



Sourdough Bread with Egg White

Ingredients:

- 150 g darker wheat flour (e.g. ruch flour, min. 13% protein)
- 150 g wheat flour Tipo 00 (14% protein)
- 210 g water (70%) + 1 egg white (~35 g / 11.6%), total hydration approx. 81%
- 60 g levain (20%)
- 7 g salt (2.3%)

Instructions:

Prepare the levain:

Mix the levain in a ratio of 1 (starter) : 2 (flour) : 2 (water) and let it ferment until it has tripled in size.

Autolyse:

Combine both flours with 210 g of water and let the mixture rest.

Incorporate the levain:

Once the levain is ready, add it to the flour-water mixture along with the egg white. Mix thoroughly by hand. Let the dough rest for 20 minutes.

Add salt:

Work in the salt and build tension in the dough using several rounds of “slap and fold.” Then let it rest for 30 minutes.

Stretch and fold:

Apply a firm stretch-and-fold technique, let the dough rest for 20 minutes, then repeat a strong stretch and fold.

First coil fold:

Gently fold the dough and let it rest for another 45 minutes.

Second coil fold:

Repeat the gentle folding and let rest again for 45 minutes.

Third coil fold & bulk fermentation:

Fold lightly one last time and let the dough rise until it has clearly increased in size and volume (duration depends on room temperature).

Shaping:

Lightly flour the work surface and gently place the dough onto it. Fold the right side toward the center, then fold the left side over it. Roll the dough gently to create surface tension. Lightly pinch the ends together and place it into a proofing basket. Optionally, you can increase tension by gently stitching the dough. Cover with a cloth and let rest at room temperature for 15–20 minutes.

Cold fermentation:

Let the dough ferment slowly in the refrigerator for 12–18 hours at 4–5°C.

Baking:

Turn the dough onto baking parchment or a baking mat, dust lightly with flour, and score as desired. Bake in a preheated Dutch oven at 260°C (covered) for 20 minutes. Then remove the lid, reduce the temperature to 235°C, and bake for another 15–20 minutes until the crust is golden brown.