bottom, do so now before placing your dough in your basket.
7. Now allow the dough its second prove between 5-12hrs depending on room temperature.
8. Alternatively prove in the fridge for at least 12 hours.
9. Remove from basket and slash if desired
10. Bake at 230c for 40 mins till a dark colour.

Sourdough Pizza Base

Ingredients makes 2 medium pizzas

- 150g sourdough starter
- 125 mls warm water
- 250g strong white flour
- Big pinch salt

Simply mix all the ingredients and knead to combine into a dough.

Cover and leave in the fridge for at least an hour or up to a few days in the fridge.

Simply divide the dough into two, roll out into desired shape, add toppings and bake in a hot oven for 15 to 20 mins until the base is golden brown and cooked through.

White Sourdough Bread

Makes one large loaf with a lovely open crumb structure.

Ingredients

- 500g strong white flour
- 8g salt
- 150g active Sourdough Starter
- 300g warm water

Method

1. Mix flour and salt in a bowl, this is your dry mix.
2. Mix together sourdough starter and 300g warm water, this is your wet mix.
3. Add your dry mix to your wet mix and combine well using a wooden spoon to bring the dough together. Cover with a tea towel and let it stand for 10 minutes.
4. The kneading process for this sourdough is the stretch and fold method, around the bowl 8 times, then resting for 10 minutes between each.
5. Repeat this kneading process 3 more times.
6. Its helpful to put a finger mark in the dough at the end of each set of stretch and fold, so you know how many times you have done it.
7. After the last set of stretch and folds, cover again and leave for another 10 minutes.
8. If your dough is still a bit sticky, then you can do another set of stretch and folds. You are aiming for a nice smooth ball of dough.
9. Dust your banneton well with rice flour, roughly shape the dough to fit your basket, cover and allow to prove for 3 to 6 hours, until doubled in size.
10. Alternatively, and my preferred method, you can put the dough in the fridge to prove slowly. Leave it at least 12 hours but the longer you leave it, the more sour it will become.
11. Put a tray with a cup of boiling water in the bottom of your oven to create some steam and create a nice crust on your bread.
12. Tip your dough onto a floured baking sheet, score the top, and bake in a pre heated oven at 220C for 30 minutes or until golden brown.
13. Your loaf is ready when it sounds hollow when tapped at the bottom.
14. Cool on a wire rack before slicing!

If you wish to use a Dutch Oven, i.e. a cast iron pan, line the bottom with greaseproof paper, dust with some rice flour. Transfer your dough to the pan, put the lid on and bake for 30 minutes at 240C, then turn the oven down to 220C and bake for another 25 minutes. Don't be tempted to take the lid off during the baking time. Remove from the oven and if your loaf isn't brown enough take the lid off and return to the oven for a further 5 to 10 minutes, until it is golden brown.

This method does result in a lovely loaf with a less hard crust and lovely soft crumb.

You don't need to preheat the oven or the cast iron pan for this method, just do it all from cold. It saves energy and saves you being burned trying to transfer dough to a roasting hot heavy pan!

Sourdough Flatbreads

This is a great way to use up extra starter.

Note, these are best eaten fresh, but can be frozen after cooking. You can also refresh them by sprinkling them with water, wrapping in foil, and warming in the oven for 10 minutes.

Ingredients

Makes 4 large flatbreads

- 100g starter
- 150g strong flour
- 50g water
- ½ tsp salt
- 1 tsp garlic powder (optional)
- 1 tsp cumin seeds (for an Indian twist)

Method

Add all the ingredients to a bowl and mix to bring the dough together. Wrap in clingfilm or put in a plastic bag and put in the fridge for at least 4 hours. I have left it up to 3 days and its fine, just a bit more sour.

1. Remove from the fridge, cut the dough into 4 equal pieces, and roll each piece out into a circle, on a floured surface.
2. To be honest I never manage to roll perfect circles, which adds to their rustic charm, in my opinion!
3. Heat a large non-stick frying pan, and cook each flatbread for a few minutes on each side. They puff up a bit, and bubble, a bit like pancakes, so just turn them over when you think they are ready.

You can just lift them and look to see if they are browned.

I always start with the heat on high but you may need to turn it down as you go.

When your flatbread is cooked to your liking put it in a clean tea towel, and cook the rest in the same way.

Traditional Rye Bread

I love Rye Bread; it's really high in protein and fibre, has a unique flavour which actually improves with time. There is no need to knead rye bread, since rye gluten does not develop the same elasticity as wheat, however it needs much more water than wheat bread. If you try to make a rye dough into a kneadable consistency, the end result will be close to concrete! Since the dough is much looser, you need to bake it in a tin.

This extra moisture is actually a good thing and means that rye breads keep longer than wheat-based breads. The crumb can be a bit gummy immediately after baking, so it's best to leave them for a day before cutting them.

Rye breads freeze really well, just pre slice them before you freeze, then you can toast individual slices straight from the freezer.

Here is my go-to Rye Bread Recipe.

Pre ferment make this the night before

Makes enough for 2 small loaves

- 300g warm water (at 40 Celsius)
- 50g rye sourdough starter
- 150g dark rye flour

Mix everything together into a sloppy dough. Cover and leave in a warm place for 12 to 24 hours. Then use this to make your final dough. I make 2 loaves at a time and add the extra rye starter into my discard container or to replenish my rye starter in the fridge.

