



## RECIPE CARD:

### Country Sourdough

#### INGREDIENTS

- 100g Sourdough starter (also known as levain)
- 365g water (room temperature)
- 460g strong white bread flour
- 50g wholemeal bread flour
- 11g salt
- 15g water
- 1 tbsp oil (any cooking oil is fine)

#### EQUIPMENT

- A large mixing bowl
- Measuring jug
- 2 x clean tea towels and/or cling film
- Banneton (nb. if you don't have a banneton, you can use a clean tea towel placed in a bowl and sprinkled with flour)
- Loaf Tin (if you have one)
- Parchment paper
- Serrated/tomato knife (for scoring)

## METHOD:

### Step one

1. Put 365g of water and the levain in a bowl and mix briefly
2. Add the flours and mix until incorporated. Knead for 2 minutes to start the gluten development
3. Cover and leave the dough to rest for 30 minutes

### Step two

1. Combine the salt and 15g of water and add this to the dough. Mix until all the water is absorbed and you no longer feel the grains of salt
2. Place the dough in an oiled bowl and cover with a tea towel or cling film to prevent the dough from drying out

### Step three

1. Give the dough a stretch and fold every 30 mins (between 2 and 3 hours depending on room temperature)

## Step four

1. Shape and place into an oiled tin or floured banneton/prepared bowl

## Step five

1. Leave the dough to prove for another 1-2 hours at room temperature, or place it in a refrigerator for approx. 12 hours overnight

## Step six

1. Score and bake at a minimum of 250°C (or as hot as your oven will go) for the first 15 mins (with steam), the second part at 220°C for 30-40 mins

TIP: You can get steam into your bake by keeping a metal tray at the bottom of the oven while it is heating up to temperature. When you load in the dough, pour some water into the tray and quickly shut the door. BE CAREFUL, IT WILL BE HOT AND COULD BURN!

If you are using a fan oven, turn the fan off for the first 15 minutes of cooking otherwise it will dry out the top of your loaf.

### **About us:**

As a Social Enterprise, we focus on providing work skills training placements for those who have been distanced from employment due to mental ill-health, while providing quality products and services to the local community. All the revenue we generate is put back into the Centre for Better Health to support the organisation's work.

### **Useful links:**

Better Health Bakery:

[www.betterhealthbakery.org.uk](http://www.betterhealthbakery.org.uk)

Centre for Better Health:

[www.centreforbetterhealth.org.uk](http://www.centreforbetterhealth.org.uk)