

## Jessica's Breavolution Sourdough

### Ingredients and Tools

- A large glass or ceramic bowl. Metal also works, but the dough will stick to it more.
- Large plastic lid or cloth (to cover).
- Banneton (proofing bowl) OR use a ceramic bowl lined with cheesecloth or smooth cotton cloth (not tarry cloth).
- Bread scraper (optional but recommended).
- Sharp knife, bread lame, or food-safe razor.
- Rubber spatula.
- Liquid and dry measuring cups.
- Parchment paper.
- Dutch oven and baking pan (optional).
- ½ cup of sourdough starter (per loaf).
- All-purpose white or bread flour.
- Whole wheat flour.
- Salt.



### DIRECTIONS (there are a lot of them!)

#### Preparation

- You will finish the bread-making process at most 12 hours after you first feed your starter, and then bake it the next day. Plan timing accordingly.
- Feed your sourdough starter (add a bit of flour and water) 4 hours before you begin bread-making and leave it in the oven with the light on, or 6-8 hours before if you want to leave it at room temperature.
- Begin making bread when the starter has doubled in size (or thereabouts).

\* If any of the instructions don't make sense, just look at the [Tasty video](#) \*

#### Autolyse

1. Add 1 ¾ cups of water to a large ceramic bowl.
2. Add ½ cup of activated starter (maximum volume, should have passed the float test; make sure you left enough starter to make more bread in the future!)
3. Add 3 cups of bread or all-purpose flour. Can be bleached or unbleached.
4. Add ⅓ cup of whole wheat flour.

5. Mix together with one hand and squish the dough through your fingers until it is all well incorporated. Infuse and work the dough with all your frustrations. This is very messy. Scrape dough off your fingers with spatula.
6. Cover bowl with a towel or large plastic lid (not tight) and leave for 1 hour.

### **Stretch & Fold**

1. Uncover bowl. Add 1 ¼ teaspoon of salt and 1 tablespoon of water.
2. Squish dough until water and salt are entirely incorporated. Stop when you can no longer feel any salt crystals.
3. Scrape dough off fingers with spatula. Wash hands. Do not dry your hands, or dip them in water before the next step. If you feel the dough sticking to your hands at any point, dip them in water again.
4. Take an edge of the dough. Stretch/lift it up and fold it over to the other side of the dough. Be careful not to break/create holes while stretching the dough. Repeat for 4 sides.
5. Repeat for 4 corners between each side you just stretched. This might be hard to do exactly so just approximate it.
6. The top of your dough probably looks like a mess. Wet both hands and flip the dough so the smoothest side is facing up. Tuck sides underneath.
7. Cover and leave for 1 hour.
8. Wet hands, stretch dough again (steps 4-6), and leave for 1 hour.
9. Wet hands, stretch dough again, and leave for 1 hour.
10. Wet hands, stretch dough again, and leave for 1 hour.

### **Pre-shape**

1. Take out a cutting/bread board. DO NOT sprinkle it with flour; wipe it down so it's clean.
2. Wet both hands. Lift dough out of the bowl with both hands; it will elongate and stretch into an oblong lump. Set it back down in the bowl, letting gravity tuck the long ends under the dough.
3. Turn the bowl 90 degrees and repeat the lifting.
4. Do this 4-6 times, roughly until the dough stops stretching as much. Do not do this more than 6 times.
5. Remove dough from the bowl and set it on the cutting board. Sprinkle the top with flour.
6. Take the bread scraper and hold the dough with your free hand. Scrape the bottom of the dough away from you, then back toward you in one smooth motion. Look at the video if you're confused. This will take practice.
7. Keep scraping the dough until it feels tense. Gently rest your palm on the top of the dough to sense when you're done. Should only take 5 scrapes or so to get to this point.
8. Sprinkle the top of the dough with more flour. Cover it with cheesecloth or a smooth cotton cloth for 40 minutes.

## Final Shape

1. Take your banneton, or a ceramic bowl lined with cheesecloth/smooth cotton towel. Dust the sides and bottom with a generous amount of flour.
2. Uncover the dough. Sprinkle the top with more flour.
3. Use the bread scraper and your hands to lift the dough and flip it over on the cutting board.
4. Take one side of the dough and lift/stretch it and fold it onto the opposite side. Do this again for the other side. In clock terms, you are folding the 12 o'clock side to the 6 o'clock side, and the 3 o'clock side to the 9 o'clock side. The dough will become slightly square shaped.
5. Fold the 4 corners to each other. Your dough should be much rounder and tighter.
6. Use the bread scraper and your hands to lift the dough and place it in the banneton/proofing basket, folds facing up.
7. Wet your fingers and pinch all seams closed. Gently press the palm of your hand against the dough folds to push out air bubbles and pop them. Sprinkle the top with flour when done.
8. Cover banneton/proofing bowl with a cheesecloth, smooth cotton towel, or plastic lid (loose).
9. Place in the refrigerator for 12 hours. Around then, check that the dough springs back but leaves a small indentation when you press it with your finger. You can shorten the time a little (recommend no shorter than 4 hours) if you want your bread to be less sour, but make sure it passes the springiness test.

## Bake

1. Roughly 30 minutes before you take the dough out of the fridge, preheat your oven to 475 degrees Fahrenheit with a dutch oven inside.
2. Cut a large piece of parchment paper, enough to cover the bowl with roughly 3 extra inches on each side.
3. Flip the banneton/proofing bowl over onto the parchment paper and let gravity coax the dough out onto the paper. Gently pry the cloth off the dough if you need to. If the dough sticks to the cloth or rips, it's fine, just wet your finger and tuck the torn part into the bread.
4. Take a bread lame or very sharp knife or food-grade razor and [cut a design](#) in the top of the dough. A tic-tac-toe board is good to start with.
5. Remove dutch oven from the oven. Take the lid off.
6. Pick up the dough by lifting the edges of the parchment paper. Carefully set (or if you're like me, strategically throw) the dough into the dutch oven. Use a metal spatula to press the edges of the parchment paper to the dutch oven so they don't dig into the dough.
7. Cover the dutch oven. Place in the oven.
8. Bake covered for 20-25 minutes, until the crust is golden.
9. Take the dutch oven out and remove the lid. Scream with joy as you see your bread.

10. Place a cold baking pan into the oven and place the uncovered dutch oven with bread on top of it. This will prevent the bottom of the bread from getting burned.
11. Bake uncovered for roughly 10-15 minutes, or until the top gets to the color and crispness you want. Then remove from the oven.
12. Use 2 metal spatulas (or other tools) to remove the bread from the dutch oven and place on a cooling rack.
13. DO NOT EAT until ~1 hour has passed, unless you want to set your mouth on fire and die. You can knock on the bottom of the bread and there will be a hollow sound.

### From the Chef

"I got into baking sourdough after watching a couple videos on it. I have since become addicted to bread baking."

–Jennifer Zhang, Columbia student  
*@jennifer\_da\_zhang & @breavolution, Instagram*

*\*\*DISCLAIMER: We at Columbia News hope you enjoy the recipes featured here. But please be advised that the recipes have not been formally tested by us or for us, and we do not provide any assurances nor accept any responsibility or liability with regard to their originality, quality, nutritional value, or safety.*