



creating sourdough at home

SIMPLYFYING THE SOURDOUGH PROCESS



BY COURTNEY MORETTI

ABOUT THIS BOOK

Thank you for purchasing my book! This is a big passion project where I hope to simplify the process and support you to make sourdough at home! Sourdough can teach us so many things, which I feel reflect into everyday life.

I have heard way too many times that sourdough is too hard to make or is too knead-y (pun intended). Yes, sourdough takes time and needs some love and attention. However, what I hope to show you is that you can make beautiful sourdough at home that fits into your life's schedule (not the other way around) and enjoy the process of creating sourdough at home.

My aim is to really breakdown the sourdough process and prove to you that you do not have to be a baker or be 'good' at cooking to create something beautiful! Yes, sourdough is a science like everything in life. However, you do not need to know the ins and outs of it all to bake great bread!

I am a visual learner and when I started creating sourdough, really wanted pictures/videos of each process! So, this book is exactly that! Pictures of each step and signs to look for so you can get to know your dough as this will be the most important factor when making sourdough!

I love sourdough not only because it's freaking delicious but also because I feel it has such a symbolic reflection on life which really landed for me. These are my bread thoughts:

- Slowing down the pace is helpful when life is busy.
- Rest is important.
- It takes time to create.
- The process is where we learn and grow.
- 'Failing' is essential and an important ingredient.
- How it looks does not matter - if it tastes good you have nailed it!
- There are so many different methods to make bread, and there is no right or wrong way. The best method is the one that fits in with your life and feels good for you.



ABOUT ME



Hey bakers!

My name is Courtney Moretti, I am a non-diet-dietitian but also a self-taught sourdough baker who fell in love with the process in 2020! Since graduating as a dietitian and working in the area of eating disorders and supporting folks improve their relationship with food, I found sourdough supported me in finding creativity in my life alongside this important work.

Food was never a happy place for me and the Hanngry Italian was actually born at a stage in my life where my relationship with food really suffered and I was trying to find a way to love food again. This time was incredibly difficult, long and painful however as cliché as this will sound, going through this time really shaped who I want to be as a human and how I want to show up in this world.

Firstly, let me tell you why I chose the 'Hanngry Italian' as my name. My background is Italian (on my dad's side) however this rich history was lost when my great-grandfather moved to Australia. I feel through cooking and baking is when I feel most connected to this part of our family history. As for the hangry, I think my family could vouch for me when I say that during this difficult time with food, I was a very hangry person to be around and was not at ease with food. So really, I suppose this name is a way of healing through these times for me. Now I feel at ease and connected through food, however still get hangry when I don't eat every few hours!

Growing up I always loved baking, however this mainly looked like cakes, biscuits or the humble cornflake cups. My mum is an amazing baker and creates beautiful cakes with such patience and care. I always love watching her create. However as much as I love to eat cake, creating cakes for me didn't land the way it did with my mum.

In 2020, I found sourdough. Like most passion projects, this was also born out of the pandemic. I needed another outlet for myself amongst dealing with lockdowns and finishing my final year of uni.

First was creating the starter and then trialling my first loaf. And let me tell you - it was utterly terrible. Rock hard. Inedible. But we persevered. Learning through each loaf. This was without a doubt my favourite part and still is. I love seeing how each loaf will turn out and going through the process of trial and error. Whether that be different methods, flours, hydration or temperatures.

My favourite part is still opening the lid for the steam release and seeing how it is turning out. I don't think this will ever change.

Fast forward to 2022, my love for baking sourdough grew immensely and I wanted to share this with others. This turned into me starting my little side project making sourdough on my days off my job as a dietitian. This was such a privilege being able to bake and share my sourdough with others. 2023 saw the arrival of my first bread oven, the stunning B40 Rofco! This was extremely exciting because it allowed me to increase my baking capacity from 2-12 loaves at a time! I spent this year again baking from our tiny apartment kitchen but I loved these 2 days of my week. At the end of 2023 into 2024, my venture shifted and my partner (Michael) and I, with Sia, set out to travel around Australia. I was still able to bake beautiful sourdough on the road in our weber BBQ (after much trial and burnt bottoms haha). Not only did we have fresh bread on the road but it allowed me to have some familiarity when each day is different! This trip also led to our next chapter where we changed our pace after travelling and moved to Tasmania!

Tassie has always been a favourite place for both me and my partner and on our travels, we came across a gorgeous cottage, including a shed perfect for a bread space. We feel incredibly grateful and privileged to land in a space where we feel safe and grounded. So, watch this space! The bread shed will soon be coming to life and I am so excited! My vision is to not only continue baking for you but also connect with others who want to learn and make bread great again!

Thank you for being here and allowing me to share my passion with you. I hope you can connect back to your love of food through creating and having fun in the kitchen and enjoying what you have created!

Courtney xx

My passion is demonstrating that perfection is not real. Every loaf made is unique and beautiful, offering new lessons. Learning happens through curiosity and compassion.

- Courtney, Founder of the Hanngrgy Italian

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INTRO INTO SOURDOUGH



Sourdough has been around for a really long time and is one of the oldest forms of fermentation. Sourdough is 'naturally leavened' bread, meaning it does not require any added yeast (e.g. sachet yeast) for it to rise. *Which continues to blow my mind daily.* Sourdough uses a 'starter' which is a mix of flour + water that has been fermented to make good bacteria and wild yeast. This is what causes sourdough to rise and ferment slowly!

What I love the most about sourdough is that you never stop learning your dough and no bake is ever the same. Sourdough is influenced by so many different variables such as time, temperature, flour and your starter which will change daily. For me sourdough teaches us many things which also translate into our everyday lives and so it never reaches a final destination or a 'perfect' loaf. I love that it tests perfectionism and uniformity but teaches us to enjoy and celebrate the imperfect process of making sourdough.

INTRO INTO SOURDOUGH

How do you make sourdough??

Sourdough only requires 4 main ingredients:

1. **Starter**
2. **Bakers Flour**
3. **Water** (tap water is totally fine)
4. **Salt** (any kind but preferably use a good quality sea salt if you can)
5. and time!

Sourdough can seem complex from the outside. There can be a lot of touch points throughout the day and fancy techniques thrown in there BUT I want to show you that you too can create delicious and fresh bread for your home no matter how much experience you have with baking or cooking.

Have you ever felt intimidated by sourdough and the thought of trying to make this at home has felt almost impossible? BUT you really want this to be a reality. What I want to offer you is that, there is no such thing as a perfect loaf. Baking like many things in life is subjective and what someone enjoys may not be what you enjoy and vice versa. And something I see online so often (and generally in life) is that our dough has to look or feel a certain way for it to be deemed 'perfect'. (Gosh - I can't help but notice how symbolic this is to life - right?!). BUT it doesn't exist and if we can start to take that pressure off ourselves for it to be perfect - maybe we can start exploring and be curious! This is actually where we do our best learning in life. Take that pressure off and enjoy this process. No matter what each loaf turns out like - we continue to learn and eat delicious bread!

ALL ABOUT FLOUR

Flour is an essential to making bread - of course! But what flour do you need to use and why?

Sourdough requires “Bakers Flour” which is a flour higher in protein compared to other flours (such as plain flour). This is important because the protein in the flour is what helps create dough “strength” and “structure”. Put simply, allows the bread to develop beautiful insides and hold its shape.

The protein in flour is gluten, which consist of 2 different types. For those science people out there, they are called glutenin and gliadin (these are called the strands of gluten protein). And when we mix flour and water together these gluten strands arrange themselves in a way that when we knead or “stretch” (more on this later) it creates that beautiful lacey look inside our sourdough.

Now just for your understanding - let’s break down the protein content in different types of flours:

Pastry and cake flour - 6-8%

Plain flour (all purpose) - 10%

Bread flour - 11-13%

To explain this as simply as possible - if pastry or cakes were made with bread flour, they would be quite dense and chewy due to the higher gluten content. And you know when you’re making scones and the recipe tells you not to work the dough too much - gluten is why!! But in bread it is different - we want gluten and we want to organise it in a way which creates a stunning network of strands in our dough which is also known as the ‘crumb’.

