



CS Sourdough Pan Bread

Source: adapted *tasteofartisan.com*

8 June 2023 Updated: 18 August 2023

Prep: 3 hrs 15 min Cook: 45 min Total: 4 hrs

Serves: 24, 1 slice Yield: 2 loaves

Bob and Robin Young *The Captain's Shack* Boise, ID

PDF: CS-Sourdough-Pan-Bread.pdf

Ingredients:

800 g Bread flour, King Arthur recommended

100 g King Arthur Whole Wheat Flour, optional, 12% of bread flour

476 g Water at 85F (29C) – 70% hydration (water + starter)

150 g Sourdough Starter Discard

10 g fine Celtic Sea Salt

7 g Instant Yeast

3 bulbs Roasted Garlic, optional

Directions:

Add water and sourdough discard to a large bowl and stir until the starter is dispersed. Add flour, then yeast on one side of the flour and salt on the other, making sure the two don't touch each other. Add the roasted garlic, if using. Mix by hand, squeezing the dough between your fingers, until a sticky homogeneous mass is formed. Cover the bowl with plastic wrap and let rest for 30 minutes.

After 30 minutes have passed, perform a stretch and fold, then another one after 20 minutes, and another one 20 minutes later. Let the dough continue its fermentation for an additional hour to 1.5 hours or until it just doubles in size. Don't let it increase in size more than that.

Gently turn the dough over onto a work surface and half with a serrated knife. Shape each piece into a log long, then place the logs seam side down into liberally 9" x 5" bread pans.



cut it in
about 9"
buttered

Cover each pan with a piece of paper towel (this will prevent sticking of the dough to the plastic wrap), then a plastic wrap. Let proof for about 1-2 hours or until the dough doubles in size.

Preheat the oven to 425F (220C). Fill another bread pan or similar with boiling water about halfway and carefully place it on the bottom of the preheated oven. Transfer bread pans into the oven and bake at 425F (220C) for 20 minutes.

After the 20 minutes is up, remove the water pan, decrease the temperature to 400F (205C) and bake for an additional 25 minutes (30 minutes if you want a more crunchy crust).

Next, remove the bread pans from the oven and place them on top of the stove. Using oven mitts, carefully remove the bread from the bread pans and place it on a cooling rack. Using an oven mitt to hold the bread, carefully slice and enjoy it while the bread is hot; or let it cool down completely before eating.

Once the bread had fully cooled down, wrap it in plastic and store it at room temperature. It will stay fresh for a few days.