



The Swan at Southrop's

Sourdough

Ingredients

500g Strong white bread flour
10g salt
300ml water
100g sourdough starter or 10g yeast

Method

1. In a large bowl, mix the sourdough starter with 250ml of water, add the flour and bring together. Leave for 30 mins.
2. Mix the salt with the remaining 50ml of water and combine with bread dough. Cover and leave for 30 mins.
3. Remove the dough onto the bench, stretch out and fold over itself 4 times. This is 1 fold.
4. Repeat the above stage every 30 mins for 2½ hours.
5. Remove dough after 6 folds place into your baking tin.
6. Prove for 2 hours.
7. Turn your loaf onto a hot baking sheet, throw ice into the bottom of the oven and bake for 25-30 mins at 230°C, or until hollow sounding when knocked on the base.