Now I will add just for reference - “00” or “0” flours refer to the milling of the flour (how fine the flour is ground down) not the protein content.

ALL ABOUT FLOUR

So now we have learnt a little about basic white bakers flour, what if we want to make different sourdough e.g. rye, spelt, wholemeal etc.

Which I love adding different grain flours into my dough all the time and experimenting with different ratios!

Different grains impact the outcome of sourdough in different ways. For example, different flours will 'absorb' water differently. This may sound like a strange concept (which it is), so let's dig in a little more without over complicating it.

So, you make 2 loaves, one of them made with 100% white bakers flour and the other with 100% wholewheat flour (any grain flour e.g. wholemeal, rye, spelt etc), whilst also using the same amount of hydration in each. What you would notice is the wholewheat dough feels and looks a lot 'drier' than the white dough which would feel and look more hydrated.

Why is this?

Well essentially, the 'grain' in wholewheat flour is not processed (milled) as much as white flour, meaning you have more parts of the grain left in your flour. These parts absorb and hold onto more water compared to white flour therefore when using wholewheat or other types of wholegrain flours (rye, spelt, emmer) it can require more hydration to create the same consistency as a white flour dough.

To really simplify it, when using wholegrain flours in your dough, the more water (or hydration) it will need.

Another thing to mention is that when making wholegrain sourdough, if you are using 100% wholewheat flour it will likely turn out quite dense, therefore I recommend using a ratio of white flour to wholegrain flours. You will still get all the delicious taste and benefits of wholegrain sourdough without the density. (Although if that is something you want and like - go for it!) It is also something great to experiment with and see how different ratios of wholegrain to white turn out!

TOOLS YOU *KNEAD*

I have listed tools in order of necessity (In my own opinion) when making sourdough. Because you can really start to go down a rabbit hole and think you need everything to bake the *perfect* loaf BUT in reality you don't.

Digital scale

Using a digital scale is really helpful and a must *IMO* when making bread so you can get exact measurements of your ingredients. Any scale you have/buy is perfect!

Bannetons

Bannetons are proofing baskets that help the dough maintain their shape in the last steps of the sourdough process. You can usually find them online easy or in cooking shops. You can buy cane (usually cheaper) or wood pulp bannetons (more expensive) however whatever is within your budget is best! I also recycle old ricotta cheese baskets as bannetons (I use a tea towel between the plastic and bread).

Dutch Oven

Having a Dutch oven is the way to cooking good bread however you do not need to spend a lot of \$\$\$ to get the same effect. A Dutch oven allows you to steam the bread which helps you to get a good rise and forms a nice crust on the outside. When I started, I purchased a Dutch oven from Kmart for \$30 and I still use it to this day.

Bread lame/blade

Scoring bread is much easier (and prettier) with a razor. Buying a lame a great idea so you don't; 1. cut yourself and 2. can help create certain scores in your sourdough.

Dough scraper

A helpful tool to move dough around and clean surfaces where dough has been worked.

Dough whisk

A dough whisk is a specially shaped tool which helps to mix your dough together. I found having this was helpful when mixing dough by hand - again you can still make sourdough without this. You can also just use a fork!

ALL ABOUT YOUR STARTER

Starter is simple really. Flour + water + time and you have a wild yeast that can provide you bread for years to come! You can make your own OR you can buy it online. Also, if you know someone who makes sourdough, I am sure they will be more than excited to gift you some starter! I haven't met anyone who isn't happy to share when someone wants to delve into the world of sourdough!

Our starter is 'alive' (think little healthy bacteria that want to grow) and needs food (flour) to keep fermenting. Therefore, we need to feed our starter often to keep it alive and healthy.

If we don't re-fresh our starter often by discarding and re-feeding, it isn't going to be 'healthy' or have the ability to ferment our sourdough.

How often do I have to feed my starter?

If you keep your starter at room temp it will likely need to be fed twice a day - morning and night!

When we talk about 'feeding' a starter, what we mean is giving it flour and water so the healthy bugs can eat away which results in fermentation. This will look like your starter growing to double in size and have visible 'holes' which are air pockets. A starter will have a 'peak' which is where all the food (flour/water) has been eaten and it will have a domed top. When our starter is 'healthy' and super active this can take between 4-8 hours to peak (depending on the room temp also). After this peak, the bugs won't have anything to feed on and the starter will start to have a deflated appearance. This is when we will want to re-fresh our starter.

Every time I feed my starter, I think about 'discarding' (more on this below) most of what has been eaten already so I can feed my sourdough bugs some more flour to keep eating away at! If you do this often your sourdough starter will be so happy!

ALL ABOUT YOUR STARTER

I don't have time to feed my starter twice a day, what do I do?

Yep, me either. Life is busy and if I am not making a loaf every day I don't always have time or just can't be bothered to feed my starter. This is why the fridge is going to be your best friend. If I am not planning to make sourdough in the next day, I simply feed my starter and place into the fridge. The cold environment slows down the rate at which your starter ferments (grows), therefore you don't need to feed it as often - win!

Don't worry - you don't need to remember this! I go into detail on how to feed your starter and keep it happy in a few pages!

Fun fact about your starter!

How is fermented food (starter) safe to consume if it doesn't need to be refrigerated?

The sourdough starter reaches a certain acidic pH level (4.2 to be exact) through fermentation which kills any 'bad' bacteria which may harm us. This wild yeast in the starter becomes acidic (sour flavour) which gives sourdough its name and delicious flavour!

SOURDOUGH DISCARD

Discard is leftover starter that may be inactive (all the flour has been eaten). When feeding your starter, you will have to throw out some of your starter to re-feed (this is where the name 'discard' comes from). You can just throw this out (compost or general waste) however you can also make so many different goods from this. Think cookies, crumpets, pancakes, wraps - recipes will be provided later in this book!

How to keep your discard:

Place into a separate container or jar and keep in the fridge for up to 3-4 weeks. If you notice a black layer on top this is ok! It is just the by-product of fermentation when there isn't any food to feed on. You can remove this layer and use what is underneath within that 4 week window.

PROCESS OF MAKING STARTER

What you need →

- Clean glass jar
- Spatula
- Wholemeal flour
- Water
- Scales
- Make sure your starter is in a warm spot in the house to allow fermentation

Day 1

Also see my video [here](#) on making a starter!

1. 100g wholemeal flour
2. 100g water (luke warm)
3. Mix together well and leave for 24 hours
4. You can draw a line or add a rubber band around your jar to see your starters progress!

Day 2

Your starter won't have risen in the last 24 hours and that is ok - it is doing its thing!

1. Discard (throw away) 50% of the starter in the jar
2. Add 50g wholemeal flour
3. Add 50g water (luke warm)
4. Mix together well and leave for another 24 hours

Day 3

You might start to see some signs of fermentation at this point!

- Starter has increased in size from the band
- Notice small air pockets (holes)
- A change in smell e.g. slight vinegar or ripened fruit smell

****NOTE****

Throw your discard in the bin or compost during this process as it is not ready to be used!

PROCESS OF MAKING STARTER



Day 3

Now we will start to feed our starter twice a day! Once in the morning and at night.

1. MORNING: discard 50% of the starter in the jar
2. Add 50g wholemeal flour
3. Add 50g water (luke warm)
4. Mix together well and leave for ~12 hours
5. Repeat the same process at night



Day 4

Hopefully you should be noticing some signs of fermentation (if not don't stress - a few more feeds should do the trick!)

1. MORNING: discard 90% of the starter in the jar
2. Add 30g wholemeal flour
3. Add 30g water (luke warm)
4. Mix together well and leave for ~12 hours
5. Repeat the same process at night



Day 5

1. MORNING: discard 90% of the starter in the jar
2. Add 30g wholemeal flour
3. Add 30g water (luke warm)
4. Mix together well and leave for ~12 hours
5. Repeat the same process at night

PROCESS OF MAKING STARTER

Day 6

Your stater should be starting to take shape and fermenting well (doubling in size after each feed). Now your starter is getting 'stronger' - meaning those little bugs in your starter are growing and eating away at the flour quicker. I recommend to keep feeding it as we have for 2-3 more days to ensure our starter is healthy and ready to make sourdough!

