

Basic Sourdough

Ingredients

- 375g strong white bread flour
- 250g sourdough starter
- 130-175ml tepid water
- 8g salt
- Olive oil for kneading

Method

1. Combine the flour, starter and salt in a large mixing bowl. Add the water, a little at a time, and mix with your hands to make a soft dough (you may not need all of the water).
2. Coat a chopping board or work surface with olive oil, then tip the dough onto it and knead the dough for 10-15 minutes, or until the dough is smooth and elastic.
3. Tip the dough into a lightly oiled bowl and cover with cling film. Leave to rise in a warm place for five hours, or until at least doubled in size.
4. Knead the dough until it's smooth, knocking the air out. Roll into a ball and dust with flour.
5. Tip the dough into a well-floured round banneton or proving basket and leave to rise for 4-8 hours.
6. Put a tray half filled with water on the bottom oven shelf and preheat the oven to 220°C/425°F/Gas 7.
7. Gently tip the risen dough onto a lined baking tray.
8. Bake the loaf for 30 minutes at this heat, then reduce the heat to 200°C/400°F/Gas 6 and bake for a further 15-20 minutes.
9. Cool on a cooling rack.



Notes