

TxFARMER' s 36 HOUR SOURDOUGH BAGUETTES

(recipe found at The Fresh Loaf forum)

150 g very active sourdough starter (at 100% hydration)
425g all purpose flour
300g cold water
10g salt

Mix water and flour into a lumpy mass, cover and place in the fridge for 12 hours.

Remove from the fridge, add the starter and salt to the dough, and mix until distributed. The dough will be very sticky, but you should resist the temptation to add more flour. Allow it to rise at room temperature for 2 to 3 hours, kneading by the “stretch and fold method” every 30 minutes. The dough may rise about 30% of its total volume. Place the dough covered in the fridge for 24 hours.

Remove the dough from the fridge and let it warm up for 1 to 2 hours – you want it to rise but not get overly bubbly, because that will make shaping very tricky later. Divide the dough in four pieces, taking care not to deflate it too much. Place each piece over floured parchment paper, and let it relax for 40 minutes.

Shape each one as a baguette, proof for 30 to 50 minutes, and bake with initial steam at 460 F for 25 minutes.

Let it completely cool before slicing.