1. MORNING: discard 90% of the starter in the jar
2. Add 30g wholemeal flour
3. Add 30g water (luke warm)
4. Mix together well and leave for ~12 hours
5. Repeat the same process at night



Keep following a 1:3:3 ratio for feeding both morning and night (This is 10g starter, 30g flour and 30ml water)

Day 7

1. MORNING: discard 90% of the starter in the jar
2. Add 30g wholemeal flour
3. Add 30g water (luke warm)
4. Mix together well and leave for ~12 hours
5. Repeat the same process at night

Day 8

1. MORNING: discard 90% of the starter in the jar
2. Add 30g wholemeal flour
3. Add 30g water (luke warm)
4. Mix together well and leave for ~12 hours
5. Repeat the same process at night

Now hopefully your starter is ready to go!
See the next page to feed your starter to make a loaf or maintain it!

MAINTAINING YOUR STARTER

Maintenance feed → for when you won't make a loaf for a few days but need to feed/re-fresh your starter

1. Always start by discarding 90% of your starter.
2. Add 30g flour of your choice (e.g. wholemeal, rye, spelt, white)
3. Add 30ml water
4. Mix until combined
5. Place into the fridge for up to 1 week OR keep at room temp*

NOTE you can leave your starter in the fridge longer than a week - it won't kill it. (I personally, have left mine for 4 weeks without feeding). Just ensure you throw away majority of the starter before feeding it again.

**If you are keeping it a room temp, you will need to re-feed it once it has doubled in size. Which is usually within 4-8 hours.

Feeding to make a loaf → for when you are ready to make 1 or multiple loaves

1. In your sourdough jar, add 10g starter.
2. Add 50g flour of your choice (e.g. wholemeal, rye, spelt, white)
3. Add 50ml water
4. Mix until combined
5. Leave at room temp until it has doubled in size. Usually around 4-8 hours. I normally, feed mine the night before I want to make a loaf and it is ready to go the next morning!
6. This will make 100g of starter which will make 1x sourdough loaf

When wanting to make more than 1 loaf at a time - first you need a bigger jar!!
But for each loaf double the 'recipe' above.

E.G:

- 2x loaves = 20g starter + 100g flour + 100ml water
- 4x loaves = 40g starter + 400g flour + 400ml water
- 6x loaves = 60g starter + 600g flour + 600ml water
- etc...

This follows a 1:5:5 ratio for those math wizzes out there (not me)!

SOURDOUGH PROCESS

I want this to feel like I am basically with you, walking you through the steps together. So, get your coffee/tea and let's get started!

Everything dough related is weighed out, so it is important you get yourself some scales! I also recommend you read all the steps before starting (just so you have an idea), although in saying this I am the biggest hypocrite of this and start cooking something without reading the recipe - so you do you!

STEP 1: FEED STARTER

The day before in the PM feed your starter - I try to do this as late as possible before I go to bed (e.g. 9pm) - *see the notes on 'feeding to make a loaf'*.

STEP 2: AUTOLYSE - Not needed if you don't have time, so please don't worry if you skip this step. I often do if, a) I can't be bothered or b) I simply don't have time and I still get amazing bread results!

Autolyse sounds like a very fancy word for a very simple process. You just want to mix your flour and water together until it is combined and there are no lumpy flour bits in there. And now leave it! Now this will "autolyse", meaning the gluten will start to do its thing and result in smooth dough without having to knead your bread. This fabulous step just requires time.

I try to leave mine for a minimum of 30 minutes however anytime is better than no time too! You can also leave it for up to 2-3 hours at room temp to really get the big benefits but again this is seriously not necessary for great bread!

TO DO:

- Add 325ml warm water to your bowl.
- Add 500g strong bakers flour to your mixing bowl.
- Using a dough whisk or simply a fork mix together until combined. If there are still some dry bits of flour, wet your hands with some cold water and squish the dough together until it is all combined.
- Leave for 30 min - 1 hour (or more if you have time).

****HINT**** When handling your dough, wetting your hands with cold water before can help to prevent dough from sticking too much.

***Note** this is a 65% hydration loaf - great level of hydration for starting your sourdough journey however later in this book we will also discuss changing hydration levels*

SOURDOUGH PROCESS

STEP 3: ADD IN THE STARTER - THIS IS WHERE FERMENTATION STARTS!

Okay this step is definitely required because we need a starter to actually make sourdough.

Now your starter is ready, we simply add our amount to our dough mixture (from step 1) and start to complete a series of stretch and folds to incorporate the starter throughout the dough. Again, wet your hands before handling your dough to make it easier and so half the dough doesn't end up sticking to you!

**If you skipped step 2 > simply add your flour, water and starter together in a mixing bowl and combine using a dough whisk or fork. Continue with the following steps.

TO DO:

- Add 100g starter to your dough.
- Wet your hands and incorporate the starter into your dough using a technique called the 'stretch and fold'. As the name suggests, we stretch the dough and fold it over itself (see video on folding techniques [here](#)). I feel like this is a bang for your buck step because not only are we adding in our starter, but we are also helping to build strength in the dough by performing folds. (this will be explained more in our next step!).
- Let it rest for 5-10 mins to allow the gluten to relax.
- Mix again using a stretch and fold ensuring the starter is mixed well into your dough.
- Now let your dough rest for 30 mins and cover with a damp tea towel to prevent it from forming a dry crust on the top.

STEP 4: ADDING SALT

Salt is ESSENTIAL when making bread. It actually helps gluten develop but also makes our bread taste good! (trust me - I have forgotten to add salt and it's no good haha).

TO DO:

- Add 10g salt to your dough.
- To incorporate the salt into the dough. Start mixing by pressing the salt into the dough and then performing a series of stretch and folds again to fully incorporate the salt into your dough.
- Cover with a damp tea towel and rest for 30 mins.

*Note - you do not have to be exact in your timing and it is a guide - so if you cannot get to your dough for another hour - don't stress.

SOURDOUGH PROCESS

STEP 5 - 7: COIL FOLDS - building dough strength!

In these steps we want to continue to build some strength in our dough. What does this mean? If we left our dough and didn't give it some "support" it may not hold its shape later on or spring up nicely in the oven. In lower hydration doughs it can be a bit more forgiving if we don't do this step however, once we start to increase the hydration (water content) it becomes more important when it comes to shaping.

See video [here](#) on how to coil fold!

TO DO:

- Again, wetting your hands makes it easier to handle the dough.
- Using your hands, gently grab one side of the dough and lift it up, stretching it slightly. Fold the stretched side of the dough over onto itself, then repeat with the other side. Rotate the dough 90 degrees and repeat the folding process.
- Let the dough rest for 30-45 mins under a damp tea towel before completing the coil folds again for a second time.
- Repeat again - in total you will have completed 3 coil folds 30-45 mins apart.

STEP 8: BULK RISE - Let fermentation do its thing!

After giving the dough some strength and structure through the coil folds, we now want to let it rest until it has doubled in size. During this time, the yeast and bacteria in your sourdough starter work their magic, fermenting the sugars in the flour and creating those delicious flavours and textures that we all love in sourdough bread.

Temperature has a big role to play in how quickly the dough will ferment and rise, so if you are in a cold climate this may take longer than if you are in a warmer climate. Therefore, I don't want to give you specific times on how long this **should** take but instead I want you to look at the signs in your dough to know if it is ready for the next step.

- Has the dough risen roughly double its size?
- Do you notice it has a puffy, airy appearance?
- Does it have a slightly domed top?

It can take some time to get to know your dough - so don't stress if you're not sure. The more you handle dough and bake, you will start to build your dough library knowledge!

TO DO:

- Leave the dough covered with a damp tea towel to rise. The time will change each time you make sourdough due to temperature and other factors like your starter so it's best to look for signs to know when your dough is ready for the next step!

SOURDOUGH PROCESS

STEP 9: PRE-SHAPING AND BENCH REST

I do want to note that pre-shaping and bench resting is not an essential step in sourdough making and I sometimes skip this step and go straight into shaping if I am short on time or again cannot be bothered.

Pre-shaping is exactly what it sounds like - shaping your dough before the final shaping and putting your dough to rest in its banneton bed. This step helps to create tension in the dough, which helps for a good rise and a beautiful crust.

