



Sourdough Bread

🕒 Total Time: 1 day

🍴 Yield: About 10 slices

Description

Classic sourdough bread with a crispy crust. Delicious with sweet or savory toppings. There are some major benefits of eating sourdough bread over regular white bread. Some of those benefits are: increased antioxidants, lower glycemic index, richer in nutrients, and easier to digest. Learn more at [Sourdough Bread: Is It Good for You?](#)

Ingredients

- 200 g sourdough starter (see [Sourdough starter recipe](#))
- 165 g water at 90F
- 376 g bread flour (King Arthur)
- 8 g of salt

Directions

1. Mix all ingredients and knead for about 15 minutes by hand or 5 min on a stand mixer.
2. Make dough into a ball, put a little bit of olive oil around it and cover with plastic for 4-8 hours.

3. Work the dough on a flat surface, shape the dough being careful of not over working the dough.
4. Place dough on proof basket and let it rest for another 4-6 hours.
5. Bake at 425F for 25 min in a close dutch oven inside your regular oven.
6. Remove bread from dutch oven and bake for another 10 min.

Notes

For the flour, you can mix regular bread flour with whole wheat flour. You can have a maximum ratio of 1:1 of whole wheat to regular bread flour. That is, half-and-half by weight.