

The bread I had at Brett's on Sunday was the same recipe below - but I replaced the water content with my dry stout. I also used a different method for proving the dough - called the fridge retardation method.

Basically, follow the recipe below, mix the dough and kneed it and let it rise in a bowl for about an hour-hour and a half. Then, instead of knocking it back just sit it into the fridge for up to 5 days. When you are ready to bake, pull it out of the fridge and cut it in half and shape your loaves - then leave it to rise (4-12 hours depending on temperature) until it has risen completely and then bake as below.

The great thing about this method is that it makes it a hell of a lot easier to fit the bread making into your life - pretty long process otherwise.

In the meantime this is your basic starter maintenance schedule, assuming you are keeping it in the fridge and feeding every 3 days. Take the starter out of the fridge and leave for 30 minutes before feeding, then leave a further 30min before putting back into the fridge (I'm not sure this is required or not, you could probably take it out, feed it and put it straight back in). Feed time is arbitrary, just try for the same time each feed.

Assuming you have an initial starter of 100g, and are feeding with white flour. If using rye flour the ratio of flour : water is 40:60.

Day	Feed time	Water (ml)	Flour (g)	Total weight (g)	Notes
1	7am	50	50	200	
4	7am	100	100	400	
7	7am	200	200	800	
10	7am	50	50	200	Place 700g in the compost or bin. Start again to feed 100g of sourdough starter.

Follow this schedule to keep your starter alive when you are not making sourdough regularly.

You will need to take the starter out of the fridge 2 days before you intend to make a bread dough, and an extra 3 feeds on the day the dough is to be made (this is in the info you'll get). If you are making sourdough regularly, you can keep the starter out of the fridge and change the schedule above to daily feeds.

This is the recipe for my rye bread that I made and the time that it took. This is a sourdough version of my standard white rye bread. I cheat a bit and add gluten flour, as I like sandwich style bread, otherwise the loaf is very small and dense. All the flour can be bought from the Full Pantry at Croydon Centro.

Tim's White Rye Sourdough: (makes two ~800g loaves)

420g organic rye starter

440g rye flour (standard)

340g organic white flour

80g gluten flour

15g salt

25g sugar (brown sugar or treacle or molasses).

2 tsp bread improver (optional)

500ml water

Two 640g size bread tins (you can do these as free loaves, but it is easier in a tin, due to the lower gluten content)

Day	Feed time	flour	Water	Total weight	Notes
Day 1	Regular Feed 7am	160	240	800	Regular feed – starter may be at a different size to what mine was, depends on your feeding schedule
	First Feed 1pm	40	60	200	Discard 700g, keep 100g and feed.
	Second feed 9pm	80	120	400	
Day 2	Third feed 6am	160	240	800	
	Dough making 1pm				Take starter amount as specified in recipe. Put 100g starter aside and continue feeding for future use. Put in fridge (after feeding) if you will not be making another loaf regularly.
	Proving (in tin) 4pm				
Day 3	Baking 6am				

Method:

By Hand: Put the starter in a large mixing bowl with the flour, salt, sugar and water. Mix together with a large spoon until the mixture comes together to form a dough, about 15 mins – it may be very sticky but persevere. Turn out onto a clean work surface (don't flour it) and knead with your hands for about 10 mins, or until smooth but slightly sticky (HINT: oil your hands lightly first).

By machine (Kenwood chef or KitchenAid or similar with a dough hook – a bread machine won't handle this much flour or rye): Put the starter in the bowl, add flour, salt and sugar. Mix slowly for a minute until combined. Slowly add water and mix for about 8 minutes, then increase speed to as high as your mixer can handle (without burning out or walking off the counter!) for another couple of minutes. This high-speed mixing will really stretch the gluten out and help the loaf to rise.

Lightly oil a container and put dough inside, cover with plastic wrap and leave for 1 hour at about 20°C (more or less time for lower / higher temps respectively)

After one hour, you need to "turn" the dough. Turn out the dough onto a lightly floured surface and press into a rectangle about 2.5cm thick. Fold one-third back onto itself, then repeat with the remaining third. Turn the dough 90° and fold it over again into thirds. Place the dough back into the oiled container and leave for another 30 mins.

Divide the dough into 2 equal sided portions. Working with one portion at a time, surround the dough with your cupped hands. Working anti-clockwise roll the dough to create a tight ball with a smooth surface. Set aside on a lightly floured surface, cover with plastic wrap and leave for 20 minutes.

Shape the dough into a loaf shape for the tin (there are detailed instructions on how to do this in the notes). Place the dough into the tins and cover loosely with plastic wrap.

Prove the dough at ambient room temp (~20°C) for 6-12 hours. I just left mine overnight on the bench, left it for 14 hours.

Preheat the oven to 220°C conventional (200°C fan-forced). If you don't have a steam or moisture injection oven, place a metal tray on the floor of the oven. When hot place loaves in oven and put about ½ cup of ice cubes into the metal tray to produce steam. After 10 minutes reduce heat to 180\160°C, continue to cook for about 30 minutes, depending on your oven.

Now if all this sounds like too much, here is the recipe for my daily white rye. Takes about 4 hours so I can start it when I get home from work.

Tim's Daily White Rye: (makes one loaf)

440g rye flour

160g white flour

40g gluten flour

2 tsp salt

2 tbsp brown sugar

1 tsp bread improver

30g oil

2 tsp yeast

380ml water

Method:

Mix all ingredients together and knead by hand or machine until smooth.

Place in oiled bowl, cover with plastic wrap and leave until doubled (1-2 hours).

Knock back and leave for another 20 minutes.

Turn out and shape into loaf for tin (or free-form if not using a tin).

Cover with plastic wrap and leave until loaf has risen above the top of the tin (about 2 hours).

Cook at 200/220C for 5 minutes (with steam) then lower to 160/180C, cook for a further 30-35mins.

Cheers,

Tim