To pre-shape your dough, remove the dough from the mixing bowl and put down on a clean bench with the smooth part of the dough facing up. Now we want to create tension in the dough. By using both hands, gently cup the dough and rotate it in a circular motion, tucking the edges underneath to create tension on the surface. Repeat by gently pulling the dough towards you while rotating it. This will shape into a circle, also known as a 'boule' shape.

After pre-shaping your dough, it's time for the bench rest. This rest period allows the dough to relax and become more extensible (stretchy), making it easier to shape in the final step.

TO DO:

- Pre-shape your dough.
- Cover your dough with a damp tea towel and let it rest on the bench for about 15-30 minutes

STEP 10: FINAL SHAPING

There are many ways to shape sourdough bread but the main goal is to create tension so it gets a nice oven spring when baking!

Depending on what shape banneton you have (round or rectangle) will determine how you will shape your bread. See page 29 for more on how to shape your dough.

TO DO:

- Shape your bread into either a round or rectangle, depending on what banneton you have.
- Leave for 5-10 min.

SOURDOUGH PROCESS

STEP 11: IN-BANNETON STITCHING

In- banneton stitching is how it sounds - stitching the dough together whilst it is in the banneton.

This is a step which I find helpful in creating good tension in the dough after shaping. Once your dough is in the banneton, leave it for 5-10 mins to allow the gluten to relax after shaping.

Essentially, what you want to do is gently take the 2 sides of the dough and stitch it together all the way from the top to the bottom of the dough ([see video here](#)).

STEP 12: FINAL REST

This is the final rest for your dough to help develop that beautiful sourdough taste and tang! I like to cold proof my dough in the fridge overnight but you can also bake after letting it rest again the same day.

Cold Proofing: Basically, is letting your dough rest in the fridge overnight to help develop those tangy sourdough flavours even more! By putting your loaf in the fridge this slows down the fermentation significantly therefore not needing to worry if it will overproof (unless you keep it in there for days lol). This also helps the dough hold its shape for scoring the bread.

TO DO:

- Put your dough baby to rest in the fridge overnight or for 12-24 hours.

Same day proofing: If you want to bake your sourdough the same day, you will need to let it rest at room temp in the banneton until it has risen at least 50% and has a slightly domed top.

TO DO:

- Let your dough baby rest at room temp covered with a damp tea towel again until it has risen ~50%.

SOURDOUGH PROCESS

STEP 13: SCORING and BAKING

Final step before you can enjoy this delicious, beautiful loaf YOU made!!! Here is a [video](#) to show you the steps.

TO DO:

- Preheat your oven with your Dutch oven inside at 250 degrees for 30 minutes.
- Transfer your dough out of its banneton onto a sheet of baking paper (*TIP: flour the bottom of the dough before transferring onto the paper as this will help stop it from sticking to your dough when cooking)
- Using your bread lame/blade cut ~1cm deep into your dough down the middle. If you want a stunning ear on your dough, cut at a 45-degree angle.
- Now put your dough inside the dutch oven.
- To create some steam (to help rise and create a nice crunchy crust) either simply spray your dough 2-3 times with water (with a spray bottle) OR add 2-3 pieces of ice in your dutch oven. Now place the lid back on and put back into the oven for 20 minutes at 250 degrees.
- After 20 minutes take the lid off your dutch oven (releasing the steam) and continue to cook in the oven for 15-25 minutes at 220 degrees.
- If you prefer you can take your sourdough out of the oven earlier if you prefer a light golden crust OR leave it longer if you like it on the darker side and crunchier.

WELL DONE! You made your own sourdough loaf!

Doesn't matter how it looks - lets taste!

You want to let your dough rest on the bench or preferably a wire rack for at least 30 minutes after taking it out of the oven (if you can lol). Reason being is that the dough does continue to cook internally after taking it out. You can cut into it after taking it out of the oven however inside may feel a little 'gummy' still. But I understand - it is a long 30 minutes, so do what you wish!

(I certainly have cut into it straight away and it is still fine).

Maybe something to experiment with and see what the difference is, if you leave it for 30 minutes, 60 minutes or cut into it straight away

Now slather in butter, olive oil or whatever you want and enjoy!

CHANGING HYDRATION IN SOURDOUGH

Hydration in sourdough (or any bread for that matter) means how much water (or liquid) is in the dough compared to flour. Think of it like a ratio, which will give us a percentage of how 'hydrated' the dough is.

NOW technically you are also 'meant' to factor in your starter to the hydration of your sourdough BUT I have not been doing this for the 4 years I have been making sourdough and it still turns out fabulous. Now the reason I don't is because I feel it doesn't add a lot of water into the ratio and honestly, I forget to 'add' the 50ml extra every time. So for the sake of consistency with my method, this does NOT include your starter into the hydration factor. However, I will add a note at the bottom how to do this if it is something you want to trial and explore.

Let's walk through an example of how to calculate hydration:

- We are going to use 500g flour for a loaf.
- We want to add 350ml water
- Now to create the total hydration percentage:
- $350\text{ml}/500\text{g} = 0.7 = 70\%$ hydration

If you want to factor in your starter you will need to add the 50ml of water you used to create your starter (50g flour/50ml water) and add this to your total water content and divide by the amount of flour.

Continue the above example with starter hydration added:

- We take the 50ml water (from the starter) + 350ml (we will put into the dough)
= 400ml water total
- $400\text{ml}/500\text{g} = 0.8 = 80\%$ hydration

The other thing is that you never have to be EXACT - let's be real unless you are a professional baker it really doesn't matter if you use less/more but it is more about understanding what can influence your dough and knowing how you might like your sourdough best.

OK - that's enough maths! But hopefully that explains HOW we get the hydration and what that means BUT what does hydration affect? and what is the difference between a lower (~55-70%) hydration and a higher hydration (80-90%) sourdough?

Cont. next page >

CHANGING HYDRATION IN SOURDOUGH

What does the water actually do?

Without going into too much science, water is necessary for fermentation (which is what helps our starter and dough to rise) but also 'hydrates' the carbohydrates and protein in flour which determines the consistency of the dough and structure.

Lower hydration dough (~55-70%):

This will tend to be easier to work with as it's not as 'sticky' compared to higher hydrated doughs. They also are a 'stiffer' consistency which can result in a tighter crumb (holes). I find utilising lower hydration doughs can be really helpful when first starting sourdough as they can be a bit more forgiving when learning how to fold and shape our dough.

High hydration dough (80-100%):

More water content can create a more creamier consistency in our dough and result in a lighter chewy sourdough.

They can be challenging to work with because it doesn't hold its shape as quickly compared to lower hydration dough HOWEVER utilising folds can really help build that dough strength to hold its shape.

How to change hydration in your dough

So, if you have been making some loaves with lower hydration and you want to test a higher hydration dough - you can adjust the hydration levels within the recipe yourself!

For example: You want to trial a 85% hydration loaf

If we are using 500g flour we times 500 by 0.85 (85%) = 425

Therefore, when calculating how much water to add we need to also remember the water content from our starter.

So, a total of 425ml minus 50ml from our starter = 375ml of water added into our dough.

Now, you can use this 'equation' to change the hydration of any loaf you make!

Now, if this is something you don't want to muck around with then that is totally okay! A great rule of thumb with hydration that I use when making dough:

<350ml water = lower hydration (<70%)

>350ml water = higher hydration (>70%)

WHAT IMPACTS FERMENTATION?

TEMPERATURE AND HUMIDITY

Think of temperature as a spectrum:

The colder your environment is (therefore your dough is colder) the longer it will take to rise and vice versa > the warmer your environment is the quicker it will take to rise and ferment!

So don't be alarmed if it is taking longer or quicker to rise. Your dough will be different each time you make it so just remember to check on it more often if it is hot and humid.

This is also the same for your starter!

STARTER READINESS

If our starter is inactive (not rising) or has not been fed prior to making our dough, this can impact the time it takes our dough to reach fermentation OR it might impact the ability to ferment our dough resulting in under proofed bread. Therefore, for the best chance at helping our dough ferment and rise well we want our starter to be strong! This means feeding it regularly (even if we are keeping it in the fridge - feeding once a week) and ideally feeding it 1-2 times prior to making a loaf. We know our starter is 'strong' if it doubles in size roughly 4-8 hours after feeding (depending on temp).

