

# Simple Sourdough

**Makes 1 loaf**

350g strong white flour (more for dusting)  
150g strong wholemeal flour  
300g warm water (30°C)  
100g refreshed starter  
6g salt



## Stage 1:

Refresh the starter with the same amount of flour and water (100% hydration). So take 50g of starter and add 50g flour, and 50g water. Cover and allow to ferment overnight (or for 8 hours or so). It should now be active with bubbles and a slightly sweet alcoholic smell.

## Stage 2:

1. Mix the flour, water and refreshed starter together to form a loose dough. Cover and allow the mix to rest for 20 minutes.
2. Add the salt, and knead for a good 5 minutes (on the work surface is best here). The dough can be sticky, so use a dough scraper, and keep the faith, the dough will come together.
3. Return dough to a bowl and cover, then leave in a warm place to ferment for a minimum of 2 hours (up to 12 hours if in a cool place or the fridge).
4. Turn out dough and form into ball, then form into your chosen shape, placing in a tin or proving basket to prove for up to two hours (or up to 12 hours if in a cool place like a fridge)
5. Preheat the oven to the hottest temperature and place a baking tray/s on the top shelf. If using a proving basket or banneton, turn the bread out onto a baking tray. Dust the loaf with a little more flour if needed, then slash the loaf a couple of times, and place into the oven. If using a tin, slash before placing in oven. To create a better crust you can spray a little water into the oven at this point, thus creating steam. Bake hot (220°C for 10 minutes, followed by a further 35 minutes at 200°C (25 mins for a smaller loaf).
6. Take out of oven and cool totally before slicing and eating.

You can adapt the flour mix for this loaf, though the more wholemeal you add the heavier your loaf. If you don't have a banneton or proving basket, a bowl with a well floured tea towel can work. You can also place the dough into a tin after the first prove, and leave the dough to prove in the tin, before baking in the oven.