

## NO KNEAD SOURDOUGH BREAD

### The One Day Bake

**PLEASE NOTE** - This schedule is based on a room temperature of 21 °C (70 °F). If your room temperature is warmer then things will happen faster and if it's colder things will happen more slowly so adjust accordingly.

Also bear in mind that although I can guide you and give you a rough idea of what to expect and how long each stage will take, it is impossible to be exact. That's where intuition, experience and judgement comes in. And you only get that by practicing!

- Before bed (the day before baking)** - Feed your starter with 55g of flour and 55g of ice cold water (to extend activation time).
- 8 am - Mix** - Whisk your starter with the water then add the flour and salt and mix until a shaggy dough is formed with no dry flour visible.
- 8.10 am - Autolyse** - Cover with a damp dish towel and leave to rest for 1 hour.
- 9.10 am - 1st set of stretch and folds** - Stretch and fold the dough over itself 10 times. Then cover and leave to rest for 1 hour.
- 10.10 am - 2nd set of stretch and folds** - Stretch and fold the dough over itself 6 times. Then cover and leave to rest for 1 hour.
- 11.10 am - 3rd set of stretch and folds** - Stretch and fold the dough over itself 6 times.
- 11.15 am - Bulk ferment** - Cover the dough again and leave until it looks puffy, has risen by about 30% and feels a bit jiggly with lots of bubbles throughout if you look at it from underneath and probably some big bubbles forming on the top and sides too.
- 2.15 pm - Preshape** - Once you are satisfied that the bulk ferment is finished, turn out the dough and preshape your loaf. Leave to rest covered on the counter for 30 minutes.
- 2.50 pm - Final shape** - Shape your loaf and place in the proofing basket.
- 3.00 pm - Proof** - Cover the proofing basket and leave to proof until it's looking puffy, has risen by somewhere between 30 and 50% and passes the poke test!
- 5.00 pm - Preheat oven** - Place Dutch oven inside oven and preheat to 500 °F (260 °C).
- 6.00 pm - Bake** - Carefully place the loaf in the hot Dutch oven and bake for 25 minutes with the lid on. Then remove the lid, turn the temperature down to 450 °F (232 °C) for another 15 to 20 minutes, until a deep golden brown and when you knock on the bottom of the bread it sounds hollow.
- 6.40 to 6.45 pm - Cool** - Allow to cool on a wire rack for at least 30 minutes before cutting, but ideally until completely cool.

## NO KNEAD SOURDOUGH BREAD

### The Work Day Bake

**PLEASE NOTE** - This schedule is based on a room temperature of 21 °C (70 °F). If your room temperature is warmer then things will happen faster and if it's colder things will happen more slowly so adjust accordingly.

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- Early a.m just before you leave for work** - Feed your starter with 55g of flour and 55g of water. Use ice cold water if your starter tends to peak in less time than you will be out of the house. Also mix the the flour and water from the recipe together in a large mixing bowl until a shaggy mess. Cover with a damp towel to autolyse all day. (this will give you a head start on gluten development).
- 5 pm - Mix** - Add the bubbly starter and the salt to the flour and water mixture and combine them using using your hands at first to scrunch them in, then some stretch and folds to form a rough dough and make sure everything is combined well. Rest for 30 minutes.
- 5.40 pm - Stretch and fold** - Stretch and fold the dough over itself 6 times. Then cover and leave to rest for 30 minutes.
- 6.10 pm - Stretch and folds** - Stretch and fold the dough over itself 6 times. Then cover and leave to rest for 30 minutes.
- 6.40 pm - Stretch and folds** - Stretch and fold the dough over itself 6 times. Then cover and leave to rest for 30 minutes.
- 6.45 pm - Bulk ferment** - Cover the dough again and leave until it looks puffy, has risen by about 30% and feels a bit jiggly with lots of bubbles throughout if you look at it from underneath and probably some big bubbles forming on the top and sides too. You can speed it up a bit by putting it in the oven with the oven light on if you want/need to.
- 9.45 pm - Preshape** - Once you are satisfied that the bulk ferment is finished, turn out the dough and preshape your loaf. Leave to rest covered on the counter for 30 minutes.
- 10.15 pm - Final shape** - Shape your loaf and place in the proofing basket.
- 10.20 pm - Proof** - Place the proofing basket in a sealed plastic bag and leave to proof overnight in the fridge. (You can leave it for up to 20 hours if you prefer though).
- anytime between 6.30 & 9.00 am - Preheat oven** - Place Dutch oven inside oven and preheat to 500 °F (260 °C) for at least 45 minutes. Take the loaf out of the fridge and leave on the counter near the oven while it preheats.
- between 7.15 & 9.45 am - Bake** - Carefully place the loaf in the hot Dutch oven and bake for 25 minutes with the lid on. Then remove the lid, turn the temperature down to 450 °F (232 °C) for another 15 to 20 minutes, until a deep golden brown and when you knock on the bottom of the bread it sounds hollow.

