



House Sourdough

Based on the French Pain de Campagne. This loaf has become increasingly popular over the past ten years and is considered a “go to” for artisan bakers in the UK and their customers. An everyday bread.

Dough yield = 27

Drop weight = 700g

BT = 62°C

FDT = 26°C

Recipe

Ingredients	Levain (g)	%		Dough (g)	Second stage water	%		Overall Formula (g)	
T65 flour	800	80		7200		80		8000	
Organic wholewheat flour	200	20	100	1300		15	100	1500	10000
Dark rye flour (T170)				500		5		500	
Salt				200			2		200
Water	800		80	5800	1200		78		7800
Wheat levain starter	200		20				2		200
Mature wheat levain				2000			20		2000
TOTAL	2000				18200				

Method

Key stage	Comments
Levain mixing	Add the wheat levain starter to the flour and water and mix until the dough comes together. Cover and ferment for up to 12 hours at 14°C. <u>Mixing guideline</u> Mixer type = hand
Autolyse	Add the flours, mature wheat levain and first stage water. Then mix on slow speed until the dough looks as though it is slightly smooth. Remove the dough from the mixer and place into a dough tub and cover. Allow to Autolyse. <u>Mixing guideline</u> Autolyse mixing time = 3 - 4 minutes Autolyse mixing speed = slow Autolyse time = 20 minutes Holding temperature = 22°C
Dough mixing	Place all off the ingredients into a spiral mixer. Mix on slow speed, then fast until good gluten development has been achieved. Add the second stage water while on fast speed. Check FDT to ensure that the dough has reached optimum temperature. <u>Mixing guideline</u> Mixer type = Spiral mixer. Speed 1 = 6 minutes. Speed 2 = 2 minutes Speed 2 = 2-3 minutes (adding second stage water)
Bulk fermentation	Remove dough from the mixer and place into a lightly oiled dough container. Fold to neaten and cover. <u>Bulk ferment</u> 3-4 hours at 22°C.
Folding	Neatly stretch and fold the dough inside the container. Take care not to tear the dough. Folds: x4 @ 30 minute intervals

Dividing and shaping	Tip out the dough. Use a metal scraper to cut the dough into even portions, each weighing 700g. Apply even tension to shape the pieces into rounds and distribute onto wooden proving boards. Cover and rest for 20 - 30 minutes. <u>Shaping</u> Scaling weight = 700g Pre-shape = round Bench rest = 20 – 30 minutes
Final shaping	After resting, apply tension to shape the dough into a batard.
Final proof	Place the shaped dough into floured bannetons. Cover and refrigerate/retard overnight. <u>Final proof</u> Proving time = Overnight Proving temperature = 4°C.
Finishing	Tap the dough out onto an oven setter and evenly distribute. Finish with a central score. <u>Finishing</u> Score = x1 score, central.
Baking	Load into the oven and inject a full amount of steam. Ensure dampers are closed. Release the damper after 25 minutes. Remove loaves from the oven after 30 minutes (approx.) with a bakers' peel and place into cooling baskets. <u>Baking</u> Oven type = Deck Temperature = 240°C (top and bottom decks) Steam = full Baking time = 30 minutes Damper release = 20 minutes