

BASIC SOURDOUGH FORMULA

(from the Bewitching Kitchen)

470g white bread flour
30g whole-wheat flour (regular whole-wheat, spelt or rye)
10g salt
75g sourdough starter at 100% hydration
375g water

Make the levain mixture about 6 hours before you plan to mix the dough. It should be very bubbly and active.

When you are ready to make the final dough, place the water in the bowl of a KitchenAid type mixer and dissolve the starter in it, mixing with a spatula briefly, then add all flours and salt. Turn the mixer on with the hook attachment and knead the dough for 4 minutes at low-speed all the time. You will notice the dough will gain quite a bit of structure even with just 4 minutes in the mixer. Remove from the machine, and transfer to a container lightly coated with oil, cover lightly with plastic wrap and allow it to ferment for 4 hours, folding every 45 minutes or so. Because the dough is already a bit developed from the initial time in the mixer, you should get very good structure after 3 and a half hours, or even sooner than that.

After four hours bulk fermentation, shape the dough as a ball, and place, seam side up, in a lightly floured banetton. Place in the fridge overnight, from 8 to 12 hours.

Next morning, heat the oven to 450F.

Invert the dough on a piece of parchment paper and score with a new razor blade, if so desired, or simply make a cut on the surface in the shape of a cross with a very sharp knife.

Bake at 450F for 45 minutes, preferably covered for the first 30 minutes to retain steam. You can generate additional steam by spraying the inside of the lid with water before closing the pan. Cool completely over a rack before slicing.