



LITTLE TREE FOOD FOREST

Publications

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Sourdough Instructions

Materials Needed

- ½ oz dehydrated sourdough starter
- ¼ cup warm, unchlorinated water (filtered or distilled preferred)
- ¼ cup organic unbleached all-purpose or bread flour
- 1-quart (32 oz) glass jar with a lid or cloth (to allow airflow)
- Spoon or small spatula and measuring cups or spoons

Activation Steps

1. Initial Mix – Day 1:

- In a clean 1-quart jar, combine ½ oz of dehydrated starter with ¼ cup of warm water.
- Stir thoroughly until the dehydrated starter is fully dissolved.
- Add ¼ cup of flour and mix until well combined.
- Cover loosely with a cloth or lid to allow airflow, and let sit at room temperature for 24 hours.
- Check for any signs of bubbles or slight rise, indicating fermentation activity.

2. Daily Feeding – Day 2 and Beyond:

- After the initial 24 hours, divide the culture into two parts.
- **Use the discard** for baking or compost, keeping only 2 oz of the starter in the jar.
- **Feed** the remaining starter with equal parts of water and flour. For example:
 - Add 2 oz of water and 2 oz of flour to the starter.
 - Use a ratio of 1:1:1 for starter, flour, and water if not using 2 oz
- Stir until well combined, cover loosely, and let it sit for another 24 hours.

3. Repeat Feeding Process – Days 3 to 7:

- Each day, discard starter, retaining 2 oz in the jar.
- Feed with equal parts water and flour (2 oz each). Use a 1:1:1 ratio for feeding.
- Stir, cover loosely, and allow to sit at room temperature for 24 hours.

4. Monitor Progress:

- By Day 7, the starter should show small pin size bubbles and signs of rising and falling. However, heirloom culture can take up to 10 days to become fully active depending on temperature and other environmental factors.

5. Ready for Baking:

- Feed your sourdough 12-24 hours before baking.
- If you plan to store it in the refrigerator, maintain weekly feedings or resume daily feedings before baking.

Rustic Sourdough Boule

12 $\frac{3}{4}$ ounce (3 cups) bread or all-purpose flour

1 $\frac{1}{4}$ tsp fine sea salt

2.4 ounces ($\frac{1}{4}$ cup) active sourdough starter

10 $\frac{1}{2}$ ounces water (substitute with whey drained from homemade mesophilic yogurt for added flavor or nutrition)

Instructions:

- Mix the Dough:** In a large mixing bowl, combine the bread flour and fine sea salt. Add the active sourdough starter and water. Stir with a wooden spoon or your hands until all ingredients are fully incorporated and no dry spots remain. The dough will be sticky but manageable.
- Bulk Fermentation:** Cover the bowl with a clean kitchen towel or plastic wrap. Allow the dough to rest and rise at room temperature for approximately 12 hours, or until it has doubled in size. This slow fermentation develops the tangy sourdough flavor and airy crumb.
- Shaping the Sourdough Boule:** Once the dough has risen, gently turn it out onto a lightly floured surface. Form it into a round loaf (boule) by folding the edges toward the center, creating surface tension on the top. Place the dough seam-side up into a floured banneton basket or a bowl lined with a floured kitchen towel.
- Proofing the Sourdough Boule:** Cover the shaped dough and let it proof for an additional 1-2 hours, or until it has slightly puffed up but still holds its shape.
- Preheat the Oven:** Preheat your oven to 475°F (245°C). If you have a pizza stone or Dutch oven, place it in the oven to heat.
- Scoring the Dough:** Carefully transfer the dough onto a sheet of parchment paper or directly onto the preheated pizza stone. The impression from the banneton should be visible on the surface. Using a sharp knife or bread lame, make an "X" or another design on the top of the dough to allow it to expand while baking.
- Add Steam and Bake:** Brush the surface of the dough with water to help develop a crisp crust. Cover the dough loosely with aluminum foil or a lid if using a Dutch oven. Bake for 30 minutes.
- Finish Baking:** Remove the foil or lid and bake for an additional 15-20 minutes, or until the crust is deep golden brown and the loaf sounds hollow when tapped on the bottom.
- Cool Completely:** Transfer the baked boule to a wire rack and let it cool completely before slicing. This step ensures the crumb sets properly and maintains its structure.

Tips for Success:

- Use a kitchen scale for accurate measurements, especially for the flour and water.
- Experiment with substituting a portion of the water with whey for a subtle tang and softer crumb.
- If you don't have a banneton basket, a bowl lined with a floured kitchen towel works well.