However, if you don't have time or forget to feed it sometimes, it is ok! Just know, this is something that can impact the overall outcome of your sourdough. The more we make sourdough we can also experiment with your starter and see how it impacts our dough!

TIME

Again temperature, humidity and your sourdough starter will impact the amount of time it takes to reach fermentation of your sourdough. If our dough's fermentation time is cut short this can result in under-proofed dough OR if our dough ferments for too long this can result in over-proofed dough.

More on this on the next page >>

UNDER VS. OVER PROOFED DOUGH

I like to think of dough proofing as a spectrum. That there are varying degrees of over and under-proofing. None of them are 'bad' - they just have different textures, tastes and looks. Again, as we continue to make sourdough we will add to our knowledge library and get to know our dough more throughout the process. But you can definitely still eat and enjoy under or over-proofed bread!



Under-proofed sourdough basically is when our dough hasn't had enough time to ferment fully which could have been impacted by temp, humidity or our starter.

When it is baked it may look like:

- Little to no rise
- Dense/hard
- Gummy to touch on the inside
- Have large and small holes dispersed throughout the dough

'Nicely'-proofed sourdough (*and I say this because there is no 'perfect' loaf*) has had the 'right' amount of time to ferment and when it is baked may look like:

- Retain its shape with a good rise that is even
- More likely to develop an 'ear' when scored
- Consistent structure inside and have open even air bubbles
- Feels soft and fluffy

Over-proofed sourdough is when the dough has had 'too' much time to ferment and starts to deflate. When it is baked it may look like:

- Deflated rise and looks 'flat'
- May not hold its shape
- Lots of really small 'tight' holes when cut open

FOLDING TECHNIQUES

There are many different techniques you can use when making sourdough! The main goal of folding is to help build dough strength (help dough hold its shape) and elasticity (ability to stretch) which are both important when wanting to create beautiful bread!

Stretch and Fold:

Gently lift one side of the dough and lift it up, stretching it without tearing. Fold the elongated portion over the dough towards the centre or the other side. Rotate the bowl by 45 degrees and repeat the stretching and folding process with another part of the dough. Continue this sequence until all sides are folded.



Coil Fold:

Lift the dough from the centre and bring it towards you, allowing it to coil underneath itself. Rotate the bowl by 180 degrees and repeat the coiling action on the opposite side to create a layered coil effect. Turn the bowl by 90 degrees and repeat the coil fold by lifting and folding the dough in the same manner.



Watch a video [here](#) on folding techniques

ADDITIONS TO SOURDOUGH

Adding things to our sourdough is so fun and tasty! There are many different ways to do this - however I have found a strategy which incorporates well throughout the dough so every mouthful is full of flavour!

You don't need a recipe to add fun things into your dough! For example, I love adding cheese or cold meats into my doughs (a great combo) OR adding seeds/nuts add a nice texture. Be as creative as you like. But just remember if you are adding any liquid (e.g. milk, oil) this will contribute to your hydration levels!

When adding things into your dough, I always put them into my dough when starting my first coil fold because by the time I have completed the 3rd or 4th, whatever I have added is evenly distributed throughout my dough. This method doesn't take any extra steps or different techniques which is a win win!

I have a video [here](#) on how to incorporate additions to your dough!



SHAPING SOURDOUGH

How to shape a Batard (rectangle): See video [here](#)
Works best for **high hydration** loaves as it creates a lot of tension!



SHAPING SOURDOUGH

How to shape a Boule (circle): See video [here](#).



SCORING SOURDOUGH

Scoring your dough requires 2 things. A sharp razor and bread lame (to hold said razor!) If there is one thing you need to take from this book it is to buy a lame first. The number of times I have tried to score my sourdough with just a razor blade has only ended in cut fingers!

Scoring is the fun part! There are so many different patterns you can make but also is a way for your dough to rise nicely.

HOW to score an ear - without a doubt the most well known score that everyone wants to do!

(see my video [here](#))

1. Using your lame score at a 45 degree angle with your razor 1-2cm deep into your dough.

SCORING a pattern

1. Using your lame, you want to use the tip of the blade to cut the dough. This cut is more like a 'slice'. You only want to cut enough to slice through the outside of your dough. There is no right or wrong to patterns, go with what feels fun for you! If you need inspo - google 'sourdough scoring patterns' and you will have enough inspo to try on every sourdough you bake!



SOURDOUGH METHODS THAT FIT INTO YOUR WORK WEEK

I will say it again - sourdough does not have to run your life! And it definitely can fit into your schedule. I will note however, if you are planning to do a higher hydration sourdough, this may need more touch points throughout the day, so when needing to abandon your dough throughout the day or opting for these below methods, a lower hydration loaf can be a lot more forgiving!

There are 2 different methods which I have and continue to use so sourdough fits within my life. These are; the '9-5' dough and the 'overnight' dough. Now, again I am not a professional baker HOWEVER I have had many delicious and amazing loaves using these methods.

Now these methods work well in the colder months as we are leaving them to ferment for a 'longer' time therefore we don't want it to ferment too quickly. However, it is not to say they don't work in the warmer months but just be mindful of the temperature and finding a cooler spot in the house to leave it for the day/night.

Your dough won't be 'perfect' (there is no such thing anyway), but because we have less touch points throughout the day and also a lower hydration this *MAY* lead to your dough being on the 'over-proofing' scale and have a tighter crumb. However, from experience I think this bread still absolutely tastes delicious and works seriously well. Again, proving that sourdough bread can be made whilst life happens.



9-5 SOURDOUGH METHOD

This method is for those 9-5 work days but you want some bread for either dinner or breaky the next day!

Now the time guidelines are just that, a guideline. So please don't stress if your day doesn't look like this. I just want to show you that it CAN work within your work day, so please adjust to what works best for you!

PM: FEED STARTER

The night before feed your starter - I try to do this as late as possible before I go to bed (e.g. 9pm).

TO DO: (For 1 loaf)

- Leave 10g starter in your jar.
- Add 50g flour and 50ml water and mix until combined.
- Leave overnight and it will be ready to go in the morning!

7-730AM: AUTOLYSE - Not needed if you don't have time, so please don't worry if you skip this step. However, if you can do this for longer than 30 mins - go for it!

TO DO:

- Add 300ml warm water to your bowl.
- Add 500g strong bakers flour to your mixing bowl.
- Using a dough whisk or simply a fork mix together until combined. If there are still some dry bits of flour, wet your hands with some cold water and squish the dough together until it is all combined.
- Leave for 30 min (or more if you have time).

****HINT**** When handling your dough, wetting your hands with cold water before can help to prevent dough from sticking too much.

Note this is a 60% hydration loaf

730AM: ADD STARTER

TO DO:

- Add 100g of your prepared starter using a 'stretch' and fold method' until the starter is mixed throughout the dough.

8AM: ADD SALT

TO DO:

- Add 10g of salt to your dough. Again, incorporate throughout your dough by using a series of stretch and folds.

9-5 SOURDOUGH METHOD

830AM: COIL FOLD

TO DO:

- Using your hands, gently grab the underside of the dough and lift it up, stretching it slightly. Fold the stretched side of the dough over onto itself, then repeat with the other side. Rotate the dough 90 degrees and repeat the folding process.

NOW ABANDON and leave for the day in a warm (but not too warm) spot in the house.

5PM: COIL FOLD PRE-SHAPING

TO DO:

- Using your hands, gently grab one side of the dough and lift it up, stretching it slightly. Fold the stretched side of the dough over onto itself, then repeat with the other side. Rotate the dough 90 degrees and repeat the folding process.
- Leave for 30 min.

530PM: PRE-SHAPING and BENCH REST

TO DO:

- Transfer the dough onto the bench and by using both hands, gently cup the dough and rotate it in a circular motion, tucking the edges underneath to create tension on the surface. Repeat by gently pulling the dough towards you while rotating it. This will shape into a circle, also known as a 'boule' shape.
- Cover your dough with a damp tea towel and let it rest on the bench for about 15-30 minutes

6PM: FINAL SHAPING

TO DO:

- Shape your bread into either a round or rectangle, depending on what banneton you have.
- See page 29 for different ways to shape your dough.

