

1 

FEED STARTER

Use ratio based on how long you need the starter to rise and more than double in size.

2 

MIX & REST

Mix 325g (1 1/2c) water, 60g-125g (1/3-3/4c) starter, 500g (3 1/3c) flour, 10g (1 1/2 tsp) salt. Knead 2 min, cover & let rest 1 hour.

3 

STRETCH & FOLDS

Perform **4 sets** of stretch & folds **30 min apart**. About 6-8 in each set, resting 30 min between each set.

4 

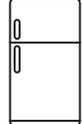
BULK RISE

Cover dough and allow to double in size. This can take anywhere from 4 - 8 hours depending on temperature, etc..

8 

PRE-HEAT OVEN

Preheat oven at 500F with dutch oven or other baking vessel for 30min - 1hr.

7 

COLD FERMENT

Cover proofing bowl/basket and place in fridge for 4-24 hrs.

6 

TIGHTEN SHAPE

Stitch up the seams by grabbing pieces of dough from opposite ends & pinching them in middle to tighten the loaf shape.

5 

SHAPE

Gently scrape dough out of bowl onto floured surface. Shape into a round ball - place smooth side down into proofing bowl. Let rest 15 min.

9 

SCORE DOUGH

Take proofing bowl out of fridge, flip loaf upside down onto parchment paper and score the top about 1/4 in deep.

10 

BAKE

Lower parchment with loaf into dutch oven, cover. Lower temp to 450F and bake 20min with lid and 20 min without lid.

11 

COOL

Once loaf is baked, check internal temp has reached 198F or higher. Allow to cool, slice, & enjoy!



STARTER FEEDING & MAINTENANCE

1 MORNING FEEDING - PEAKED BY EVENING

Early in the morning, take your starter out of fridge. Grab a new, clean jar and place on digital scale. Add **20g of refrigerated starter** in the new jar, add **40g water**, and **40g flour** (this is a 1:2:2 feeding ratio). Mix well, cover and leave in room temp to double in size and rise to peak. Depending on temperature, this can take 7-12 hours. The refrigerated jar can go back in the fridge.

In the **evening of the same day**, once the newly fed starter has peaked (at least double in size, the top is leveled off and plenty of bubbles and jiggles), you are ready to mix your bread dough. You will use **60g** of your active starter, the remaining (give or take 30-40g left over) can go back in the fridge to replace the old jar which can now be discarded.



2 NIGHT FEEDING - PEAKED BY NEXT MORNING

Before bedtime, take your starter out of fridge. Grab a new, clean jar and place on digital scale. Add **25g of refrigerated starter** in the new jar, add **75g water**, and **75g flour** (this is a 1:3:3 feeding ratio). Mix well, cover and leave in room temp to double in size and rise to peak overnight. Depending on temperature, this can take 10-14 hours. The refrigerated jar can go back in the fridge.

In the **morning of the next day**, once the newly fed starter has peaked (at least double in size, the top is leveled off and plenty of bubbles and jiggles), you are ready to mix your bread dough. You will use **125g** of your active starter, the remaining (give or take 40-50g left over) can go back in the fridge to replace the old jar which can now be discarded.

**We are feeding a higher ratio because this starter will sit overnight, so we need a slower rise or it will peak and fall which is then a weak starter.*

- **What are ratios?** Feeding the starter by weight = starter : water : flour
- **Refresh Feed:** You want to ideally feed your starter every one to two weeks. If you have not been baking and your starter has been in the fridge untouched for a couple of weeks, give it a refresh feed: Grab the jar from the fridge, discard all but a tablespoon (25g), then add 25g water and 25g flour, mix well, cover and allow to double in room temp. This 1:1:1 feeding ratio will take about 4-6 hrs to double, then the jar can go back in the fridge.
- **Multiple loaves:** If you plan to mix more than one loaf of bread, feed your starter accordingly. (For example: you want to mix 4 loaves of bread in the morning, you will need a total of 500g of starter since the recipe calls for 125g per loaf. You are feeding your starter the night before, since you need 500g, divide that in half (250g of water and 250g of flour), now since we are feeding a 1:3:3 nightly ratio, we need a third of the starter then the water and flour. A third of 250g is roughly 83g. If you don't have 83g in your fridge, let's say you only have 40g, that's ok. You can still feed that 40g the 250g warm water and 250g flour, just know that it will take a lot longer to double in size, closer to noon the next day but it will get there.
- **To bulk up your starter:** If you have very little starter left in your fridge and you want to bulk it up, just do a refresh feed as stated above with a 1:1:1 feeding ratio, this will yield about 75g of starter. Or 40g starter, 40g water, 40g flour which will yield 120g. You get the idea.
- **Tip:** If you fed your starter and it doubled in size, peaked and ready to be used to mix your dough, but you have to step away or can't quite get to it...stick the jar in the fridge - you can use this active starter directly from the fridge to mix your dough for up to 2 days without the need to re-feed it again.