

H3art of the Home's Seasonal Sourdough Bread Recipe

Summer Loaf (when it's hot outside)

Ingredients:

- 60g active sourdough starter
- 350g cool water
- 500g bread flour
- 10g salt

Winter Loaf (when it's cold outside)

Ingredients:

- 75g active sourdough starter
- 350g room temperature water
- 500g bread flour
- 10g salt

Method

Step 1: Initial Mix

Mix flour, starter, and water together until a rough dough forms. The dough will look shaggy and uneven – this is perfectly normal. Cover and let rest for **1 hour**

Step 2: Salt

After the autolyse, add the salt using your preferred wet-hand technique:

Your Method: Wet your hands and rub them across the surface of the dough with the salt, then starting from one corner, slowly turn the dough under while kneading.

Alternative Techniques:

- **Pinch and Fold:** Pinch the salt into the dough with wet fingers, then perform several letter folds
- **Dimple Method:** Create dimples across the dough surface, sprinkle salt into them, then fold the dough over itself several times
- **Coil Fold Integration:** Lift the dough from the center and let it coil under itself, rotating the bowl and repeating 4-6 times

Step 3: Bulk Fermentation

Perform **stretch and folds every hour for 3 hours**, then let the dough bulk ferment covered at room temperature.

How to Perform Stretch and Folds:

1. **Wet your hands and grab one side of the dough, stretching it up until you feel resistance**
2. **Fold the stretched portion over to the opposite side of the bowl**
3. **Rotate the bowl 90 degrees and repeat the stretch and fold motion**
4. **Complete four stretches total, turning the bowl each time until you've worked all sides**
5. **Flip the dough over so the smooth side faces up, then cover and let rest until the next fold**

Signs Your Bulk Proof is Complete:

Primary Indicators:

- Dough has increased in size by 50-70% (not necessarily doubled)
- Surface is no longer sticky and easily pulls away from bowl sides
- Dough holds its shape when gently shaken

Additional Signs to Look For:

- **Jiggle Test:** Gently shake the bowl – properly fermented dough will jiggle like jello
- **Poke Test:** Gently poke the surface – it should spring back slowly, leaving a slight indent
- **Smooth Surface:** The top becomes smooth and may show some bubbling underneath
- **Domed Appearance:** The dough takes on a slightly rounded, dome-like shape
- **Sweet, Yeasty Aroma:** A pleasant, slightly tangy smell develops

Step 4: Pre-Shape and Final Proof

Pre-Shaping into a Round:

Once bulk fermentation is complete, gently turn the dough out.

1. **Gather the dough:** Using a bench scraper or your hands, gently gather any loose edges toward the center. Flip seam side down
2. **Create tension:** Place your hands on opposite sides of the dough and gently push it toward the center while rotating the dough 90 degrees
3. **Repeat the rotation:** Continue this pushing and rotating motion 3-4 times until you have a rough round shape
4. **Final tightening:** Cup your hands around the dough and use small circular motions to create surface tension, moving the dough in a tight circle on the counter
5. **Rest:** Let the shaped round rest seam-side down for 20-30 minutes.

Final Shaping:

After the rest period, you'll shape for your final proof.

For a Boule (Round Loaf):

1. **Flip:** Using a bench scraper, gently flip the dough so the dried side is down
2. **Letter fold:** Fold the top third down to the center, then fold the bottom third up and over
3. **Side folds:** Fold each side into the center, creating a neat package
4. **Roll and seal:** Starting from the top, roll the dough toward you, using your palms to create a tight cylinder
5. **Create tension:** Cup the shaped loaf and rotate it on the counter with quick, confident movements to tighten the surface
6. **Final placement:** Place seam-side up in your banneton or bowl lined with a rice floured towel

For a Batard (Oval Loaf):

1. **Shape into rectangle:** Gently pat the rested dough into a rectangle with the long side facing you
2. **Fold and roll:** Fold the top edge down about 1/3, press the seam, then continue rolling tightly toward you
3. **Seal the seam:** Pinch the final seam closed with your fingertips
4. **Taper the ends:** Roll the loaf gently while applying slight pressure to the ends to create a tapered oval shape
5. **Final placement:** Place seam-side up in your banneton

Final Proof:

After shaping, your dough needs its final rise before baking. This stage develops the final texture and prepares the dough for optimal oven spring.

Timing Options:

- **Room temperature:** 2-6 hours until properly proofed (depending on ambient temperature)
- **Cold retard (refrigerator):** 8-48 hours for enhanced flavor development. PREFERRED METHOD

Signs Your Final Proof is Complete:

- **Poke Test:** Gently poke the dough with a floured finger about 1/2 inch deep. Properly proofed dough will spring back slowly, leaving a slight indent that fills in partially but not completely
- **Jiggle Test:** The shaped loaf should have a slight jiggle when gently shaken
- **Size Increase:** Dough should look noticeably puffed and increased in size (about 50% larger than when first shaped)

- **Smooth Surface:** The surface becomes smooth and may show some tension

Final Proof Tips:

- Cover your banneton or bowl with a damp towel or clean plastic bag
- When in doubt, slightly under-proof rather than over-proof – the bread will finish rising in the oven

Final proof options:

- Room temperature: 2-6 hours until jiggly and increased in size
- Refrigerator: 8-48 hours (cold retard develops flavor **PREFERRED METHOD**)

Step 5: Bake

Preparing for Baking:

Turning Out the Dough:

1. **Prepare parchment:** Cut a piece of parchment paper large enough to lift your loaf
2. **Confident flip:** Place the parchment over your banneton. Place one hand on top of the parchment and one hand underneath the container. Then quickly and confidently flip both together. The dough should release easily onto the parchment
3. **Remove banneton:** Gently lift off the banneton or bowl – your dough should hold its shape beautifully

Scoring Tips:

- **Use a sharp blade:** A razor blade or lame, works best
- **Score quickly and confidently:** Hesitant cuts can drag and deflate the dough
- **Angle the blade:** Hold at a 30-45 degree angle to create an “ear” (raised edge)
- **Depth:** Cut about 1/4 to 1/2 inch deep
- **Simple patterns work best:** A single slash down the center, or a cross pattern

Baking Methods:

For Dutch Oven Method:

Preheat Dutch oven on the oven to 450°F (230°C). Carefully lower the scored dough (on parchment) into the hot pot:

- 30 minutes covered
- 15-20 minutes uncovered until golden brown

For Loaf Pan Method:

Preheat oven to 450°F. Place your fully proofed batard-shaped loaf in a parchment-lined bread

pan. Place another bread pan upside down on top, creating a mini Dutch oven:

- Bake 8 minutes with the lid on
- Remove from oven and score your bread
- Replace lid and bake additional 20 minutes
- Remove lid and bake additional 15 minutes until golden brown

Allow to cool for 3-4 hours before slicing