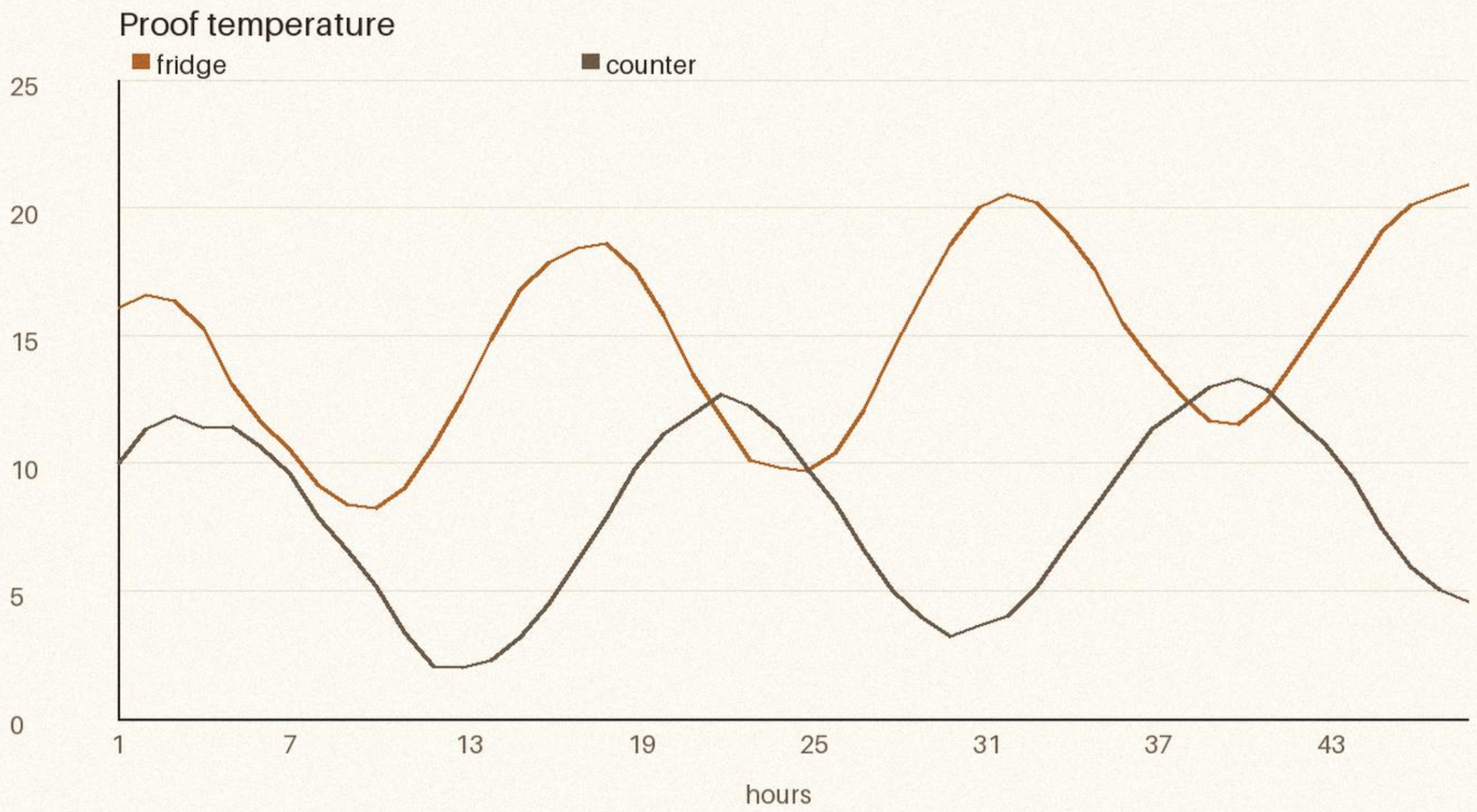