## NO KNEAD SOURDOUGH BREAD

### The Take Your Time Bake



PLEASE NOTE - This schedule is based on a room temperature of 21 °C (70 °F). If your room temperature is warmer then things will happen faster and if it's colder things will happen more slowly so adjust accordingly.

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- 7 am - Feed your starter with 55g of flour and 55g of water.
- 2 pm - Mix - Whisk your starter with the water then add the flour and salt and mix until a shaggy dough is formed with no dry flour visible.
- 2.10 pm - Autolyse - Cover with a damp dish towel and leave to rest for 1 hour.
- 3.10 pm - 1st set of stretch and folds - Stretch and fold the dough over itself 10 times. Then cover and leave to rest for 1 hour.
- 4.10 pm - 2nd set of stretch and folds - Stretch and fold the dough over itself 6 times. Then cover and leave to rest for 1 hour.
- 5.10 pm - 3rd set of stretch and folds - Stretch and fold the dough over itself 6 times.
- 5.15 pm - Bulk ferment - Cover the dough again and leave until it looks puffy, has risen by about 30% and feels a bit jiggly with lots of bubbles throughout if you look at it from underneath and probably some big bubbles forming on the top and sides too. If you need to go out pop it in the fridge and pick up where you left off when you get back.
- 8.15 pm - Preshape - Once you are satisfied that the bulk ferment is finished, turn out the dough and preshape your loaf. Leave to rest covered on the counter for 30 minutes.
- 8.50 pm - Final shape - Shape your loaf and place in the proofing basket.
- 9 pm - Proof - Cover the proofing basket with a plastic bag and leave to proof in the fridge over night (although you can probably get away with leaving it up to 24 hours, maybe even 48, depending on how cold your fridge is).
- 8.00 am - Remove the loaf from the fridge and leave to warm on the counter until it's looking puffy, has risen by somewhere between 30 and 50% and passes the poke test!
- 8.15 am Preheat oven - Place Dutch oven inside oven and preheat to 500 °F (260 °C) for one hour.
- 9.15 am - Bake - Carefully place the loaf in the hot Dutch oven and bake for 25 minutes with the lid on. Then remove the lid, turn the temperature down to 450 °F (232 °C) for another 15 to 20 minutes, until a deep golden brown and when you knock on the bottom of the bread it sounds hollow.
- 10.00 am - Cool - Allow to cool on a wire rack for at least 30 minutes before cutting, but ideally until completely cool.

## NO KNEAD SOURDOUGH BREAD

### The Early Bird Bake

PLEASE NOTE - This schedule is based on a room temperature of 21 °C (70 °F). If your room temperature is warmer then things will happen faster and if it's colder things will happen more slowly so adjust accordingly.

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- 10 pm - Feed your starter with 55g of flour and 55g of water of ice cold water.
- 5 am - Mix - Whisk your bubbly starter with the water then add the flour and salt and mix until a shaggy dough is formed with no dry flour visible.
- 5.10 am - Autolyse - Cover with a damp dish towel and leave to rest for 1 hour.
- 6.10 am - 1st set of stretch and folds - Stretch and fold the dough over itself 10 times. Then cover and leave to rest for 1 hour.
- 7.10 am - 2nd set of stretch and folds - Stretch and fold the dough over itself 6 times. Then cover and leave to rest for 1 hour.
- 8.10 am - 3rd set of stretch and folds - Stretch and fold the dough over itself 6 times.
- 8.15 am - Bulk ferment - Cover the dough again and leave until it looks puffy, has risen by about 30% and feels a bit jiggly with lots of bubbles throughout if you look at it from underneath and probably some big bubbles forming on the top and sides too. TIP - If you have to go to out pop it covered in the fridge and pick up where you left off when you get back.
- 11.15 am - Preshape - Once you are satisfied that the bulk ferment is finished, turn out the dough and preshape your loaf. Leave to rest covered on the counter for 30 minutes.
- 11.50 am - Final shape - Shape your loaf and place in the proofing basket.
- 12 pm - Proof - Cover the proofing basket and leave to proof until it's looking puffy, has risen by somewhere between 30 and 50% and passes the poke test! TIP - If you didn't do the bulk ferment in the fridge you could probably get away with proofing in the fridge until very early next morning if you want to.
- 2 pm Preheat oven - Place Dutch oven inside oven and preheat to 500 °F (260 °C) for one hour.
- 3 pm - Bake - Carefully place the loaf in the hot Dutch oven and bake for 25 minutes with the lid on. Then remove the lid, turn the temperature down to 450 °F (232 °C) for another 15 to 20 minutes, until a deep golden brown and when you knock on the bottom of the bread it sounds hollow.
- 3.45 pm - Cool - Allow to cool on a wire rack for at least 30 minutes before cutting, but ideally until completely cool.