615PM: IN-BANNETON SHAPING

TO DO:

- Gently take the 2 sides of the dough, whilst in the banneton and stitch it together all the way from the top to the bottom of the dough.

9-5 SOURDOUGH METHOD

OPTIONS:

OVERNIGHT FERMENTATION: leave the dough in the fridge overnight to bake the next day.

OR

SAME DAY BAKE: After stitching your dough in the banneton leave for a further 1-2 hours to let your dough rise again. Meanwhile pre-heat your oven to bake around 8pm.

SCORING and BAKING

TO DO:

- Preheat your oven with your Dutch oven inside at 250 degrees for 30 minutes.
- Transfer your dough out of its banneton onto a sheet of baking paper (*TIP: flour the bottom of the dough before transferring onto the paper as this will help stop it from sticking to your dough when cooking)
- Using your bread lame/blade cut ~1cm deep into your dough down the middle. If you want a stunning ear on your dough, cut at a 45-degree angle.
- Now put your dough inside the dutch oven.
- To create some steam (to help rise and create a nice crunchy crust) either simply spray your dough 2-3 times with water (with a spray bottle) OR add 2-3 pieces of ice in your dutch oven. Now place the lid back on and put back into the oven for 20 minutes at 250 degrees.
- After 20 minutes take the lid off your dutch oven (releasing the steam) and continue to cook in the oven for 15-25 minutes at 220 degrees.
- If you prefer you can take your sourdough out of the oven earlier if you prefer a light golden crust OR leave it longer if you like it on the darker side and crunchier.

ENJOY!!!



OVERNIGHT SOURDOUGH METHOD

I love this method when I have a lot on and finding it difficult to fit dough during the day. But also equally love it when I want sourdough the next day.

AM: FEED STARTER - if you can, aim to feed your starter 6 hours before starting. If you can't, anytime in the morning will also work.

TO DO: (for 1 loaf)

- Leave 10g starter in your jar.
- Add 50g flour and 50ml water and mix until combined.
- Leave overnight and it will be ready to go in the morning!

8-830PM: AUTOLYSE - Not needed if you don't have time, so please don't worry if you skip this step. However, if you can do this for longer than 30 mins - go for it!

TO DO:

- Add 300ml warm water to your bowl.
- Add 500g strong bakers flour to your mixing bowl.
- Using a dough whisk or simply a fork mix together until combined. If there are still some dry bits of flour, wet your hands with some cold water and squish the dough together until it is all combined.
- Leave for 30 min (or more if you have time).

****HINT**** When handling your dough, wetting your hands with cold water before can help to prevent dough from sticking too much.

Note this is a 60% hydration loaf

830PM: ADD STARTER

TO DO:

- Add 100g of your prepared starter using a 'stretch' and fold method' until the starter is mixed throughout the dough.

9PM: ADD SALT

TO DO:

- Add 10g of salt to your dough. Again, incorporate throughout your dough by using a series of 'stretch and folds'.

OVERNIGHT SOURDOUGH METHOD

930PM: COIL FOLD

TO DO:

- Using your hands, gently grab one side of the dough and lift it up, stretching it slightly. Fold the stretched side of the dough over onto itself, then repeat with the other side. Rotate the dough 90 degrees and repeat the folding process.

NOW ABANDON, go to bed and have a great sleep!

630-7AM: COIL FOLD PRE-SHAPING

TO DO:

- Using your hands, gently grab one side of the dough and lift it up, stretching it slightly. Fold the stretched side of the dough over onto itself, then repeat with the other side. Rotate the dough 90 degrees and repeat the folding process.
- Leave for 30 min.

730AM: PRE-SHAPING and BENCH REST

TO DO:

- Transfer the dough onto the bench and by using both hands, gently cup the dough and rotate it in a circular motion, tucking the edges underneath to create tension on the surface. Repeat by gently pulling the dough towards you while rotating it. This will shape into a circle, also known as a 'boule' shape.
- Cover your dough with a damp tea towel and let it rest on the bench for about 15-30 minutes

8AM: FINAL SHAPING

TO DO:

- Shape your bread into either a round or rectangle, depending on what banneton you have.
- See page 29 for different ways to shape your dough.

830AM: IN-BANNETON SHAPING

TO DO:

- Gently take the 2 sides of the dough, whilst in the banneton and stitch it together all the way from the top to the bottom of the dough.

OVERNIGHT SOURDOUGH METHOD

OPTIONS:

OVERNIGHT FERMENTATION: leave the dough in the fridge overnight to bake the next day.

OR

SAME DAY BAKE: After stitching your dough in the banneton leave for a further 1-2 hours to let your dough rise again. Meanwhile pre-heat your oven to bake around 8pm.

SCORING and BAKING

TO DO:

- Preheat your oven with your Dutch oven inside at 250 degrees for 30 minutes.
- Transfer your dough out of its banneton onto a sheet of baking paper (*TIP: flour the bottom of the dough before transferring onto the paper as this will help stop it from sticking to your dough when cooking)
- Using your bread lame/blade cut ~1cm deep into your dough down the middle. If you want a stunning ear on your dough, cut at a 45-degree angle.
- Now put your dough inside the dutch oven.
- To create some steam (to help rise and create a nice crunchy crust) either simply spray your dough 2-3 times with water (with a spray bottle) OR add 2-3 pieces of ice in your dutch oven. Now place the lid back on and put back into the oven for 20 minutes at 250 degrees.
- After 20 minutes take the lid off your dutch oven (releasing the steam) and continue to cook in the oven for 15-25 minutes at 220 degrees.
- If you prefer you can take your sourdough out of the oven earlier if you prefer a light golden crust OR leave it longer if you like it on the darker side and crunchier.

ENJOY!!!



RECIPES



Porridge sourdough

Olive sourdough

Wholemeal + 5 seeds

Fruit + walnut sourdough

Light rye Sourdough

Sourdough Bagels

Sourdough Blueberry Bagels

Sourdough pizza recipe

Sourdough discard cookies

Focaccia + Pizza (Yeast recipes)

PORRIDGE SOURDOUGH

Ingredients:

- 500g White bakers flour
- 365ml water
- 100g starter
- 11g salt
- 150g cooked porridge (see below)

Porridge:

- 1/2 cup rolled oats
- 1/2 cup whole milk
- 30g honey
- *Optional tsp of cinnamon



****MAKES 1kg - aka. big bread baby (you can separate into 2x 500g)****

Method:

1. In your bowl OR mixer, add flour and water. Combine until shaggy and there is no dry flour. Autolyse for 30 min - 2 hours. (not necessary to autolyse if you don't have time - add water, flour and starter at the same time.)
2. In this rest time cook your porridge on the stove until most of the liquid is soaked/evaporated into the oats. Once this is cooked, add 30g honey and mix through. Let this cool by putting it in the fridge for ~30 min. Once your porridge has cooled down, add salt your salt into the oats.
3. After you autolyse, add your starter using a stretch and fold technique. Rest again for 30 min.
4. Add porridge mix to dough by incorporating through a series of folds. (Do not mix using a mixer as it will breakdown the oats). Rest for 30 min.
5. Complete 3 more sets coil folds over the next 2 hours (~ every 45 min).
6. Bulk ferment your dough until it has doubled in size.
7. Pre-shape your dough and let it rest on the bench for 15-30 min. Now shape your dough and tuck it into its banneton.
8. Cold ferment in the fridge overnight OR to bake the same day let it rise by 50% again at room temp before baking.

Enjoy!!! This is my FAVOURITE loaf and is perfect as sandwich bread!