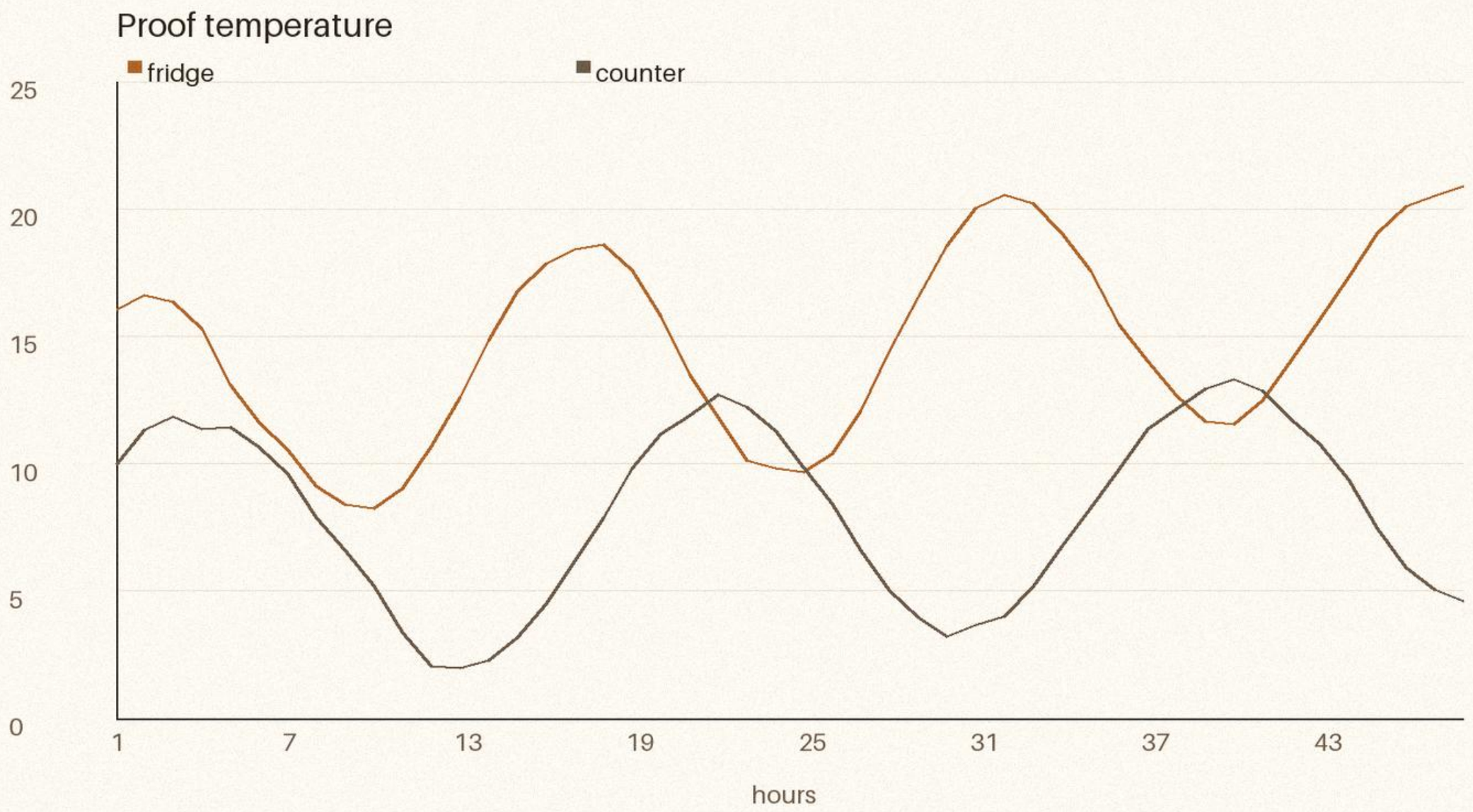
Sourdough Log



