



## Pain au Levain – Sourdough Bread (with suggested timetable)

**YIELD:** Makes 1 loaf

**COOKING TIME:** Prep 15 min - Rise 6 to 8 hrs - Bake 40 min - Total 10 hrs

**INGREDIENTS** ~ with starter (fed 6 to 8 hours earlier & at room temperature)

520 grams bread flour (about 4 cups)

12 grams sea salt, fine (about 2 teaspoons)

385 grams water (about 1 7/8 cups) temp: 22°~22°C / 68° – 72°F

90 grams sourdough starter (about 1/3 cup)

**INGREDIENTS** ~ using yeast

500 grams bread flour (about 3 ½ cups)

9 grams sea salt, fine (about 1 ½ teaspoons)

330 grams water (about 1 ¼ cups) temp: 22°~22°C / 68° – 72°F

1 gram instant dry yeast (about ¼ teaspoon) for a 12 hour rise

**PREPARATION** ~ for technique, visit <https://www.flippinyeast.com>

8:00 pm – Weigh & mix flour and salt in a medium bowl. In a separate small bowl, dissolve the starter with the water and mix well. Pour starter-water into flour incorporating all the flour using a wood spoon and cover with a wet kitchen towel and let rest 15 minutes.

8:20 pm – Do the first set of stretch and folds by pulling the dough from one side of the bowl and stretch it upward and fold over to the center of the dough. Turn the bowl and repeat this process for about 30 seconds or until the dough gets firm and resists. Cover, rest, and repeat the process 15 minutes later.

8:35 pm – After second stretch, cover bowl with plastic wrap or damp kitchen towel and place bowl on kitchen counter to proof overnight (8 to 12 hours if your room temperature is between 68°F or 70°F or 6 to 8 hours if your room temperature is warmer than 70°F).

8:00 am – Check your dough, it should have flattened, expanded, with a slight dome and almost doubled in size. Flour your work surface and with damp fingers, free the dough from the bowl and pull it up about 1 to 2 feet above your work surface, allowing the dough to fold onto itself as you lay it down onto the work surface.

At this point, you can form the dough into a rectangle and begin by folding the dough one side first and then overlap by folding it on top of itself. Give your dough a quarter turn, wait a minute and repeat. Give your dough a chance to rest and about 10 minutes later, perform this one more time. This time form the dough into a ball and begin pulling from the top down onto the work surface with the ball cradled between both hands as you turn the ball on the floured surface.

At the point at which the ball doesn't feel sticky, give your ball one more dusting of flour and place it into your floured proofing basket, cover with a damp kitchen towel and allow to rise for 1 hour. While your dough rising, place a covered cast iron Dutch oven into the oven and preheat to 480°F

9:10 am – Check your dough one final time by poking into the center of the dough, if it indents, but then mostly springs back, it has probably risen enough. If it feels too firm to indent, let it rise longer. If it indents too easily, and doesn't spring back, it's over-proofed – but fear not, you can now use this for pizza dough!

Once your dough has properly proofed, lightly flour a pizza peel with flour (rice flour if you have it) dusting the top surface of the dough ball and then flip the peel onto the basket and turn the basket upside down, allowing the shaped ball of dough to rest on top of the peel.

Now pull out your Dutch oven, leaving it covered. Score the top of the loaf with a sharp knife, lift the hot lid off the Dutch oven, with your fingers, get underneath your dough and carefully lift it up and drop straight down into the Dutch oven, replace the lid and place the Dutch oven into the oven. Set your timer for 30 minutes.

At the 30 minute mark, remove the lid and set your timer for another 10 minutes to allow the loaf to brown.

At the 40 minute mark, your bread should be done. Pull out the Dutch oven and with the same pot holders, reach in and pull out your loaf of bread. You should be able to tap the bottom and hear a hollow sound letting you know that it's cooked. Place bread onto a cooling rack and allow to cool for one hour before cutting and serving. This will allow your bread to stay moist, since steam will immediately be released if you cut the bread right from the oven.

11:00 am – Serve