OLIVE SOURDOUGH

Ingredients:

- 500g White bakers flour
- 365ml water (73% hydration)
- 100g starter
- 10g salt
- 100g olives of your choice! (I love to use green Sicilian olives)

Method:

- In your bowl OR mixer, add flour and water. Combine until shaggy and there is no dry flour. Autolyse for 30 min - 2 hours. (not necessary to autolyse if you don't have time - add water, flour and starter at the same time).
- In this rest time, chop your olives or leave them whole (whatever you prefer).
- After you autolyse, add your starter using a stretch and fold technique. Rest again for 30 min.
- Add olives to your dough by incorporating through completing a set of coil folds. Rest for 30 min.
- Complete 3 more sets coil folds over the next 2 hours (~ every 45 min).
- After completing your folds, bulk ferment your dough until it has doubled in size.
- Pre-shape your dough and let it rest on the bench for 15-30 min. Now shape your dough and tuck it into its banneton.
- Cold ferment in the fridge overnight to bake the next morning OR to bake the same day let it rise by 50% again at room temp before baking.



WHOLEMEAL + 5 SEEDS SOURDOUGH

Ingredients:

- 300g White bakers flour
- 200g Wholewheat flour
- 385ml water (77% hydration)
- 100g starter
- 10g salt
- 1/2 cup seed mix (pepita, sunflower, linseeds, poppy, chia)

Method:

- In your bowl OR mixer, add flour and water. Combine until shaggy and there is no dry flour. Autolyse for 30 min - 2 hours. (not necessary to autolyse if you don't have time - add water, flour and starter at the same time.)
- After autolysing, add your starter using a stretch and fold technique. Rest again for 30 min.
- Add the salt throughout your dough using stretch and folds. Rest for 30 mins.
- On your first coil fold, add seeds. Rest for 30 min.
- Complete 3 more sets coil folds over the next 2 hours (~ every 45 min).
- After completing your folds, bulk ferment your dough until it has doubled in size.
- Pre-shape your dough and let it rest on the bench for 15-30 min. Now shape your dough and tuck it into its banneton.
- Cold ferment in the fridge overnight to bake the next morning OR to bake the same day let it rise by 50% again at room temp before baking.



FRUIT + WALNUT SOURDOUGH

Ingredients:

- 400g White bakers flour
- 100g Wholewheat flour
- 375ml water (75% hydration)
- 100g starter
- 10g salt

Fruit + Walnut mix:

- 6 dates
- 1/4 cup sultanas
- 1/4 cup walnuts (crushed slightly)
- 1/4 cup brown sugar
- 1 tsp cinnamon



Method:

- In your bowl OR mixer, add flour and water. Combine until shaggy and there is no dry flour. Autolyse for 30 min - 2 hours. (not necessary to autolyse if you don't have time - add water, flour and starter at the same time).
- After autolyse, add your starter using a stretch and fold technique. Rest again for 30 min.
- Add the salt throughout your dough using stretch and folds. Rest for 30 mins.
- While resting, chop up your dates to your liking and crush up your walnuts. Add these into a bowl along with the sultanas, brown sugar and cinnamon.
- On your first coil fold, add fruit + walnut mix. Rest for 30 min.
- Complete 3 more sets coil folds over the next 2 hours (~ every 45 min).
- After completing your folds, bulk ferment your dough until it has doubled in size.
- Pre-shape your dough and let it rest on the bench for 15-30 min. Now shape your dough and tuck it into its banneton.
- Cold ferment in the fridge overnight to bake the next morning OR to bake the same day let it rise by 50% again at room temp before baking.

LIGHT RYE SOURDOUGH

Ingredients:

- 350g Bakers flour
- 150g Rye flour
- 385g water (77% hydration)
- 100g starter
- 10g salt

Method:

- In your bowl OR mixer, add flour and water. Combine until shaggy and there is no dry flour. Autolyse for 30 min - 2 hours. (not necessary to autolyse if you don't have time - add water, flour and starter at the same time.
- After autolyse, add your starter using a stretch and fold technique. Rest again for 30 min.
- Add the salt throughout your dough using stretch and folds. Rest for 30 mins.
- Complete 4 sets of coil folds over the next 2 hours (~every 30 min).
- After completing your folds, bulk ferment your dough until it has doubled in size.
- Pre-shape your dough and let it rest on the bench for 15-30 min. Now shape your dough and tuck it into its banneton.
- Cold ferment in the fridge overnight to bake the next morning OR to bake the same day let it rise by 50% again at room temperature before baking.



SOURDOUGH BAGELS

Ingredients:

- 500g Bakers flour
- 150g sourdough starter
- 250g water
- 25g sugar
- 10g salt
- Golden syrup or honey for boiling



Method:

1. In your stand-mixer, add starter, water, flour, sugar and salt.
2. Mix on low speed until combined, then increase to med-high for ~10 min. *you can also make these by hand by mixing, then kneading the ingredients together for 5-10min (until the dough is smooth).
3. Set aside for 8-12 hours. (I tend to make these at 8pm and leave them until 6-8am the next day for breakfast/brunch)
4. After the bulk rise, we want to divide into 6 pieces. (I weigh my dough and divide from there). After dividing, fold into tight round boules and leave for 30 min to rest.
5. After resting we start to shape each boule. There are MANY ways to shape a bagel which you can easily YouTube how to shape a bagel. (The easiest way to shape is to poke a hole in the middle and gently spread in a circular motion).
6. After shaping - rest again for 30-60min. Preheat your oven here to 200°C.
7. Now we need to boil our bagels - Bring a saucepan of water to the boil and add a generous squeeze of honey or golden syrup to the boiling water.
8. Add 2-3 bagels into the water at a time. And let them simmer for 1-2 min each side. (They should hopefully float after 1 min)
9. Put your boiled bagels onto a baking tray with baking paper and into the oven for 20-25 mins or until nice and golden.
10. Let them cool slightly and enjoy with a generous lashing of cream cheese and honey!

BLUEBERRY SOURDOUGH BAGELS

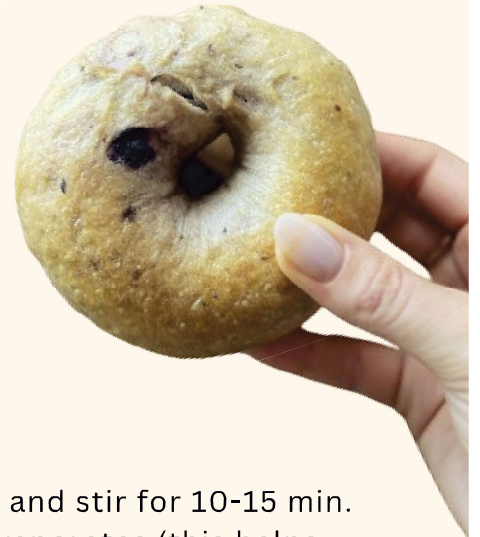


Ingredients:

- 1 cup blueberries (fresh or frozen)
- 150g starter
- 250g water
- 500g bakers flour
- 25g golden syrup
- 10g salt

Method:

1. Put the blueberries into a saucepan on low-med heat and stir for 10-15 min. They should start to become a thicker as the water evaporates (this helps prevent the mixture from being too wet as bagels are a lower hydrated dough). Put these in the fridge to cool before mixing into the dough.
2. In your stand-mixer, add starter, water, flour, blueberries, golden syrup and salt.
3. Mix on low speed until combined, then increase to med-high for ~10 min. *you can also make these by hand by mixing, then kneading the ingredients together for 10-15min.
4. Set aside for 8-12 hours. (I tend to make these at 8pm and leave them until 6-8am the next day for breakfast)
5. After the bulk rise, we want to divide into 6 pieces. (I weigh my dough and divide from there). After dividing, fold into tight round boules and leave for 30 min to rest.
6. After resting we start to shape each boule. There are MANY ways to shape a bagel which you can easily YouTube how to shape a bagel.
7. After shaping - rest again for 30-60min. Preheat your oven here to 200°C.
8. Now we need to boil our bagels - Bring a saucepan of water to the boil and add a generous squeeze of honey or golden syrup to the boiling water.
9. Add 2-3 bagels into the water at a time. And let them simmer for 1-2 min each side. (They should hopefully float after 1 min)
10. Put your boiled bagels onto a baking tray with baking paper and into the oven for 20-25 mins or until nice and golden.
11. Let them cool slightly and enjoy with a generous lashing of cream cheese and honey!