A home baker's notes on starters, hydration and timing.

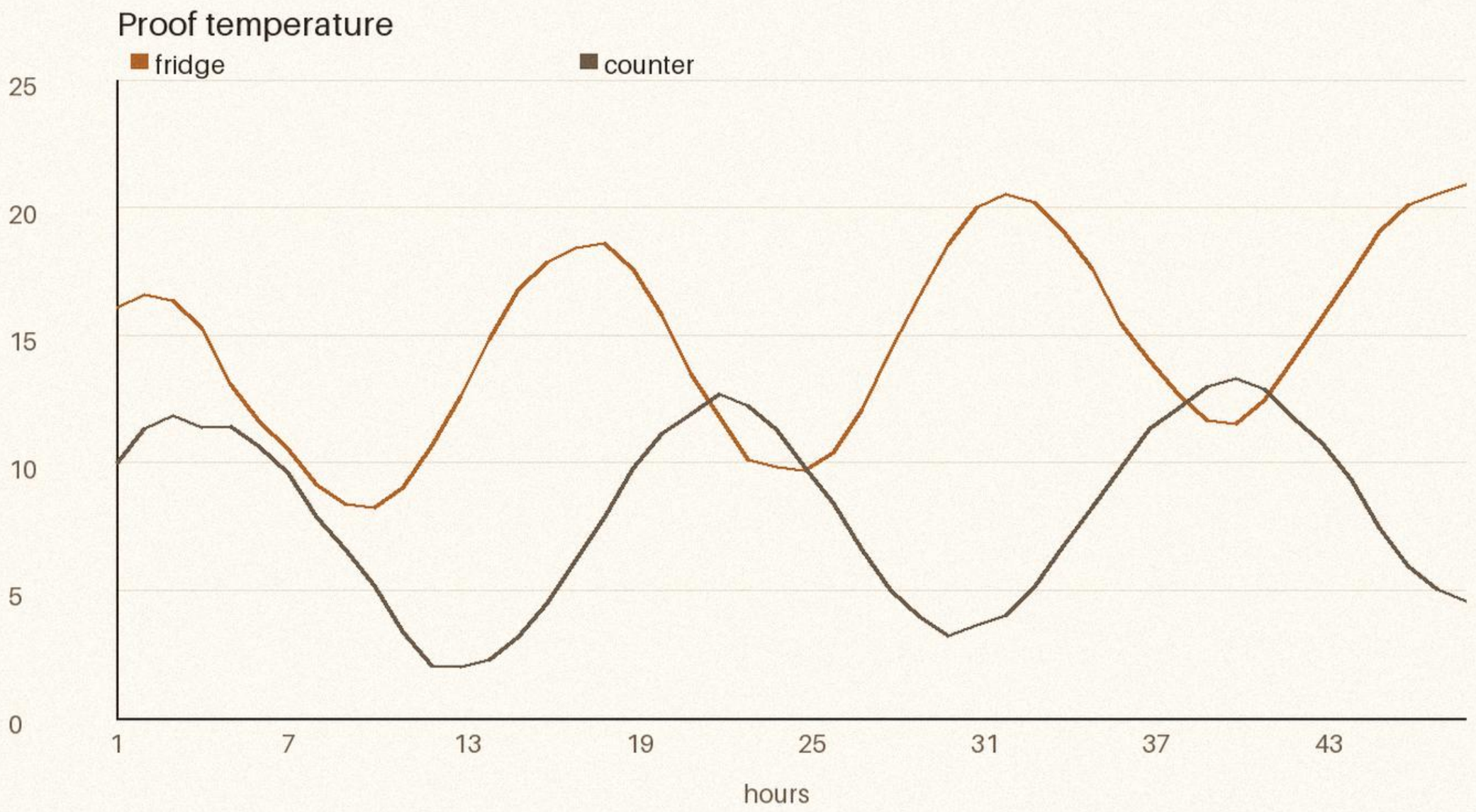
Printed from birch.sanriodevgroup.org

Cold retard: what changes



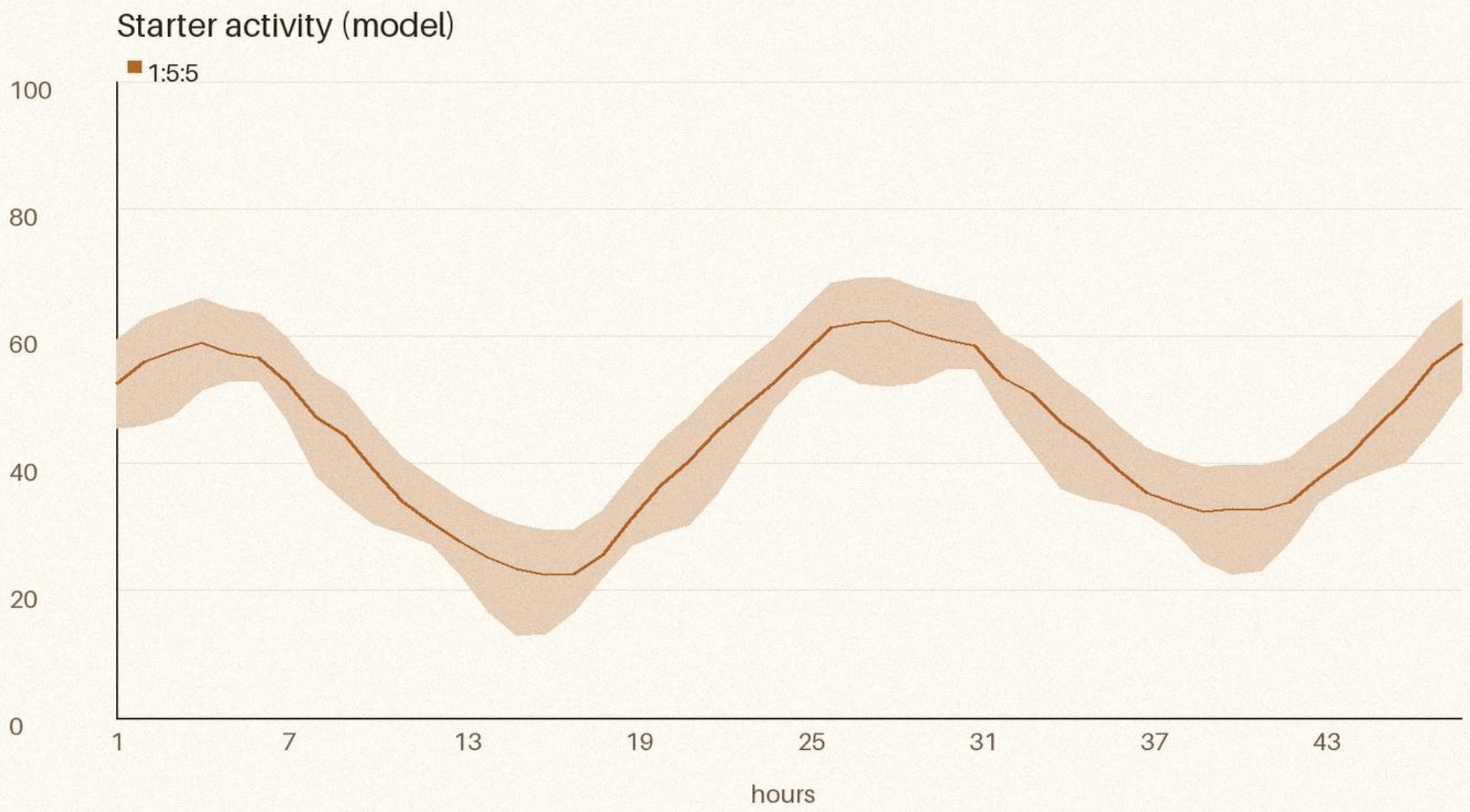
An overnight rest in the fridge moves the bake to the morning.

