

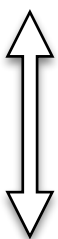
# The One Day Bake

Generally, I like baking sourdough bread over a two day span to give it a nice long fermentation. However, you can certainly squeeze it into one day if needed. If you follow my trick for an overnight ice water starter feeding and you've got a full day to give your bread some loving, you can pull off this one day bake no problem!

**Variables\*** - Sourdough bread making is an active living process! It can be very temperamental with multiple elements effecting the process and final product including temperature, environment, and fermentation activity. The timing in this recipe is based off a room temperature of 72 degrees Fahrenheit. If your temp is colder, than your process will be slowed down so you can adjust the times accordingly. If it's warmer, the process will be speed up so adjust accordingly. Baking is an intuitive process and this should be used as a rough guide in conjunction with the skills and knowledge you gained in Sourdough U!



The ice water will give you an extra 2-4 hours of activation time so the starter will be ready to use when you wake up.



10:00pm **Feed Starter** - remove most of the starter leaving at least 2 Tbsp, then feed your starter with flour and ice cold water to slow down the activation



10:00pm **Autolyse** - mix flour and water together to form shaggy mass.



7:00am - **Add Starter and Salt to the Dough** - once the starter is fully activated, incorporate the starter and salt into the dough with the stretch and fold technique.



7:30am **Stretch and Fold** - perform a stretch and fold every 30 minutes for the next 2-2.5 hours until you feel the dough has developed a nice gluten structure.

The bulk rise can take anywhere from 2-6 hours depending on your variables\* so make sure you use your intuition and what you learned in Sourdough U to decide if it's done bulk rising.



9:30am **Bulk Rise** - Let the dough sit for the next few hours until it has risen by 30-50% this process depends on the **variables\*** listed above so use your intuition!



2:00pm **Pre Shape** - once your satisfied with your bulk rise, remove the dough onto a floured surface and pre shape your loaves.



2:30pm **Bench Rest**- let the reshaped loaves bench rest for 30 minutes.



3:00pm **Final Shaping** - give your loaves a final shaping and place them in the proofing baskets.

Make sure it passes the poke test learned in Sourdough U before you bake!



3:00pm **Proofing** - place your proofing baskets in a plastic bag (or plastic wrap) and let proof at room temperature



5:00pm - **Preheat Oven** - place your dutch oven pan in the oven at 500 Degrees Fahrenheit and preheat for at least 45 minutes.



5:00 - 7:00pm- **Baking** - Remove proofed loaves onto parchment paper or directly into the preheated dutch oven, score loaves then bake for 20 minutes with the lid on. Turn the oven down to 450, remove the lid on the dutch oven and continue bake for 20-30 minutes with lid off. Let the loaves cool completely before cutting.

# Nine to Five Bake

For those of you who have jobs with standard 9-5 hours (or something close to that) you can still bake sourdough bread at home! With a few key process alternations I've created a sourdough baking guide to fit around your schedule so you can still produce incredible sourdough bread during the work week!

**Variables\*** - Sourdough bread making is an active living process! It can be very temperamental with multiple elements effecting the process and final product including temperature, environment, and fermentation activity. The timing in this recipe is based off a room temperature of 72 degrees Fahrenheit. If your temp is colder, then your process will be slowed down so you can adjust the times accordingly. If it's warmer, the process will speed up so adjust accordingly. Baking is an intuitive process and this should be used as a rough guide in conjunction with the skills and knowledge you gained in Sourdough U!



