



KATY'S SOURDOUGH BREAD

250 g starter

735 g filtered room temp water
(+50 g separately)

27 g sea salt

1000 g unbleached all-purpose flour

also will need:

2 proofing baskets

additional flour for dusting (i use .5-1 cup)

whisking tool

plastic wrap (disposable shower caps work well)

- begin with your starter in a large mixing bowl
- add the 735 g of water, mix well until milky
- add flour stir well until all is combined, cover and rest for 30 min
- add sea salt and remaining water, mix with hands (3-5 min) until water and salt is incorporated
- cover and rest for 30
- using wet hands stretch and fold dough inside the bowl a few rounds (no resting, about 3-5 min)
- cover let rest for 20 min
- ADD PLENTY OF FLOUR to a clean surface, pour dough onto the flour, divide in half sitting half aside while working on the other.
- with floured hands, stretch and fold about 3-4 times let rest 20 minutes (REPEAT TWO MORE TIMES, THREE TOTAL FOR EACH LOAF)

****MY METHOD- stretch each side up and over to the center, pushing the firmly each time. do that repeatedly until you've made you way around the dough ball about 3-4 times. the dough usually becomes firmer during this process but flattens out when resting. again, make sure you add plenty of flour as needed to prevent dough from sticking to your hands. should become bouncy!****

- immediately after the last shaping, put the dough in a floured proofing basket (smooth side down) cover with wrap.
- put in the fridge for 8-12 hours (i usually do mine overnight and bake in the am)
- bake on 400 in a pre-heated dutch oven covered for 25 min.
- uncover for another 20-30 min — all depends on the oven and how dark you like your crust, so just keep an eye on it!
- remove from oven, place bread on a cooling rack. Let cool completely for an easier slice, OR dig in if you can't wait :) enjoy!!

GARLIC SOURDOUGH: do everything the same as above, just add large diced sautéed garlic into your shaping. i sauté in a drizzle of olive oil and sea salt. i use one whole bulb of garlic per loaf, so two bulbs per batch. sprinkle italian season into the floured proofing baskets if you want to add some herbs to the top of the crust.