Cold retard: what changes



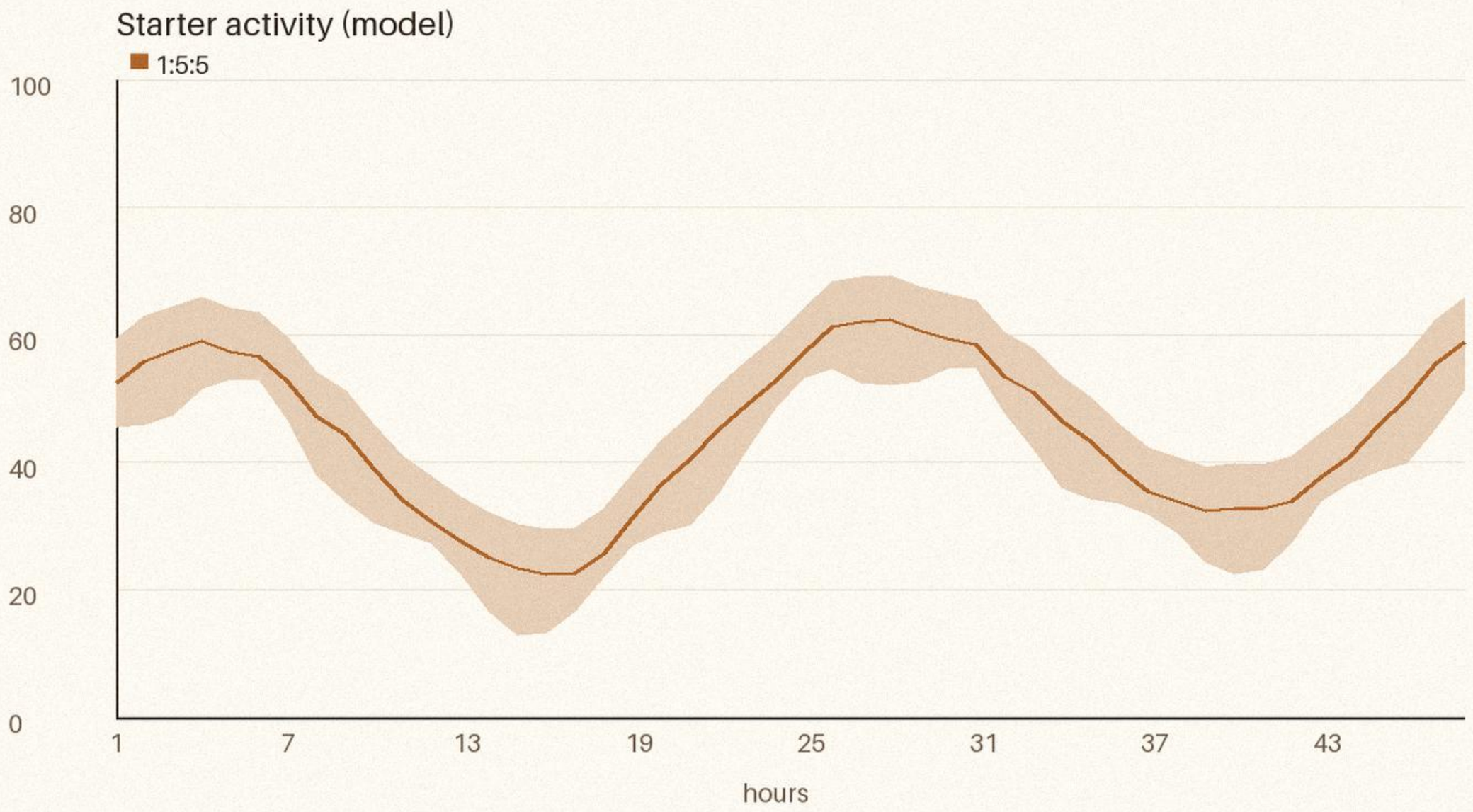
Shaped dough rests covered in the fridge for 10 to 16 hours. Flavour gets sharper, the crust blisters, and scoring is easier on cold dough.

