

White Semi-Sourdough

Ingredients

- 270g white starter
- 340g strong white bread flour
- 5g fresh yeast
- 138ml water
- 6g salt (preferably sea salt)



Method

1. Put the starter in the bowl of the mixer with a dough hook attachment. Add the flour, yeast, water and salt. Mix on slow speed for 4 minutes, then scrape down the sides of the bowl. Increase the speed to high for 5 minutes, or until the dough comes away from the edges of the bowl and is smooth and elastic.
2. Cover the bowl and set aside to rest for 20 minutes. Lightly grease a container with oil and sit the dough inside. Cover with plastic wrap and set aside at ambient room temperature for 1 hour to bulk prove.
3. Turn the dough out onto a lightly floured surface and press out into a rectangle, about 2.5cm thick. Fold one-third onto itself, then repeat with the remaining third. Turn it through 90 degrees and fold it over again into thirds. Place the dough back into the oiled container and continue to bulk prove for a further hour.
4. Divide the dough into two even sized portions, about 375g each. Create a tight, smooth skinned ball with both portions of dough and then set aside on a lightly floured surface for 20 minutes, covered with plastic wrap.
5. Shape each ball into the desired shape (loaf, baguette, rolls) and put them into tins or onto trays lined with baking paper and then loosely cover with plastic wrap or put them into plastic bags and leave to prove for about **1 hour** in a refrigerator or cool place.
6. Remove from the refrigerator and let them rest for about 30-90 minutes – until the dough has grown in size by about two-thirds.
7. Place a baking tray in the base of the oven and heat it to 220°C. Half fill the tray with water to create steam and place the dough into the oven.
8. Bake for approx. 20 minutes, then turn the tray(s) around and bake for a further 10 minutes. Loaves should take no longer than 40 minutes in total to bake.

Notes

Takes 6 hours in total.

The dough is good for sandwich loaves, free formed loaves, baguettes and bread rolls.