****If using frozen blueberries - make sure you let them defrost and rid of excess moisture prior****

SOURDOUGH PIZZA

Ingredients:

- 500g Pizza flour
- 350mL Warm water
- 100g starter
- 1tsp caster sugar (or honey)
- 20g salt
- Olive oil
- Fine semolina

Sauce:

- 1x can tinned tomatoes (mutti finely chopped)
- Salt + Pepper
- Dash olive oil
- Few basil leaves to your liking
- Leave in the fridge until you're ready to cook!

NOTES

Prep takes 12-24 hours (including rest) - so prep the day prior to making pizza!

Method on next page



Method:

1. Add warm water, sourdough starter, sugar (or honey) and salt into a large mixing bowl.
2. Using your dough whisk, mix together until it looks like a shaggy dough ball.
3. Now cover your hands in olive oil and transfer dough onto the bench. Knead together for 3-5 mins or until smooth.
4. Place back into bowl and drizzle some extra olive oil over the dough. Cover bowl with a damp tea towel.
5. Now to rest and begin coil folding every 30 mins for the next 2 hours (4x coil folds in total).
6. After you have completed these folds, let it bulk rise until it has almost doubled in size.
7. After bulk fermentation, cut your dough into 4x even portions. (you can use a scale if you wish - aim for roughly a 250g dough ball).
8. Once your dough is cut into portions, we want to fold into a round ball and ensure the top is smooth.
9. Place each ball into a airtight container and place into the fridge for overnight fermentation.
10. NEXT DAY: Remove the container from the fridge 4 hours prior to making pizzas.
11. Your pizza oven should be pre-heating for 30mins and be at 400 degrees OR pre-heat your oven for 30 mins at the highest temperature setting.
12. To stretch your pizza dough out, place a handful of semolina flour on the bench. Take your dough ball and press on the semolina. Turn over and press out with your fingers in a circle. Once you have stretched out your dough its now time to add your toppings!
13. Spread your tomato paste in a circular motion, leaving the edges free of sauce. Sprinkle top with parmesan first and then add your toppings (mozzarella, pepperoni, mushrooms etc).

Now to cook!

OVEN - Transfer into your oven either on a stone or on a pizza tray. Cook until brown and your cheese is melted to your liking.

PIZZA OVEN - Sprinkle the pizza paddle with some semolina. Now to transfer the pizza onto the peel - quickly push the paddle under the pizza. Now transfer the pizza into the oven. It should only take 60-90 seconds to cook. Turn the pizza around every 10-20 seconds to avoid burning.

SOURDOUGH COOKIES

Ingredients:

- **100g** sourdough discard
- 130g butter (softened)
- **1x** egg yolk
- 1tsp vanilla essence
- 120g brown sugar
- 80g caster sugar
- 160g bakers flour
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- 5g salt (+ extra for sprinkling)
- 200g chocolate (mix of milk, dark and white chocolate)



Method:

1. Add discard, butter, egg yolk and vanilla into your bowl. Whisk until combined.
2. Add sugar to your wet mix and combine.
3. Mix in flour, baking powder and salt until well combined.
4. Put the cookie dough in the fridge for 5-10 mins.
5. Add in your chocolate (you may also add any other mix-ins as you wish!)
6. Now leave in the fridge for 1-2 hours before rolling into balls. (this makes it easier but also makes for a better cookie!)
7. Roll into 50g balls and place 6x evenly on a baking tray to allow for spreading.
8. Place back in the fridge whilst the pre- heating the oven for 20 mins at 160 degrees.
9. Once the oven is ready, bake for 12-15 mins.

Enjoy!

NOTES

- You can also keep the cookie dough in the fridge ready to cook for up to 1 week or in the freezer for up to 3 months.

BUBBLY FOCCACIA (YEAST RECIPE)



Ingredients:

- 500g Bakers flour
- 400ml warm water
- 7g dried yeast OR 4g fresh yeast
- 10g sugar OR 1 tsp honey
- +++ olive oil
- 10g salt + extra for topping

Optional:

- Herbs
- Cheese
- Tomatoes
- Olives



Method:

1. Mix yeast, water and sugar together. leave for 5 min until you see the yeast bloom (you will notice a cloud like substance starting to develop on the top of your mixture - this means the yeast is starting to activate).
2. Add flour and salt. Mix with a fork or dough whisk until it is well combined. Cover with a damp tea towel and leave for 30 mins.
3. After 30 mins, complete a series of stretch and folds. Cover and rest again until it has doubled in size.
4. In your tray cover with olive oil and transfer the dough. Drizzle your dough with olive oil and press out to the size of your tray. Cover with a damp tea towel and rest until it has doubled in size.
5. Once it has doubled, add more olive oil ++ and press down the dough with your fingers. Sprinkle a generous amount of salt on top. Add any other ingredients you wish (herbs, tomatoes, olives, cheese etc).
6. Pre-heat your oven to 200 degrees for 30 mins.
7. Transfer the dough into the oven and bake for 25-30 mins (or until cooked to your liking).
8. Cut into your focaccia after it has cooled slightly and enjoy!!

Perfect for an Italian sandwich or to have as a side to dinner!

PIZZA DOUGH

(YEAST RECIPE)

Ingredients:

- 500g Pizza flour
- 350mL Warm water
- 4g dry yeast (1/2 sachet)
- 1tsp caster sugar (or honey)
- 20g salt
- Olive oil
- Fine semolina



Sauce:

- 1x can tinned tomatoes (multi finely chopped)
- Salt + Pepper
- Dash olive oil
- Few basil leaves to your liking
- Leave in the fridge until you're ready to cook!

NOTES

Prep takes 4-5 hours (including rest) so if you are planning to make pizzas for dinner start prepping around 1:30-2pm for cooking pizzas around 6-6:30pm.

Method on next page

Method:

1. Add warm water and yeast to a large bowl. Add sugar (or honey) and mix together. Leave for 5 mins.
2. Add flour and salt to bowl. Using your dough whisk (provided) mix together until it looks like a shaggy dough ball.
3. Now cover your hands in olive oil and transfer dough onto the bench. Knead together for 3-5 mins or until smooth.
4. Place back into bowl and drizzle some extra olive oil over the dough. Cover bowl with a damp tea towel. Rest for 1 hour (or until doubled in size).
5. Prepare a baking tray with a sprinkle of fine semolina flour to help the dough from sticking.
6. Back to the dough - now we deflate the dough by gently pressing down and scraping the edges of the dough to remove from the bowl onto the bench top.
7. Using a knife cut your dough into 4x even portions. (you can use a scale if you wish - aim for a 250g dough ball).
8. Once your dough is cut into portions, we want to fold into a round ball and ensure the top is smooth.
9. Place onto your baking tray and place them 10cm apart from each other. Repeat for each dough ball and cover with your damp tea towel. Rest for 2-3 hours or until doubled in size. Now we are ready to cook!!
10. Your pizza oven should be pre-heating for 30mins and be at 400 degrees OR pre-heat your oven for 30 mins at the highest temperature setting.
11. To stretch your pizza dough out, place a handful of semolina flour on the bench. Take your dough ball and press on the semolina. Turn over and press out with your fingers in a circle. Once you have stretched out your dough it's now time to add your toppings!
12. Spread your tomato paste in a circular motion, leaving the edges free of sauce. Sprinkle top with parmesan first and then add your toppings (mozzarella, pepperoni, mushrooms etc).

Now to cook!

OVEN - Transfer into your oven either on a stone or on a pizza tray. Cook until brown and your cheese is melted to your liking.

PIZZA OVEN - Sprinkle the pizza paddle with some semolina. Now to transfer the pizza onto the peel - quickly push the paddle under the pizza. Now transfer the pizza into the oven. It should only take 60-90 seconds to cook. Turn the pizza around every 10-20 seconds to avoid burning.

Thank you for purchasing this book! This has been a few years in the making and I am so proud to finally have this out into the world.

I hope this provides you with the space to be creative and learn a new skill that can be enjoyed by you and also shared with those around you!

What a privilege it is to share this space with you, so thank you again.

AND, make carbs great again!

All the best, The Hanngry Italian Team

-Courtney (self-taught baker), Michael (resident tester) an Sia (supervisor) xx