- Cold water should extend activation to 9 hours.
- 8:00am **Feed Starter** - Remove most of the starter leaving at least 2 Tbsp, then feed your starter with flour and ice cold water to slow down the activation process.
  - 8:00am **Autolyse** - Mix flour and water together to form shaggy mass.
  - 5:00pm - **Add Starter and Salt to the Dough** - Once the starter is fully activated, incorporate the starter and salt into the dough with the stretch and fold technique.
  - 5:30pm **Stretch and Fold** - Perform a stretch and fold round every 30 minutes for the next 2-2.5 hours until you feel the dough has developed a nice gluten structure.
- Depending on variables, bulk rise could take 2-6 hours, place in fridge overnight if taking to long.
- 7:30pm **Bulk Rise** - Let the dough sit for the next few hours until it has risen by 30-50% this process depends on the **variables\*** listed above so use your intuition!
  - 10:00pm **Pre Shape** - Once your satisfied with your bulk rise, remove the dough onto a floured surface and pre shape your loaves.
  - 10:00pm **Bench Rest**- Let the pre shaped loaves bench rest for 30 minutes.
  - 10:30pm **Final Shaping** - Give your loaves a final shaping and place them in the baskets.
- You can continue to proof the loaf in the fridge for up to 20 hours if you want to bake your bread after you get home from work.
- 10:30pm **Proofing** - Place your proofing baskets in a plastic bag (or plastic wrap) and let put them the fridge to proof overnight.
  - 7:00am **Pre-heat Oven** - Place your dutch oven pan in the oven at 500 Degrees Fahrenheit and preheat for at least 45 minutes.
  - 8:00am **Baking** - Remove proofed loaves onto parchment paper or directly into the preheated dutch oven, score loaves then bake for 20 minutes with the lid on. Turn the oven down to 450, remove the lid on the dutch oven and continue bake for 20-30 minutes with lid off. Let the loaves cool completely before cutting.

# The Nighthawk Baker

Im not much of a night person myself, but I know there are plenty of you out there who work best in the later hours. This checklist is perfect if you are either busy all day or you just love staying up later and getting things done (Works well for 9-5 schedule)

**Variables\*** - Sourdough bread making is an active living process! It can be very temperamental with multiple elements effecting the process and final product including temperature, environment, and fermentation activity. The timing in this recipe is based off a room temperature of 72 degrees Fahrenheit. If your temp is colder, then your process will be slowed down so you can adjust the times accordingly. If it's warmer, the process will speed up so adjust accordingly. Baking is an intuitive process and this should be used as a rough guide in conjunction with the skills and knowledge you gained in Sourdough U!



- Could take 4-7 hours for your starter to be fully activated.
- Depending on **variables\***, bulk rise could take 2-6 hours, place in fridge overnight if taking to long.
- You can either proof in the fridge for 10-16 hours or at room temp for 1-3 hours if you can stay up that late!
- 3:00pm **Feed Starter** - Remove most of the starter leaving at least 2 Tbsp, then feed your starter with flour and room temperature water.
  - 7:00pm **Autolyse** - Mix flour and water together to form shaggy mass.
  - 8:00pm - **Add Starter and Salt to the Dough** - Once the starter is fully activated, incorporate the starter and salt into the dough with the stretch and fold technique.
  - 8:30pm **Stretch and Fold** - Perform a stretch and fold round every 30 minutes for the next 2-2.5 hours until you feel the dough has developed a nice gluten structure.
  - 10:30pm **Bulk Rise** - Let the dough sit for the next few hours until it has risen by 30-50% this process depends on the **variables\*** listed above so use your intuition!
  - 12:30am **Pre Shape** - Once your satisfied with your bulk rise, remove the dough onto a floured surface and pre shape your loaves.
  - 12:30am **Bench Rest**- Let the reshaped loaves bench rest for 30 minutes.
  - 1:00am **Final Shaping** - Give your loaves a final shaping and place them in the proofing baskets.
  - 1:00am **Proofing** - Place your proofing baskets in a plastic bag (or plastic wrap) and let put them the fridge to proof overnight.
  - 1:00pm - **Preheat Oven** - Place your dutch oven pan in the oven at 500 Degrees Fahrenheit and preheat for at least 45 minutes.
  - 2:00pm- **Baking** - Remove proofed loaves onto parchment paper or directly into the preheated dutch oven, score loaves then bake for 20 minutes with the lid on. Turn the oven down to 450, remove the lid on the dutch oven and continue bake for 20-30 minutes with lid off. Let the loaves cool completely before cutting.

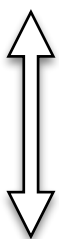
# The Real Baker

Because of the extended process of making bread at home, real bakers tend to get up at the crack of dawn in order to produce fresh bread daily for their customers. I can't say I follow this exact schedule, but there is something magical about waking up early to bake bread. This is also a great work around for a 9-5 schedule!