Starter feeding schedule



Twice a day at 1:5:5, once a day in the fridge.

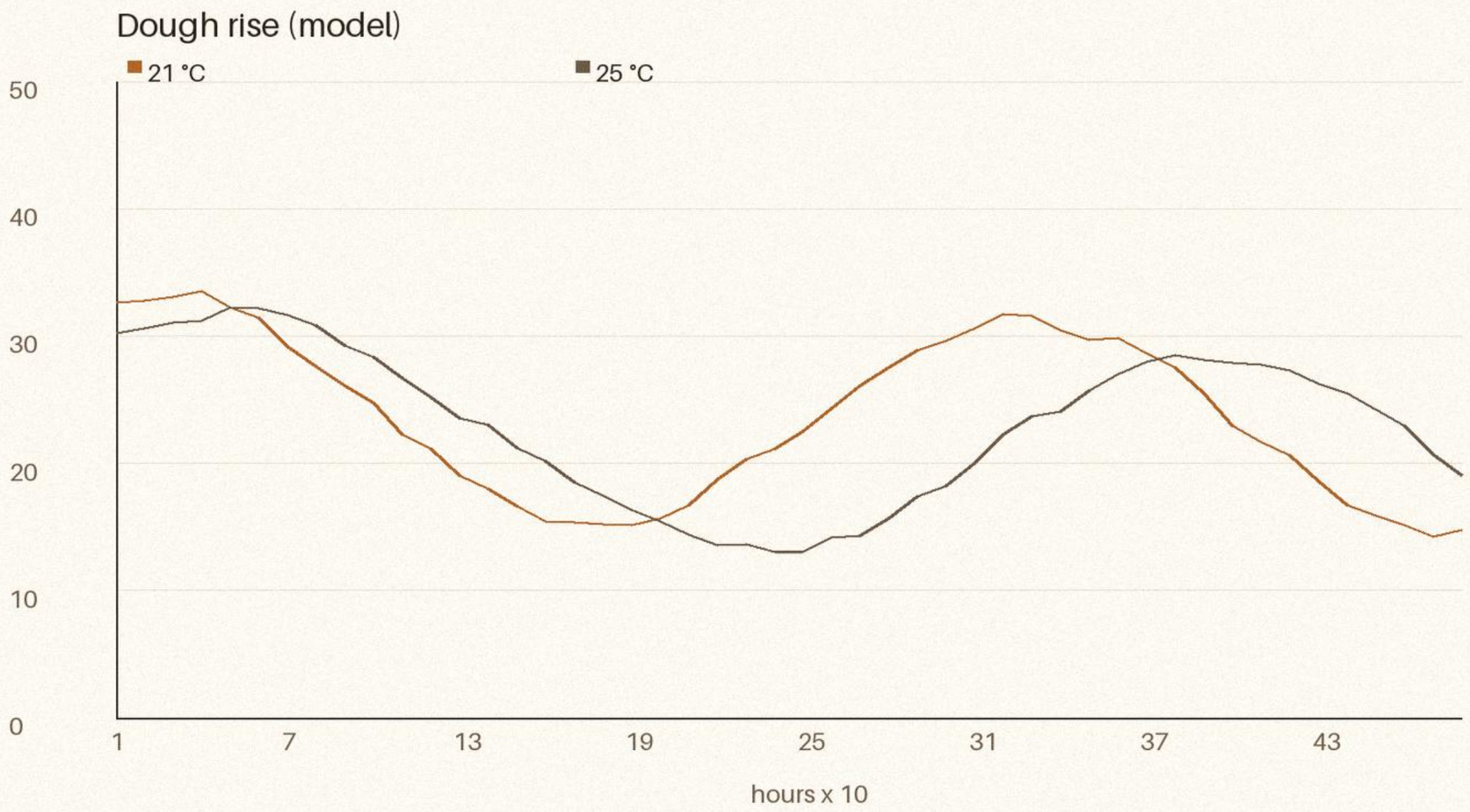
Starter feeding schedule



A starter fed at one part starter to five parts flour and water peaks after