To make 1 small loaf

- 160g pre-ferment (as above)
- 240g Rye Flour (light or wholemeal)
- 5g sea salt
- 50g pumpkin seeds
- 50g sunflower seeds
- 1 tablespoon linseeds
- 140g warm water.
- tablespoon of fennel or caraway seeds (optional)

Method

1. Mix all the ingredients together into a soft dough.
2. Using wet hands, form the dough into a smooth rectangle the right size for your tin.
3. Pick it up and drop it carefully into a well-greased tin; this recipe makes enough to fill a generous small tin, with a capacity of around 500ml, just over half full. Dust the top with rye flour
4. Cover and put in a warm place to prove. This can take anything from 2 to 6 hours, depending on the vigour of the sourdough and the warmth of the conditions. I have left mine overnight in cooler temperatures and its fine.
5. Bake in a fairly hot oven 200C for 35 minutes. You can reduce the heat to 180C, after 10 or 15 minutes if its browning too much. All ovens are slightly different so keep an eye on it.
6. Leave until the next day before slicing it.

You can omit the caraway seeds if you don't like them!

Rye sourdough starter

Day 1

- 25g wholemeal rye flour
- 50g water (35 degrees C)
- **Total 75g**

Day 2 add

- 25g wholemeal rye flour
- 50g water (35 degrees C)
- **Total 150g**

Day 3 add

- 25g wholemeal rye flour
- 50g water (35 degrees C)
- **Total 225g**

Day 4 add

- 50g wholemeal rye flour
- 50g water (35 degrees C)
- **Total 325g**

Your starter should now be bubbling nicely and ready to use Yay!

Consistency

With all starters, getting the consistency of the mixture right is crucial at this stage.

The starter should always be quite sloppy and almost pourable so that you can see evidence of the yeast working and also a more liquid environment allows for quicker biological reactions to take place.

Use your hands, or a finger, (make sure you wash them first and thoroughly rinse any soap off them). One of the key bacteria present in sourdough, lactobacillus, is thought to be introduced through contact with bakers' hands, so get stuck in.

You'll notice that on the third day of your starter, the water/flour ratio decreases and you will have a thicker, less pourable consistency.

By day 4, if you've followed the instructions accurately, you should have a starter that is ready to use for the first time to make a loaf. It should give off a fruity, slightly sour smell, will be bursting with yeasts and lactic acid and bubbling away.

Just store your starter in the fridge, until you want to use it.

Fig and Nut Rye Bread

Makes one large loaf

Pre ferment for the night before

- 150g Rye Flour
- 100g Rye Sourdough Starter
- 200g cold water

Mix all together, cover and leave at room temperature overnight.

Ingredients

- 200g Rye Flour
- 150g chopped figs or prunes
- 50g chopped hazelnuts or walnuts
- 150g hot water
- 6g salt

Method

Tip the rye flour and salt into your wet mix and then add 150g hot water straight over the dry mixture.

Mix together quickly.

Add the chopped figs and nuts and fold in evenly.

Put the mixture into a lightly greased loaf tin, smooth the top and sprinkle with a light dusting of rye flour.

Cover with a shower cap or plastic bag and prove for a couple of hours.

Bake at 220 C for 40 minutes.

Cool, remove from the tin and leave until completely cold before slicing.

Fluffy Sourdough Pancakes

These pancakes are so fluffy and delicious! You can make the batter up the night before so you can have fantastic pancakes for breakfast with no fuss at all. You can either use active starter or discard from the fridge.

Ingredients

- 300g plain flour
- 250g sourdough starter
- 350mls dairy or dairy free milk
- 2 tablespoons sugar
- 2 tablespoons oil
- 2 eggs or 2 chia or flax eggs for vegan option
- ½ tsp salt
- 2 tsp baking powder
- ½ tsp baking soda
- 1 tsp vanilla extract (optional)

Method

1. Combine the sourdough starter, flour and milk in a medium mixing bowl. Cover and allow to ferment overnight.
2. In the morning create a well in the batter with a wooden spoon and crack the eggs in, mix in then add the sugar, oil, sea salt, baking soda, baking powder and vanilla extract.
3. The batter should be fairly thick, but you add a bit more milk if its too thick.
4. Lightly grease a griddle or large non stick pan with oil or butter. Heat over a medium heat and add spoonfuls of the batter to form pancakes. Cook for several minutes until bubbles begin to appear. Carefully flip and cook for a few more minutes until evenly browned.
5. Serve with sliced banana, mixed berries and a drizzle of maple syrup.
6. These pancakes freeze well and are delicious toasted the following day!

Vegan Sourdough Oaty Cookie Bites

These wee cookie bites are packed with healthy ingredients! They are deliciously sweet with just enough tang and salt to make them irresistible! I like making things small then you can have 2 or 3, a perfect wee treat with a morning coffee! You could replace the raisins with dark chocolate chips and drizzle dark chocolate over the top for a more decadent cookie!

Ingredients

- 55g vegan spread or coconut oil
- 100g coconut sugar
- 180g organic oats
- 200g sourdough starter or discard
- 2 tablespoons ground flaxseeds
- 1 tsp cinnamon
- ¾ tsp salt
- ¼ tsp baking soda
- 75g raisins
- 2 tsp vanilla extract

Method

1. Cream the vegan spread and sugar together until light and fluffy.
2. Add the oats, starter and flaxseeds and mix with a wooden spoon.
3. Cover tightly and leave at room temperature from 8 to 24 hours, as desired.
4. When ready to bake, heat the oven to 180C and lightly grease a baking tray.
5. Uncover the fermented oat mixture and break it up with a fork.
6. Mix the salt, cinnamon, raisins and baking soda in a small bowl.
7. Sprinkle this mixture over the dough and then drizzle the vanilla over the top.
8. Mix together until well combined.
9. Put small spoonfuls of the mixture onto the baking tray and flatten slightly with the back of a fork.
10. Bake for 15 to 20 minutes or until golden brown.