**Variables\*** - Sourdough bread making is an active living process! It can be very temperamental with multiple elements effecting the process and final product including temperature, environment, and fermentation activity. The timing in this recipe is based off a room temperature of 72 degrees Fahrenheit. If your temp is colder, then your process will be slowed down so you can adjust the times accordingly. If it's warmer, the process will speed up so adjust accordingly. Baking is an intuitive process and this should be used as a rough guide in conjunction with the skills and knowledge you gained in Sourdough U!



The ice water will give you an extra 2-4 hours of activation time so your starter is ready to go first thing in the morning.

10:00pm **Feed Starter** - Remove most of the starter leaving at least 2 Tbsp, then feed your starter with flour and ice cold water to slow down the activation.

10:00pm **Autolyse** - Mix flour and water together to form shaggy mass.

5:00am - **Add Starter and Salt to the Dough** - Once the starter is fully activated, incorporate the starter and salt into the dough with the stretch and fold technique.

5:30am **Stretch and Fold** - Perform a stretch and fold round every 30 minutes for the next 2-2.5 hours until you feel the dough has developed a nice gluten structure.

7:30am **Bulk Rise** - Let the dough sit for the next few hours until it has risen by 30-50% this process depends on the **variables\*** listed above so use your intuition!

10:30am **Pre Shape** - Once your satisfied with your bulk rise, remove the dough onto a floured surface and pre shape your loaves.

10:30am **Bench Rest**- Let the reshaped loaves bench rest for 30 minutes.

11:00am **Final Shaping** - Give your loaves a final shaping and place them in the proofing baskets.

11:00am **Proofing** - Let your loaves proof at room temperature for 1-3 hours until they pass the poke test.

12:00pm - **Preheat Oven** - Place your dutch oven pan in the oven at 500 Degrees Fahrenheit and preheat for at least 45 minutes.

1:00pm- **Baking** - Remove proofed loaves onto parchment paper or directly into the preheated dutch oven, score loaves then bake for 20 minutes with the lid on. Turn the oven down to 450, remove the lid on the dutch oven and continue bake for 20-30 minutes with lid off. Let the loaves cool completely before cutting.

You could proof these in the fridge until the next morning but it would be pushing it!

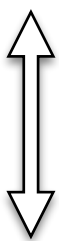
# Flex Bake

For those who have a freelance schedule, have a day off, or just have an open day on the weekend, this is my ideal baking schedule without restrictions! Take these special days to really enjoy the process and hone in on your skills so baking becomes easier for when you have a tighter schedule.

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could take anywhere from 4-7 hours to activate depending on variables so adjust times accordingly.

8:00am **Feed Starter** - Remove most of the starter leaving at least 2 Tbsp, then feed your starter with flour and room temperature water.

12:00pm **Autolyse** - Mix flour and water together to form shaggy mass.

1:00pm **Add Starter and Salt to the Dough** - Once the starter is fully activated, incorporate the starter and salt into the dough with the stretch and fold technique.

1:30pm **Stretch and Fold** - Perform a stretch and fold round every 30 minutes for the next 2-2.5 hours until you feel the dough has developed a nice gluten structure.

Depending on variables, bulk rise could take 2-6 hours, place in fridge overnight if it's taking too long to rise the proper amount.

3:30pm **Bulk Rise** - Let the dough sit for the next few hours until it has risen by 30-50% this process depends on the **variables\*** listed above so use your intuition!

8:30pm **Pre Shape** - Once your satisfied with your bulk rise, remove the dough onto a floured surface and pre shape your loaves.

8:30pm **Bench Rest**- Let the reshaped loaves bench rest for 30 minutes.

9:00pm **Final Shaping** - Give your loaves a final shaping and place them in the proofing baskets.

If proofing at room temp, bake immediately after your dough is finished proofing (no fridge time). If proofing in the fridge, you can go up to 12-20 hours until baking.

9:00pm **Proofing** - Place your proofing baskets in a plastic bag (or plastic wrap) and let put them the fridge to proof overnight.

8:00am - **Preheat Oven** - Place your dutch oven pan in the oven at 500 Degrees Fahrenheit and preheat for at least 45 minutes.

9:00am- **Baking** - Remove proofed loaves onto parchment paper or directly into the preheated dutch oven, score loaves, then bake for 20 minutes with the lid on. Turn the oven down to 450, remove the lid on the dutch oven and continue bake for 20-30 minutes with lid off. Let the loaves cool completely before cutting.