



Chef Filip39s Sourbread

Jacob · 28/09/2024



Prep Time

5 days 45 mins

Difficult

Medium

Servings

20

Description

This recipe for sour starter is original and can not be found in any book Follow the recipe step by step and allow yourself to make this unique recipe to a tasty end

Ingredients

— - 1 ¼ cups all-purpose flour - 1 ½ cups water - ½ teaspoon malt powder - ½ teaspoon honey - 7 ½ cups bread flour - 4 ¼ cups water - 2 teaspoons malt powder - 2 ½ cups sourdough starter - 5 ? cups bread flour - 1 ½ cups water - ¼ cup gluten - 2 teaspoons malt powder - 4 teaspoons salt

Instructions

1. To begin the starter
2. mix together 1 1/4 cups flour
3. 1 1/2 cups water
4. 1/2 teaspoon malt and 1/2 teaspoon of honey. Mix well
5. cover and leave at room temperature for 24 hours. Repeat the process for days 2 and three. On day four
6. add to the starter: 7 1/2 cups of flour
7. 4 1/4 cups of water and 2 teaspoons of malt. Mix well
8. cover and keep at room temperature for 24 hours. Repeat this process the next day
9. BUT only let the dough sit for 5 hours
10. then refrigerate it. Be aware that your starter will stay usable for 5 days. After this period
11. you will have to refresh the starter by taking 2 pounds of the batter and starting again from day 4. At last
12. the starter is complete and now we can make the bread! In a large bowl or in the bowl of a 5 quart stand mixer
13. combine 2 1/2 cups of the starter
14. 5 1/8 cups of bread flour
15. 1 1/2 cups water
16. 1/4 cup gluten
17. 2 teaspoons malt and 4 teaspoons of salt. Mix everything together into a uniform dough. Turn the dough out onto a floured surface and knead until elastic
18. about 15 minutes. In an electric mixer
19. it should take about 9 minutes. For more experienced bread bakers
20. the dough should pass the windowpane test: Stretch the dough between your fingers till you have a very thin membrane
21. if the dough is elastic enough the membrane will not break or tear apart. Cover the bowl with a towel and let rest for 30 minutes. Divide the dough into two equal pieces and form into rounds. Cover again and let rest for 1 hour. Grease any pans you wish to use. Give the loaves their final shape - loaves
22. baguettes or round and place onto the prepared pans. Let the loaves rise until double in size. Spritz with water occasionally to keep from drying. Preheat the oven to 475 degrees F (240 degrees C). Spray loaves generously with water. Bake for about 45 minutes
23. or until the loaf makes a hollow sound when tapped on the bottom. If after 20 minutes the loaves appear to be taking on too much color
24. reduce the temperature to 425 degrees F (220 degrees C). After baking
25. cool loaves on a wire rack. BON APPETIT!