

Intro to Sourdough Bread Making

What You'll Learn

In this short class, you'll learn the basics of sourdough bread making:

- What a sourdough starter is and how to maintain it
- How to mix, rest, and knead your dough
- The importance of bulk fermentation and shaping
- Baking techniques for crusty, delicious sourdough loaves

Step 1: Create and Feed Your Starter

Combine equal parts flour and water to make your starter. Feed daily with fresh flour and water, discarding half each time. After about 5-7 days, your starter should be bubbly and ready to use.

Step 2: Mix, Rest, and Knead

Combine your starter, flour, water, and salt. Mix until a sticky dough forms. Let it rest (autolyse) for 30 minutes, then knead or perform stretch-and-folds over the next few hours.

Step 3: Ferment, Shape, and Bake

Let the dough rise for several hours, then shape it and allow a final proof. Bake in a hot Dutch oven to create steam and form a golden crust.