

Simple Sourdough



1. Combine dry ingredients in a mixing bowl.

- Add **14 oz (3 1/3 cups)** whole wheat, spelt, or other whole grain flour, and **18 oz (4 cups)** all-purpose flour.
- Add **2.5 tsp** salt and mix thoroughly.

2. Combine water and starter in a larger mixing bowl.

- Add **2.5 cups** water, and mix in about **1/2 cup** of sourdough starter until dissolved (no lumps).

3. Add dry ingredients to the wet.

- Stir until texture is firm, but still nice and gooey. Add another half cup of water as needed (**max 3 cups**).

4. Knead dough in intervals.

- Let sit for **10 minutes**, then knead for 30 seconds with a wet hand. Repeat **2 more times** every **15 minutes**.
- Cover bowl with plastic bag in between kneading.

5. Let dough rise overnight at room temperature, covered with bag.

- Proofing time: **12-16 hours**. Should **at least** double in size (likely triple), and have a smooth, curved surface.

6. Prepare dough for baking.

- Sprinkle flour on cutting board with a strainer. Gently pour out the dough, then dust the top with more flour.
- Scrape and fold the dough into itself into a ball. Using your other hand to guide the dough helps.

7. Place the ball into a lightly (but thoroughly) oiled bowl.

- Cover again with bag and set beside oven to rise (for 25 minutes total, described below).

8. Bake your bread!

- Preheat oven to **500°** with timer set for **15 minutes**.
- At timer, remove baking vessel lid and place empty vessel in the oven. Set timer for another **10 minutes**.
- Lower to **490°**, then bring vessel out of oven. Sprinkle some corn grits in the bottom (generously).
- Gently tip bowl to drop dough into vessel. A forceful drop could deflate your loaf. Try not to let the dough touch the sides of the vessel while dropping, and be careful of the hot vessel.
- Cover vessel and bake for **30 minutes**.
- Lower oven to **450°** and bake an additional **5 minutes**.
- Remove lid and bake another **5-10 minutes** (based on colour of top crust).
- Gently tip loaf out of baking vessel onto a cutting board.
- Place on its side to cool for 1 hour before slicing. **Enjoy!**

Sourdough Bread Recipe

Tips for Maintaining Sourdough Starter



- **Keep** refrigerated, and “feed” once a week. If you use the starter to bake once a week, just feed it immediately after use. If you’re baking bread less often, it’s important to still feed it at least once every 7-10 days.
- **Feed:** Add equal parts all-purpose flour and filtered water (chemicals in city water could prevent growth), and stir well to combine. The recommended ratio is approx. 4 oz flour and 4 oz water to 4 oz unfed starter.
- **Always** use wooden utensils and glass dishes to handle your starter. The back end of a wooden spoon, or a chopstick, is great for stirring.
- **Leave** recently fed starter at room temperature for a few hours to activate before refrigerating.
- **Check** starter the morning of the day you plan to prepare your dough. If it appears inactive, stir, separate off some of the starter, and refeed the remaining. Leave at room temp. until activated (spongy looking), or until use later that day.

Oil-Free, Plant-Based Butter

Ingredients:

- 1 ½ cups light coconut milk, and ¼ cup water
- 3 Tbsp yellow cornmeal
- OR 1 ¼ cups full-fat coconut milk, and ½ cup water
- ½ tsp salt

Combine and simmer ingredients on the stovetop for 5 minutes. Blend on high-speed for 2 minutes. Pour into glass container, cover, and refrigerate. Will set up overnight!

If you have any difficulties in your bread-baking experience, feel free to reach out with questions to 423-715-6215 or sabrina@thehopeofglory.org. We'll be glad to assist you. Happy baking!



**Bonus
Recipe!**