

Newport Folk Festival, Saturday 5th July 2014

Sourdough Bread Workshop with Claire, Julia and Kate

Sourdough recipes vary enormously. The following is a basic recipe to get you started.

Morning (or evening)

- whisk together 150g starter with 300ml room temperature water
- add 300g flour and mix until combined
- cover with tea towel and leave to rise. Its called a sponge.
- replenish starter with equal parts flour and water, stir and put in fridge. Aim to increase your starter by 50%.

Late afternoon/early evening (or morning)

- add 200-300g flour to sponge and mix until combined
- cover with tea towel and leave to rise

Before bed (or mid-morning)

- add 12g salt (about 2 teaspoons)
- knead until salt is mixed in well – a few minutes
- grease tin and put dough in it
- cover with tea towel and leave overnight

When you get up (or late afternoon/early evening)

- preheat oven to 200-220 degrees Celsius (this will vary depending on oven and type of crust you want – see oven tips below)
- make a cut in top of loaf (or several)
- put into oven
- after 15 mins take loaf out of tin and return to oven. Turn oven down to 180 degrees and leave for 30 mins.
- loaf will be ready when bottom sounds hollow to tap.
- allow loaf to cool before slicing.

Oven Tips

The type of oven you use can make a big difference to your loaf and you will need to experiment with your own oven to find the perfect temperature and time to use.

It is worth playing around with different methods and temperatures until you get the loaf that you are happy with.

Variables that will affect rise times and over-all outcome

- the season / ambient temperature
- flour type
- how active your starter is

Variations

You can experiment with sourdough beyond bread and even rolls. Try cakes, sweet and savoury pancakes, biscuits/crackers, brownies, crumpets...