



# CS Mixer Sourdough

Source: adapted from [www.pantrymama.com](http://www.pantrymama.com)

Thanks to: Joe Levich, Anna Shaner, FB Group Sourdough Starters-For Beginners of Bread & Sourdough and others

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Boise, ID 16 Feb 2023 Updated: 12 April 2023

PDF: CS-Mixer-Sourdough.pdf

Prep: 2 hrs Cook: 5mins Fermentation: 22hrs

Total: 24hrs 5 mins Yield: 1 Loaf, (Boule, from the French meaning ball or round)

## Ingredients:

2000g fresh Sourdough Starter fed and bubbly

375g (75% hydration) warm Water you can increase the warm water up to 380g if you'd like higher hydration

21g/<sup>3</sup>/<sub>4</sub>oz fresh Fleischmann's RapidRise Yeast (optional)

25g/0.9oz Olive Oil

## Ingredients - Hydration dough:

500g King Arthur Bread Flour – do not use AP flour

10g Salt

## Tools:

Parchment paper

10qt cast-iron Dutch Oven

Digital scale, you can purchase one for about \$10

## Directions – Pre-Mix:

Use the paddle attachment for this step: Add your sourdough starter, yeast, olive oil and water to the stand mixer bowl. *Gently* mix together for around 30 seconds or until the sourdough starter is dispersed through the water and the water is cloudy.

Now use the dough hook: Add your flour and salt to the sourdough starter and water in the stand mixer bowl. Knead for around 30 seconds *or* until it comes together in a shaggy dough.

## Fermentolyse:

Leave dough to rest in the bowl for around 10 minutes. You can leave it up to 30 minutes if you want to.

## Kneading:

Use the dough hook to knead the dough in *2-minute increments*. This should take around 4 - 6 minutes. Rest about 2 minutes between kneading. You'll know when the dough is done when you look into the bowl and see that there is a gap between the dough and the side of the bowl because the dough has formed a "ball". The dough will be elastic when you pull it up and have quite a bit of stretch.

## Stretch and Fold:

Place the dough on a lightly floured work space. Pick up part of the dough and let it stretch. Then fold it on top of the ball. Rotate 90° and stretch and fold again. Do this 4 times. Let rest 15 – 30 minutes, then repeat then process 3 more times. You should stretch and fold the ball for a total of 3 or 4 times, with a rest period between each sequence.

### Bulk Fermentation:

Place the dough in a 10qt Dutch Oven lined with the parchment paper. Cover with the lid. Now leave the dough to bulk ferment or you can Cold Ferment the dough. *Just try to handle the dough as little as possible, it will form to the shape of the Dutch Oven, and be gentle as you really want to preserve all the gases and air bubbles that have formed during your bulk ferment.*

### Cold Fermentation:

Your dough is in its "shaping container" cover and place in a cool area (18°C/64°F). It's totally essential to cover it. If you place it in the fridge, try to leave it for a minimum 5 hours up to a maximum of around 36 hours. The longer you leave it the better your bread will be! A longer cold ferment creates beautiful blisters on your crust and a deeper sourdough flavor. It will also ensure your dough forms a skin which makes it easier to score.

Once you're ready to bake your sourdough, you'll need to preheat your oven to 230°C/450°F. If using the fridge, leave your dough in the fridge until the very last minute - placing a cold dough into a hot oven will give you a great "spring".

Baking: When your oven is at temperature, take your sourdough out of the fridge. Gently score your bread with a lame, clean razor blade or knife. At minimum a large cross is sufficient, but you can get as artistic as you like. Try to score it fairly deep to ensure the dough opens up. Place into the hot oven. If you're worried about the base of your bread burning, place a baking sheet on shelf underneath your Dutch Oven - it works!



### Bake Time:

Bake your sourdough for 30 minutes with the lid on at 230°C/450°F plus 10 minutes with the lid off at 210°C/410°F. When you remove your bread from the oven, carefully remove it from the Dutch Oven, using the parchment as handles, as soon as possible and place on a wire rack to cool for 1 – 3 hours before slicing.

Alternate Baking: Lid on - 260°C/500°F for 12 minutes then 232°C/450°F for 20 minutes. Remove bread from DO and place on the bare rack until it turns to the brownness you like, 2-5 minutes.

Notes on Starter, oven temps, feeding, Levain and Bulk Fermentation -

The time you need to bulk ferment will depend on the temperature in your home. This recipe has 100g of starter so it will ferment at a good rate as it is slightly higher hydration. You can leave it overnight, but you need to have a cool home, so under 18°C/64°F.

Feeding – 1:1:1 ratio. 1 part starter, 1 part AP flour and 1 part warm water. Every other day I use 1:½:½:1 – 1 part starter, ½ part AP flour, ½ part rye flour and 1 part warm water

Levain – 1:2:2 ratio. 1 part starter, 2 parts AP flour, 2 parts warm water