

## San Francisco Sourdough

The following recipe started long ago with the New York Times version of the no-knead bread recipe by Jim Lahey, Sullivan Street Bakery (NYT, Mark Bittman, November 8, 2006). It was adapted by TCR to make a pound and a half loaf and then further adapted to Chad Robertson's famous Tartine country loaf recipe. In addition to Robertson's beautiful book, the multi-loaf process was described in the NYT (see [this link](#)).

### Ingredients for one loaf:

500 gm mixed flours (see table below for white/whole wheat ratios)

25 gm ground popcorn

10 gm salt

100 gm leaven – [1 T starter, 50 gm mixed flours, 50 gm 80° water, let rise ~3 hrs]

330 gm + ~1 Tbsp 80° water [go easy on extra water when adding salt]

Hydration: For 500 gm flour, 60% hydration needs 300 gm water; 65% needs 325 gm; 70% needs 350 gm. Successful batch done at 67% hydration (330 gm water).

Notes: 1 Tbsp water is ~14 gm.

Activate starter ~2 days before, feeding twice daily with ½ c flour and ¼ c water.

### Ingredient Table for Varying Amounts of Whole Wheat Flour:

	Std	2x WW	3x WW	4x WW	5x WW
<b>White flour</b>	430 gms	380 gms	330 gms	280 gms	230 gms
<b>Gluten flour</b>	20 gms	20 gms	20 gms	20 gms	20 gms
<b>Whole wheat flour*</b>	50 gms	100 gms	150 gms	200 gms	250 gms

\* I have experimented with mixing store-bought whole wheat flour with freshly ground whole wheat flour (fuller flavor). Because home-milled flour is somewhat coarser, I have been using a 3:1 ratio (store-bought : fresh-milled). For example, I use 75 gm of store-bought and 25 gm of freshly milled to make up the 100 gm of whole-wheat flour.

### Instructions for Overnight Preparation – Longer rise time, better flavor:

*On the day of making the bread dough: [If you want to make the dough and bake the bread on the same day, use the times in (.)]. Note: all times below are approximate.]*

9:30 AM (6:00 AM)	<ul style="list-style-type: none"> <li>• Make leaven – mix 1 Tbsp starter with 50 gm mixed flours and 50 gm water</li> <li>• Let rise covered in 80° oven.</li> </ul>
2:00 PM (10:30 AM)	<ul style="list-style-type: none"> <li>• Add leaven to main water; add flour and mix to moisten thoroughly.</li> <li>• Rest 30-40 min in 80° oven so flours are thoroughly moistened.</li> </ul>

3:00 PM (11:30 AM)	<ul style="list-style-type: none"> <li>• Add salt and ~1 Tbsp extra water; mix well, squeezing dough mass repeatedly by hand, to distribute salt throughout and develop gluten.</li> <li>• Put dough in plastic container and bulk ferment in 80° oven.</li> <li>• Do dough turns (fold over 3 edges) in container every 20-30 min, being gentler as dough rises. Dough will be airy and not sticky at end, about 3 – 3.5 hours total.</li> </ul>
~6:30 PM (~3:00 PM)	<ul style="list-style-type: none"> <li>• Turn dough onto floured surface and flatten gently (don't knead); bench rest covered 20-30 min in 80° oven.</li> </ul>
7:00 PM (3:30 PM)	<ul style="list-style-type: none"> <li>• Form final ball shape, folding dough from 4 sides and sealing seam.</li> <li>• Place dough seam down in floured, towel-lined proofing basket.</li> <li>• Let rise at 80° for ~30-60 min. For same-day baking, heat the oven to 500° while dough rises.</li> </ul>
8:00 PM (4:30 PM)	<ul style="list-style-type: none"> <li>• Place proofing basket in refrigerator and rest overnight.</li> <li>• (Finish heating oven and prepare for baking – see below.)</li> </ul>

*On day of bread-baking:*

Overnight ~7:00 AM	<ul style="list-style-type: none"> <li>• Remove basket with cold dough from refrigerator to approach room temperature</li> </ul>
~10:00 AM (~4:30 PM)	<ul style="list-style-type: none"> <li>• Preheat oven with aluminum pot (cover in oven but off) to 500° (~30 min).</li> <li>• Score dough top with lame.</li> </ul>
10:30 AM (4:35 PM)	<ul style="list-style-type: none"> <li>• When oven/bowl are hot, invert dough onto floured towel in separate pot lid.</li> <li>• Turn dough from pot lid into hot aluminum pot; replace heated lid on pot; return aluminum pot to oven, reduce temp to 450°.</li> <li>• Bake covered ~22 min. (20 min)</li> </ul>
10:52 AM (4:55 PM)	<ul style="list-style-type: none"> <li>• Gently remove lid from aluminum pot; continue baking 15-18 min.</li> <li>• Rotate pot 180° in oven after 10 min to even browning.</li> </ul>
~11:08AM (~5:11 PM)	<ul style="list-style-type: none"> <li>• Bread is done when internal temperature reaches ~210° and crust is nicely browned and caramelized.</li> <li>• Remove bread from oven to cooling rack when done</li> </ul>

Storage and Serving:

There is nothing like warm fresh-baked bread once cooled out of the oven. This recipe has no preservatives so for longer storage, we have found freezing the loaf or portions of the loaf in closed plastic bags works well. When ready to use, take out of the freezer and let the loaf warm to room temperature in the bag. You can reheat the bread to undo some of the staling process by putting the loaf covered into a 350° oven for ~10-15 min. It is best not to slice the bread before reheating. Toasting also restores a fresh texture and tastes wonderful.