



Weatherbury Sour Dough Recipe – 2016 Wheat Crop
(adapted from Stefan Sender's recipe)

Our Recipe – 6 loaves

Totals:

3.6Kg Flour

3.24 Kg Unbleached Bread Flour

.36 Kg Unbleached Spelt Flour

2.52Kg Water

72g Salt

Preferment:

432 g Unbleached Bread Flour

432 g water

--pinch starter

Let sit covered overnight at room temperature. Cover with saran wrap

1. Dough Mixing:

Preferment

2.802 Kg Unbleached Bread Flour

360g Unbleached Spelt Flour

2.088 Kg water (70% total hydration)

DDT (desired dough temperature) = 75° F to 78° F

To get your dough to the DDT, take:

$$304 - FT - AT - PFT = WT$$

Where FT is flour temperature
AT is ambient temperature
PFT is pre-ferment temperature,
AND
WT is water temperature

2. After mixing, autolyze (rest) for 20 minutes
3. Then add salt (2% of weight of flour): 72 g
4. 2nd Mix.
5. Let sit for 40 minutes
6. Repeat Bucket Fold and rest for 2 or 3- 40 minute periods.
7. Scale out loaves
8. Pre Shape
9. 20 Minute Rest
10. Final shape and put in basket
11. 25 Minute Rest
12. Put in fridge overnight. Cover with saran wrap
13. Bring to room temperature = 1 hour
14. Heat oven to 450° F . Put cast iron skillet in when starting to heat up oven + 20 minutes after it comes to temperature. Put boiling water in small cast iron pan. Bake for 35 minutes. Let oven rest 20 minutes between bakes