

Grow your starter: Take 10g starter and refresh with 20g water and 20g strong bread flour, either white or wholemeal. Cover and leave at room temperature for 6 to 12 hours. Once there are more bubbles than you can count, refresh that 50g starter with 50g water and 50g strong bread flour => 150g starter. Cover and leave at room temperature 6 to 12 hours. When there are more bubbles than you can count, mix your dough.

Mix your dough

305g water
137g starter
245g strong white bread flour
245g wholemeal bread flour
8g salt

Put 305g room temperature water in a large bowl. Add 137g starter and mix thoroughly. Add 245g strong white flour, 245 strong wholemeal flour and 8g salt. Mix thoroughly. I prefer to use a spurtle, my wife a wooden spoon - experiment and find what mixing method works for you. Once evenly combined, knead the dough. Keep 10 to 20g starter for your next loaf.

If you need kneading tips, Google and its videos are your friend. You are better to knead the dough for just ten stretches each hour for first 4 hours than to do say 10 minutes kneading at the start. Between each kneading, cover with cling-film, shower cap or wet tea-towel and leave as long as overnight, possibly in the fridge. The longer you leave it self-digest, the less kneading you do.

When the dough has nearly doubled in size, it has completed its ferment or first prove. Remove it from the bowl and knead again. This is called 'knocking back' because the dough shrinks in volume as you knead it. Dust a tea-towel with flour & place in clean bowl. Place the kneaded dough on the tea-towel in the bowl and cover. After min 3 hours dust your finger-tip with flour and prod the dough. If the dough springs back, let it prove more. If the dough retains the hollow of your finger-tip it is relaxed enough to bake. I often prove overnight in the fridge.

Don't put the dough anywhere warm to speed things up.

Pre-heat oven to 210°C. Turn the dough out of the tea-towel and place the dough on a baking sheet, and bake until it sounds hollow when tapped on the bottom - anywhere from 25 to 50 minutes.

Acknowledgement: [Sourdough Made Simple](#) pp16-17, Mick Hartley