eight to twelve hours at room temperature. That ratio fits a morning and an evening feed.

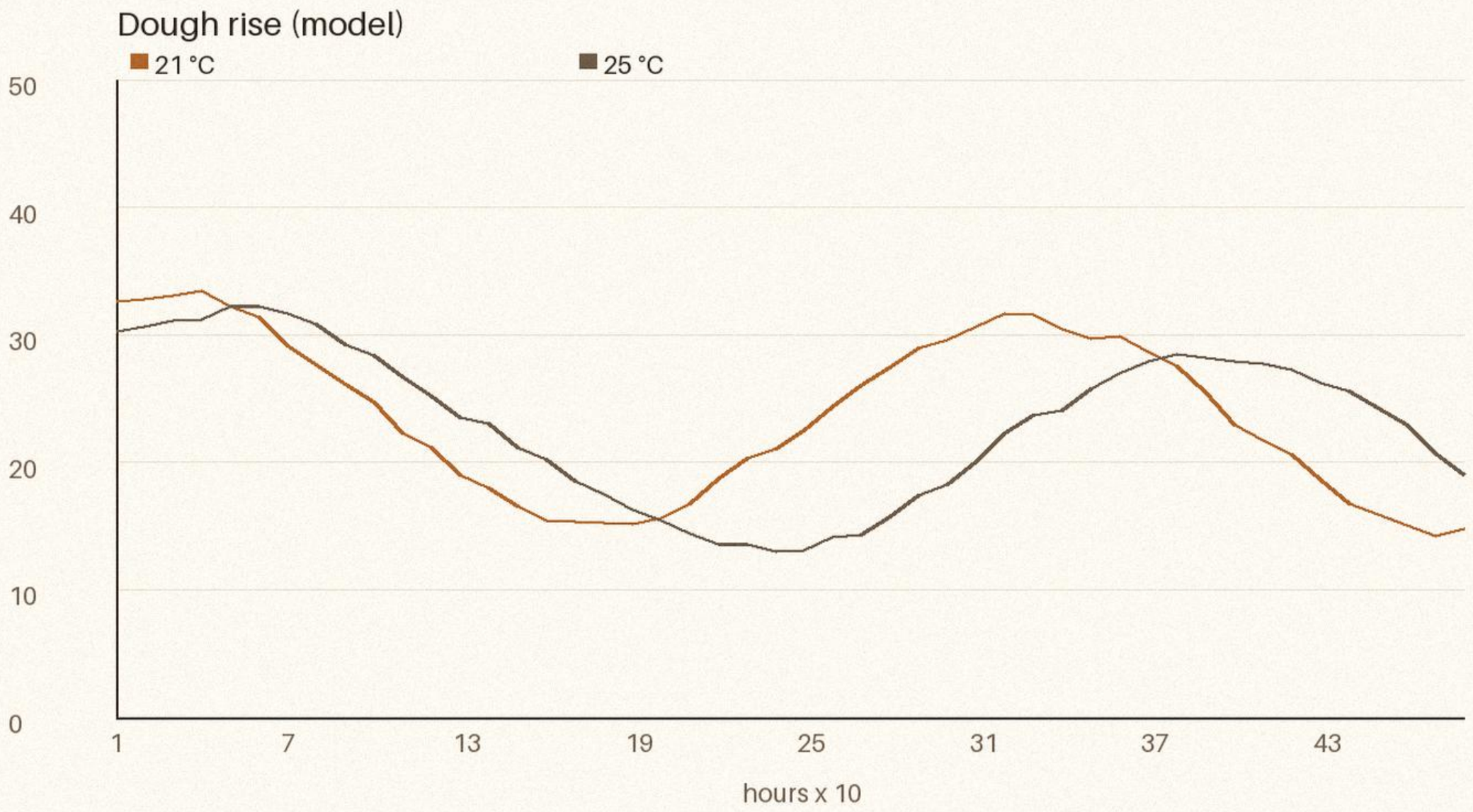
In the fridge it needs a feed once a week and two room-temperature feeds before baking.

