



# Anna's Sourdough

Source: Adapted from Anna Shaner 31 May 2023

PDF: Annas-Sourdough.pdf

Prep: 23½ hrs Bake: 25 min Cool: 1 hour

Total: 24 hrs 55 min

Note: Thank you to our Granddaughter Anna Shaner for sharing this recipe and helping me in this endeavor. Bob and Robin Young, Boise, ID

## Ingredients:

100g fresh and bubbly Starter

500g Bread Flour

¾ t Salt

20g melted Unsalted Butter

## Directions:

Insure that your starter is highly active (bubbly and floats in water). You will need about 100g.

Autolyse. Fill a medium bowl with 275g water (room temp). Add the melted butter.

Dissolve in 100 g starter. Add 500g bread flour and ¾ t salt. Mix until all the flour is wet. Dough will be "shaggy". Cover and let stand for 1-2 hours.

Stretch and Folds: When autolyze is relaxed and starting to show signs of rising, get ready to stretch and fold. Wet hands. Then grab one side of the dough and gently stretch it and fold over the top. Spin the bowl and repeat gentle stretch and fold process until dough forms a tight ball (12-24 times). Cover and rest 1 hour.

Repeat the stretch and fold process once or twice more, before leaving your dough to double in size (4-10 hours depending on temp,)

Form Loaves. When dough is risen and bubbly, gently repeat S&F process to gather back into a ball (4-8 folds) and carefully remove from bowl onto lightly floured countertop. Rest 10-20 minutes.

Repeat fold process to form a loaf use the stickiness of the countertop to help you. Loaf exterior should be nicely rounded and covered in flour. Flip fold side down. Rest 10 minutes.

Put loaf into seasoned baking towels/baskets (use rice flour) – fold side up. Rest 1-3 hours (room temp) or 3-10 hours refrigerated before baking.



Bake. Preheat oven AND pots to 500° F (475 CV) Line with parchment paper. Gently flip dough in (heated pots – it is hot), score, cover and bake for 15 (11 CV) minutes. Reduce heat to 450° F (425 CV) and bake another 25 (19 CV) minutes. Internal temperature should be 205° F - 210° F. Then, remove bread from pans and allow to finish browning to desired doneness (usually abt 10 (7 CV) min. (Crispy on the outside and hollow sounding on the inside.)

Cool 1 hour. Enjoy!