

East West Bake Cooking Show

SOURDOUGH BREAD

Chef Brian Mellor



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Episode 5 – Sourdough Bread

by Chef Brian Mellor

Makes 1

Ingredients

100 Ml Water warm

12 Ea Raisins

50 G Flour white strong, Plus 25g for 6 days

50 G Flour wholemeal strong, Plus 25g for 6 days

450 G Flour white strong

50 G Flour wholemeal strong

300 Ml Water warm

100 G Starter, Approx;

10 G Salt table

To make the sourdough starter, add the raisins to the water & leave uncovered for several hours in the kitchen. Then drain, discard the raisins and top the raisin water back to 100ml.

Whisk it together with the 50g strong white flour and 50g strong wholemeal flour until smooth.

Transfer to a large plastic container, cover with a tea towel & leave for 1 hr or so in a warm place, then seal and set aside for 24 hrs. For the next six days, you will need to ‘feed’ it. It will help if you make a small pin sized hole in the plastic lid to help excess gas escape.

Each day, tip away half the original starter, add an extra 25g of each flour and 50ml slightly warm water, and stir well. After a few days, you should start to see bubbles on the surface, and it will smell yeasty. On day seven, the starter should be bubbly and smell much sweeter. It is now ready to be used, but make sure you keep half back and carry on feeding for your next loaf.

Stir the starter before weighing it out to make your loaf.

TO MAKE YOUR BREAD. Tip both the flours, 300ml warm water and the starter into a bowl, stir with a wooden spoon into a dough, cover and leave somewhere for an hour. Tip in 25ml more water and the salt and bring everything together. Cover and leave somewhere warm for 3 hrs, folding the dough onto itself several times in the first hour. The dough should increase in size by about a third.

Line a medium bowl with a clean tea towel and flour it really well, or flour a proving basket. Tip the dough back onto your work surface, shape into a tight, smooth ball and dust it with flour. Place the dough, seam-side up, in the bowl or proving basket, cover loosely and leave at room temperature for 3 hrs – or better still in the fridge overnight – until risen by about a quarter.

Heat oven to 230C/210C fan/gas 8 and put a casserole dish with a lid or a baking stone in the oven for at least 30 mins to heat up. After 30 mins, carefully remove the casserole dish, invert the loaf into it and slash the top. Cover and bake for 20 mins, then take the lid off and bake for another 20 mins. Or invert onto the baking stone, slash and bake for 40 mins, or until the crust is as dark as you like it.

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