A 75% hydration country loaf



The everyday loaf, with timings for a cool kitchen.

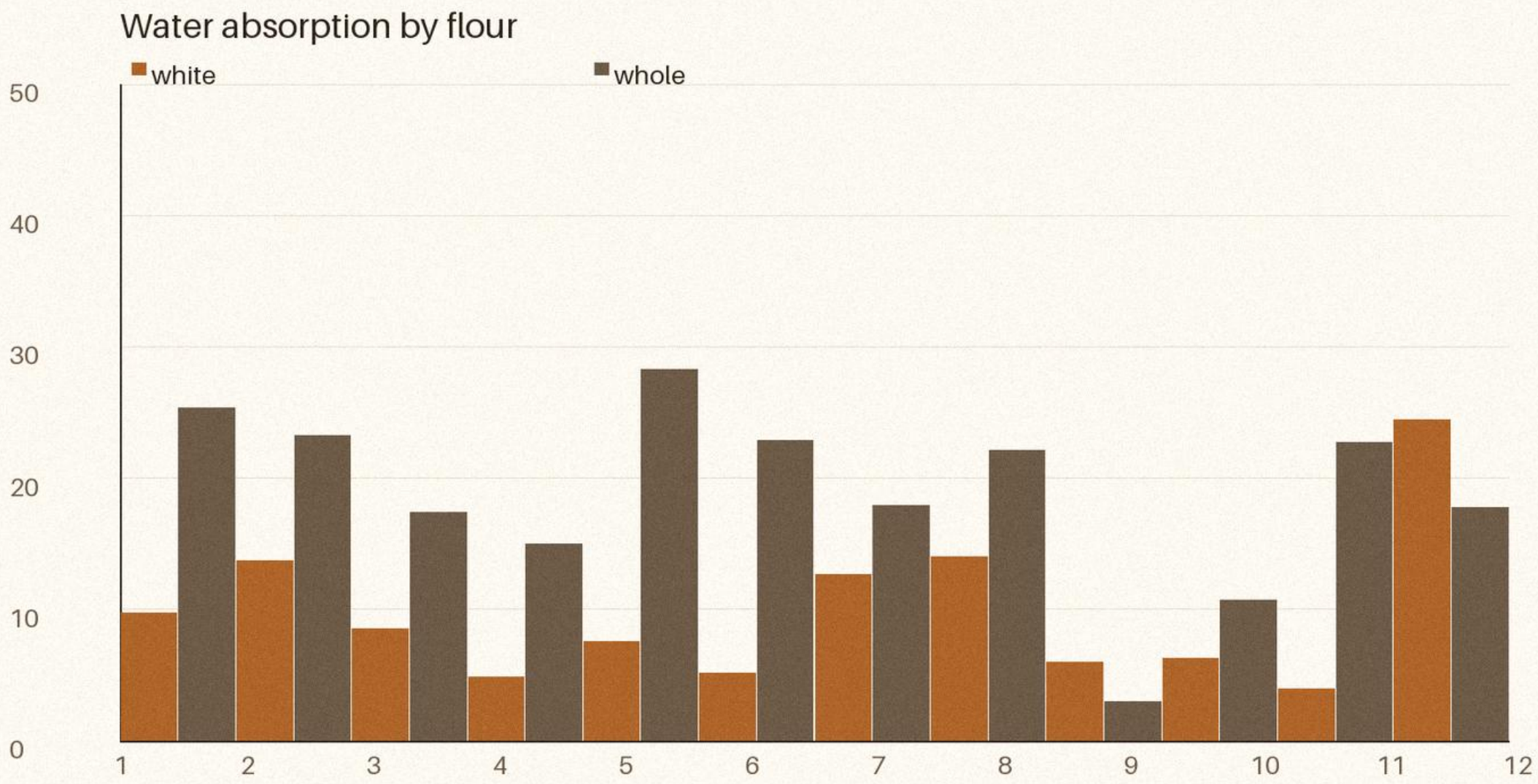
A 75% hydration country loaf



500 g flour, 375 g water, 100 g active starter, 10 g salt. Mix flour and water, rest an hour, add starter and salt, then four sets of folds over two hours.

