

Barrio Bread

Barrio Whole Grain Sourdough Bread

YIELD: one loaf

375-400 g water
125 g sourdough starter
500 g flour
12 g salt

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Step 1 - at time mark 0:00
(8-10 hours before you plan to make your dough)

Mix together 75g sourdough (seed) culture, 75g flour, and 75g water. Cover with a piece of plastic and let it rest on your counter for 8-10 hours until it has roughly doubled in size.

Step 2 - at 08:00
Combine water, sourdough starter, flour and salt in a large bowl and mix until completely incorporated. Allow dough to rest 20 minutes.

Step 3 - at 08:30
Knead dough by hand for 5 minutes until the dough is smooth on the outside. Use bench knife to scrape down the sides of the bowl. Once the dough is smooth, cover bowl with a towel or piece of plastic and leave for one hour.

Step 4 - at 09:30
Stretch and fold and let rest.

Step 5 - at 10:30
Stretch and fold and let rest.

Step 6 - at 11:30
Stretch and fold and let rest.

Step 7 - at 12:30
Once dough has rested for 4 hours and doubled or tripled in size, turn it out onto a floured work surface. Handle dough carefully to avoid degassing it.

Step 8 - at 12:35 - Bench rest
Handling the dough lightly, shape into an approximation of whatever form you plan on baking. Place the dough on a floured work surface, cover with a piece of plastic, and let sit in the bench rest state for 30 minutes.

Step 9 - at 13:00 - Shape and proof
Shape the loaf and place it seam-side up in the proofing basket. Cover with linen cloth or plastic. For a cold proof, put the baskets in the refrigerator and leave for at least 12 hours. (If you want to bake the loaves sooner, do a room temperature proof on the counter for 1 hour.)

Step 10 - at 25:00 - Prepare to bake
Place your Dutch oven in a cold oven and preheat to 500°.

Remove the hot Dutch oven. Take the dough from the fridge. Flip the proofing basket over and carefully place the dough in the hot pan so it is right side up. Score the dough using a razor blade. Place lid on.

Step 11 - at 25:05 - Bake
Bake for about 30-35 minutes with the lid on. Remove the lid and bake for another 15-20 minutes until the crust is golden brown.

Note: This step-by-step guide is a companion to the video course at breadlessons.com