



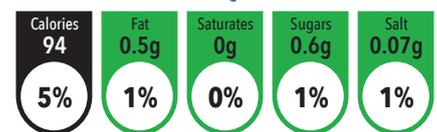
SOURDOUGH BREAD

 **Prep:** 7 days for the starter dough, 1 hour for the bread plus proving

 **Cook:** 45 minutes

 **Serves:** 1 loaf

Each serving contains



of your guideline daily amount

INGREDIENTS:

For the starter dough:

- 700g strong white bread flour

For the loaf:

- 300g starter dough
- 2 tsp runny honey
- 500g strong white bread flour, plus extra for dusting
- 1 tsp LoSalt

COOKS TIP:

If you don't have a saucepan big enough, simply add the dish of water next to the bread from the start of cooking and cook for 35-40 mins.

METHOD:

For the starter dough:

1. Place 100g of the flour in a large sealable jar, approx. 1kg (or a large bowl).
2. Whisk in 125ml just warm water until smooth, leave the jar open for 1-2 hours in a warm place about 25°C, then seal and leave for 24 hours.
3. For the next 6 days, you need to 'feed' the starter dough. Roughly the same time each day, discard half the dough and whisk in another 100g flour and 125ml just warm water. After 3-5 days bubbles should start to appear on the surface and it will start to smell yeasty and slightly acidic. On day 7 it should be quite bubbly and smell sweeter and is now ready to use in baking.

For the loaf:

1. Mix together the starter dough, honey and 250ml warm water in a bowl, add the flour and **LoSalt**.
2. Mix together with a wooden spoon until combined then allow to rest for 30 minutes.
3. On a lightly floured surface, work the dough to give a smooth elastic texture. Place in a large oiled bowl, cover with clingfilm and leave in a warm place for about 2-3 hours to rise.
4. Line a medium bowl with a clean tea towel and generously dust with flour and then set aside.
5. Stretch the dough up and fold over to the centre, rotate the bowl and $\frac{1}{4}$ turn and repeat 4-5 times. Shape into a smooth ball on a lightly floured surface and dust with flour. Drop into the tea towel lined bowl, smooth side down. Cover with the overhanging towel and leave in a warm place for 30 minutes (Alternatively, you can leave in the fridge overnight, and then leave at room temp for 2 hours).

Baking Method:

1. Preheat the oven to 220oC, gas mark 7.
2. Lightly dust a large baking tray with flour then tip the dough slightly to one side of the tray and reshape into a ball
3. Make a few slits across the dough with a sharp knife and place a large ovenproof saucepan over the top (this will trap the steam to help cook the bread).
4. Bake for 25 minutes then remove the pan.
5. Add a small dish half-filled with boiling water on the tray next to the loaf and continue to bake for a further 20 minutes until deep golden brown in colour.
6. Tap the base and if it sounds hollow, it's done.