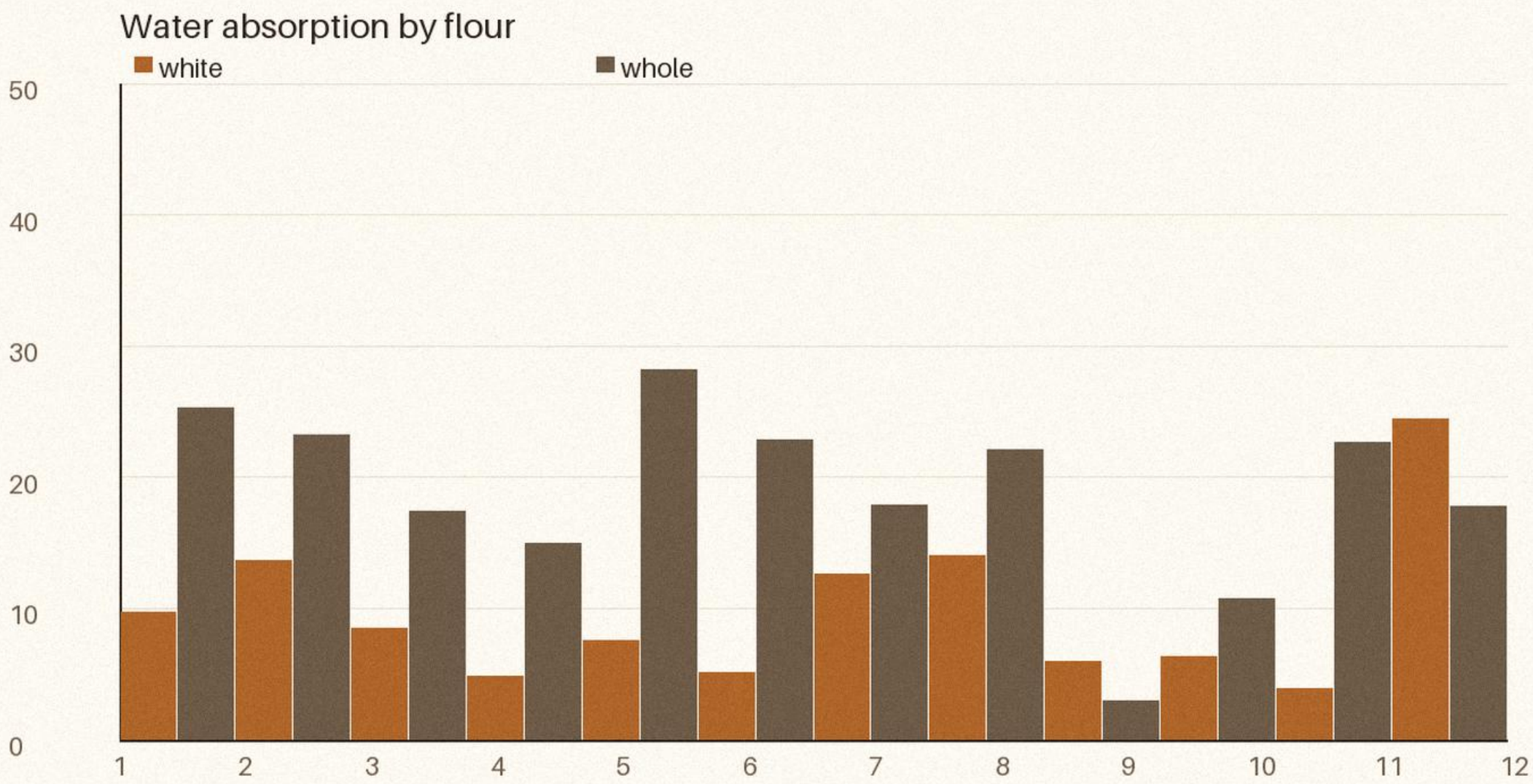
Bulk fermentation ends when the dough has grown by about half and shows bubbles at the sides of the tub, not at a fixed time. In a kitchen at 21 °C that is roughly five hours.

Whole wheat at 85%



Bran drinks water; the dough needs more of it.

Whole wheat at 85%



Whole wheat flour absorbs more water than white flour. At 85% the dough feels like a 75% white dough. Autolyse longer, at least an hour, so the bran softens.