**The Step By Step Guide To Perfect Sourdough**

**www.sourdough.co.uk**

**VANESSA KIMBELL**

**Baking With Sourdough & Wild Yeast**

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**ADVICE NOTE FOR STEP 3**

- **In the summer use cold water to slow fermentation**
- **In the winter use slightly warmer water if your kitchen is cold**

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**STEP 1.1**

Refresh your starter.

**THURSDAY: NIGHT**

**STEP 1.2**

Put 75g of your starter into a new, sterile jar.

**STEP 1.3**

Add water, stir then add flour.

**STEP 1.4**

Leave the jar in a cool but not cold area overnight.

**STEP 2.1**

Put 60g from your starter into a large clean bowl. Now put the jar of starter in the fridge.

**FRIDAY: MORNING**

**STEP 2.2**

Stir in 70g of cold water at exactly 20º, and then add 70g of strong white flour. Stir.

**STEP 2.3**

Leave the leaven covered on the side until about 6pm.

**STEP 2.4**

Your leaven should now be ready to use. It will be bubbly and smell similar to live yoghurt.

**FRIDAY: EARLY EVENING**

**STEP 2.5**

You can test your leaven by adding a small teaspoon of your leaven into water. If your leaven is ready to use it will float.

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**STEP 3.1**

Add water. You can adjust % here. However, it is important that the water is the correct temperature: 22º (Summer) 28º (Winter) Celsius.

**ADVICE NOTE FOR STEP 3**

- In the summer use cold water to slow fermentation
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**STEP 3.2**

Add 70g of strong white flour. Mix well to get rid of any lumps and incorporate air.

**STEP 3.3**

Add 100g flour. At this stage you can play about with types of flour.

**STEP 3.4**

Mix well ensuring all flour is incorporated. Do not over mix.

**STEP 4.1**

Autolyse. Leave for 30 minutes.

**FRIDAY: 6.10 pm**

(in a cold kitchen you would autolyse for up to 2 hours)

**STEP 5.1**

Mix salt well with 50g water. It is important to dissolve the salt.

**STEP 5.2**

Add your saline solution to the dough. Mix well. This is now ready for the first fermentation (You can add extras such as grated fruit or nuts or seeds in now).

**STEP 5.3**

Over the next 2 hours fold the dough in the bowl.

**FRIDAY: 6.40 - 8.40pm**

**STEP 6.1**

Do four rounds of four folds in total.

**STEP 6.2**

There should be a 20 to 30 percent increase in volume.

**STEP 6.3**

Turn your dough onto a work surface. Divide into half.

**FRIDAY EVENING: 8.40pm**

**STEP 7.1**

Fold in the corners, to form a tight boule shape. Work your way around clockwise.

**STEP 7.2**

Fold in the corners, to form a tight boule shape. Work your way around clockwise.

**STEP 7.3**

Once you have your boule slide your scraper underneath, and flip your dough boule over.

**STEP 7.4**

Dust a seasoned banneton well with flour.

**STEP 7.5**

Slip the dough scraper underneath each to lift being careful to maintain the shape. Place your dough seam side up into your banneton.

**STEP 8.1**

Dust with flour then cover and place in the fridge overnight.

**FRIDAY EVENING: 9.00pm**

**STEP 9.1**

About 20 minutes before your bread is ready to bake prepare your oven to 220º. Place your dome in the oven.

**STEP 9.2**

Once your oven has reached 220º remove your cloche. Dust generously with polenta.

**STEP 9.3**

Turn two of the doughs onto the baking surface taking care not to burn yourself. Score lightly with a sharp knife or razor.

**STEP 9.4**

Put the lid on your dome and place in the oven.

**STEP 9.5**

Lower temperature to 180º for 30 minutes. Remove lid and bake a further 20 to 25 minutes.

**STEP 9.6**

Remove from oven. Transfer your loaf to a wire rack to cool.

**SATURDAY: MORNING**

(Then to 11am – depending on what time you put it in the oven)

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**THE WILD YEST SOURDOUGH CLUB**

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1. Refreshing your starter
2. Making your Leaven
3. Mix
4. Autolyse
5. Add Salt
6. Fermentation - Stretch & fold
7. Shaping your Boule
8. Prove
9. Bake