

Sourdough bread

 Low-tech with Refugees - Low-tech & Réfugiés




https://wiki.lowtechlab.org/wiki/Pain_au_levain/en

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 Difficulté Facile

 Durée 2 jour(s)

 Coût 5 EUR (€)

Description

Sourdough bread (sourdough activated the day before)

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Introduction

Here is a recipe of sourdough bread.

Note: sourdough already made

The day before :

- Weigh the sourdough
- Add 50% flour and 50g water (for example, if the sourdough weighs 40g add 20g flour and 20g water).
- Then leave it alone (while it eats)
- Come back in a few hours to see if your sourdough has been activated. To do this, look to see if it is bubbling



Matériaux

Flour
Water
Salt
Sourdough

Outils

Cul de poule
Large spoon
Scale
Cooker





Étape 1 - Sourdough and water

Place 100g of sourdough in the bowl
Add 390g of water
Then mix

Étape 2 - Flour and salt

Add 600g of flour *

- It is possible to mix flours: in this case choose the flours and distribute the grams (*Ex: 200g wheat flour 400g small spelt flour*).

Add 10g of salt

Étape 3 - Optional

Add seeds as you wish

Étape 4 - Kneading

Knead until the dough is no longer sticky
Form a ball in the bottom of the bowl

Étape 5 - Rest

Cover with a clean cloth
And leave to rest (overnight)

Étape 6 - Cooking preparation

Preheat oven to 240°.
Work the dough (ball at the bottom of the bowl) by putting flour on the table.
Make flaps and place in the fridge until ready to cook (if cooking is postponed).

Étape 7 - Cooking

Place the ball in a cooker

Grigner: to make cuts (for the crust)

Cover and bake for 50 min

Uncover and put back 5/10 min to crack the crust
