

# Jane's Sourdough



I do my bread on a 24-hour cycle, so if you follow this recipe you can make bread every other day or have 2 loaves on the go at the same time. I start mine before I go to work one day and bake it before I go to work the next day.

I use a K-mix rather than kneading by hand, simply because it saves time.

I use a banneton for proving, but you could use a tea towel lined bowl.

I use a large cast iron casserole dish with a lid to bake the bread.

You will also need a large plastic bag, baking parchment, a baking tray and a razor blade or really sharp knife.

## First Prove Ingredients:

### White Loaf:

200g White bread flour  
120g Warmish water  
150g Starter (bubbling and lively!)

### Rye/Wholemeal Loaf:

100g White bread flour  
100g Rye Flour  
120g Warmish water  
150g Starter (bubbling and lively!)

## Method (morning before work):

Put all ingredients in a bowl and combine.

You do not need to knead it at this point.

Place a plastic bag over the bowl and leave the dough in a warm place to rise.

Knock the air out of the bread at least 3 times over the course of the day. It does not appear to be a problem if there is a large gap of time between knock backs. I leave mine all day and then knock back a couple of times in the evening.

## Make a Soaker (when you get in from work):

### Ingredients:

#### White Loaf:

400g white bread flour  
300g warmish water  
10g salt

#### Rye/Wholemeal Loaf:

300g White bread flour  
100g Wholemeal Flour  
300g warmish water  
10g salt

The aim of the soaker is to release the gluten in the flour. Doing this means you need to do less physical kneading. Combine the ingredients, cover and leave for an hour or so.

## **Final Stage:**

Add 300g of the First Prove to the Soaker.

Put the remaining amount (probably about 150g) back in with your starter.

Combine the dough and knead until it is elastic and comes clean away from your work surface, board or mixing bowl.

Flour the banetton (very liberally) or lined bowl and cover with a plastic bag. Leave on the side until you go to bed then place the banetton in the fridge and leave over night.

## **Bake (Next Morning):**

Put the oven on a really high temperature. I have mine on at 230 degrees fan assisted.

Put the casserole dish in the oven to heat it up.

When the oven reaches full temperature remove the casserole dish.

Place baking parchment on top of the banetton and then a baking tray on top of that. Gently turn the dough out onto the baking tray and quite quickly slide it into the casserole dish.

Score the top of the dough with a razor blade.

Put the lid on the casserole dish and place in the oven for 30 minutes.

Turn the heat down (I do 200 degrees fan assisted) and remove the casserole dish lid.

Bake for 15 minutes.

Remove from oven and turn onto a wire rack to cool.