



## Mild Light Wheat Sourdough Bread

Ingredients for one loaf (80% hydration):

- 370g bread flour with at least 12% protein content, alternatively Manitoba flour T00 (100%)
- 277.5g water (75%) + 18.5g water (5%)
- 74g levain (20%), refreshed at least twice consecutively
- 7.4g salt (2%)

Instructions:

1. Begin by creating a levain in a ratio of 1 (starter):2 (flour):2 (water) (in this case, 30g flour, 30g water, and 15g sourdough starter). Let it ferment until it more than doubles, ideally triples in size. This may take four to ten hours, depending on the room temperature and the activity of your sourdough starter. Pay attention to your sourdough, not strict time measurements. If you want to know how to recognize when your sourdough is perfectly ripe for use, please refer to my Sourdough Guide on my website.
2. Mix the flour and 277.5g water for the autolyse.
3. When the sourdough is at its peak, add it to the dough and incorporate. Let the dough rest for 20 minutes.
4. Add the salt and the remaining 18.5g water, kneading both into the dough. Give the dough some slap and fold movements to build tension. Let it rest for another 30 minutes.
5. After this resting period, gently laminate the dough and let it rest for 45 minutes.
6. Perform the first fold and let the dough rest for another 45 minutes.
7. Perform the second fold and let the dough rest for 60 minutes.
8. Perform the third fold and let the dough rise until doubled in size and fluffy (the duration depends on the room temperature). I had a total proofing time of 5 hours at approximately 25°C.
9. Lightly dust the surface of the dough with flour (preferably rice flour) and turn it onto the work surface. Fold the right outer side inward first, then the left side over the top. Roll the dough gently, but with some tension, from the bottom. Press the ends of the dough together and place it in the proofing basket. If you want to create extra tension, you can stitch the dough by crisscrossing the top of the dough in several places from the outside in. Cover the proofing basket and let it stand at room temperature for another 15-20 minutes. Then, place it in the refrigerator for 12-18 hours at 4-5°C for a cold, slow fermentation.
10. On baking day, turn the loaf out onto a baking mat or a piece of baking paper and bake it in a cast iron pan for 20 minutes at 260°C with the lid on. Then, remove the lid and reduce the temperature to 235°C, baking the bread for an additional 15 minutes until golden brown.