

National Baking Week Recipe of the Day - Sourdough

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Sourdough

Ingredients

500g/1lb 2oz strong unbleached white bread flour, plus extra
for flouring
300g/10½oz sourdough starter
250ml/9fl oz water
10g/¼oz brown sugar
10g/¼oz salt
flavourless oil, for greasing

Optional seed toppings, including Cajun Coated Seeds,
Mexican Coated Seeds, Red Pepper Salsa Coated Seeds,
Smokey Firepit Coated Seeds, and Spicy Mango Coated Seeds

Method

- 1.) Mix together the flour, sourdough starter and water in a bowl. Add the sugar and salt. You can add an optional seed blend in the dough mix at this point for a flavoursome inclusion and texture change to your finished loaves, Turn out on to a clean kitchen surface and knead for 10 minutes or until the dough can be stretched until it is so thin that it becomes transparent.
- 2.) Put the dough into a lightly oiled bowl, cover with a damp tea towel, and let it prove for 2½-3 hours. You won't notice as much of a rise in the dough as you would with a normal, yeasted bread and it will take a lot longer.
- 3.) Turn out the dough onto a clean kitchen surface and knock back. Portion the dough into two and shape into two ball-shaped loaves. Flour generously and place each loaf seam side up in a bowl, lined with a heavily floured tea towel. Leave to prove for a further 2½ hours.
- 4.) Preheat the oven to 230C/450F/Gas 8. Put a few ice cubes or cold water into a baking tin and place in the bottom of the oven to create steam. Turn the loaves out onto a baking tray or hot baking stone. Using a thin sharp knife score two or three times on the top of each loaf. You can sprinkle an optional seed blend on the top of the loaves at this point. Place the loaves in the oven. Bake for 35-40 minutes or until a good crust has formed and the loaves sound hollow when tapped on the base.



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