

EASY VEGAN SOURDOUGH BREAD

The Early Bird Bake

PLEASE NOTE - This schedule is based on a room temperature of 21 °C (70 °F) and although I can guide you and give you a rough idea of what to expect and how long each stage will take, it is impossible to be exact when it comes to sourdough. That's where intuition, experience and judgement comes in. And you only get that by practicing!

- ☐ **10 pm (the evening before)** - Feed your starter. You will need 100 grams of active starter for my recipe.
- ☐ **5 am - Mix** - Whisk your starter with the water then add the flour and salt and mix until a shaggy dough is formed with no dry flour visible. If you have time extend the mixing. Spend 10 minutes really working the dough for better upfront gluten development. If you don't have time don't worry.
- ☐ **5.10 am - Rest** - Cover with a damp dish towel and leave to rest for 1 hour.
- ☐ **6.10 am - 1st set of stretch and folds** - Stretch and fold the dough over itself 10 times. Then cover and leave to rest for 1 hour.
- ☐ **7.10 am - 2nd set of stretch and folds** - Stretch and fold the dough over itself about 6 times or until it's too tight to do anymore. Cover and leave to rest for 1 hour.
- ☐ **8.10 am - 3rd set of stretch and folds** - Stretch and fold the dough over itself 6 times or until it's too tight to do anymore.
- ☐ **8.15 am - Bulk ferment** - Cover the dough and leave until it looks puffy, has risen by about 90%, feels jiggly & pulls cleanly away from the sides of the bowl.
- ☐ **3.00 pm - Preshape** - Once you are satisfied that the bulk ferment is finished, turn out the dough and preshape your loaf. Leave to rest covered on the counter for 30 minutes.
- ☐ **3.30 pm - Final shape** - Shape your loaf and place in the proofing basket.
- ☐ **3.35 pm - Proof** - Cover and leave to proof until it's looking puffy, and passes the poke test. Gently press a floured finger into the dough about half an inch. If the dough bounces back slowly and leaves a slight indentation, it's ready. (Or cover and leave in the fridge for up to 24 hours but only let bulk ferment until risen to 75% if so).
- ☐ **5 pm - Preheat oven** - Place Dutch oven inside oven and preheat to 475 °F (250 °C).
- ☐ **5.30pm - Bake** - Turn the loaf out onto a piece of parchment paper, score, then carefully place the loaf in the hot Dutch oven and bake for 20 minutes with the lid on. Then remove the lid, turn the temperature down to 425 °F (218 °C) for another 20 minutes, until a deep golden brown with an internal temp of between 200 - 210°F (93-99°C). If you knock on the bottom of the loaf it should sound hollow.

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The One Day Bake

PLEASE NOTE – This schedule is based on a room temperature of 21 °C (70 °F) and although I can guide you and give you a rough idea of what to expect and how long each stage will take, it is impossible to be exact when it comes to sourdough. That's where intuition, experience and judgement comes in. And you only get that by practicing!

- ☐ **Before bed (the day before baking)** – Feed your starter. You will need 100 grams of active starter for my recipe.
- ☐ **8 am – Mix** – Whisk your starter with the water then add the flour and salt and mix until a shaggy dough is formed with no dry flour visible. If you have time extend the mixing. Spend 10 minutes really working the dough for better upfront gluten development. If you don't have time don't worry.
- ☐ **8.10 am – Rest** – Cover with a damp dish towel and leave to rest for 1 hour.
- ☐ **9.10 am – 1st set of stretch and folds** – Stretch and fold the dough over itself 10 times. Then cover and leave to rest for 1 hour.
- ☐ **10.10 am – 2nd set of stretch and folds** – Stretch and fold the dough over itself about 6 times or until it's too tight to do anymore. Cover and leave to rest for 1 hour.
- ☐ **11.10 am – 3rd set of stretch and folds** – Stretch and fold the dough over itself 6 times or until it's too tight to do anymore.
- ☐ **11.15 am – Bulk ferment** – Cover the dough and leave until it looks puffy, has risen by about 90%, feels jiggly & pulls cleanly away from the sides of the bowl.
- ☐ **6pm – Preshape** – Turn out the dough and preshape your loaf. Leave to rest covered on the counter for 30 minutes.
- ☐ **6.30 pm – Final shape** – Shape your loaf and place in the proofing basket.
- ☐ **6.35 pm – Proof** – Cover the proofing basket and leave to proof until it's looking puffy, and passes the poke test. Gently press a floured finger into the dough about half an inch. If the dough bounces back slowly and leaves a slight indentation, it's ready.
- ☐ **8.00 pm – Preheat oven** – Place Dutch oven inside oven and preheat to 475 °F (250 °C).
- ☐ **8.02 pm** – Pop your loaf in the freezer to firm up (still in the banneton) while the oven preheats.
- ☐ **8.35 pm – Bake** – Turn the loaf out onto a piece of parchment paper, score, then carefully place the loaf in the hot Dutch oven and bake for 20 minutes with the lid on. Then remove the lid, turn the temperature down to 425 °F (218 °C) for another 20 minutes, until a deep golden brown with an internal temp of between 200 – 210°F (93–99°C). If you knock on the bottom of the loaf it should sound hollow.

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The Take Your Time Bake

PLEASE NOTE - This schedule is based on a room temperature of 21 °C (70 °F) and although I can guide you and give you a rough idea of what to expect and how long each stage will take, it is impossible to be exact when it comes to sourdough. That's where intuition, experience and judgement comes in. And you only get that by practicing!

- ☐ **6 am** - Feed your starter. You will need 100 grams of active starter for this recipe.
- ☐ **1 pm - Mix** - Whisk your starter with the water then add the flour and salt and mix for 10 minutes, really working the dough for better upfront gluten development.
- ☐ **1.10 pm - Rest** - Cover the bowl with a damp dish towel and leave to rest for 1 hour.
- ☐ **2.10 pm - 1st set of stretch and folds** - Stretch and fold the dough over itself 10 times. Cover and leave to rest for 1 hour.
- ☐ **3.10 pm - 2nd set of stretch and folds** - Stretch and fold the dough over itself 6 times or until it feels too tight to do more. Cover and leave to rest for 1 hour.
- ☐ **4.10 pm - 3rd set of stretch and folds** - Stretch and fold the dough over itself 6 times or until it feels too tight to do anymore.
- ☐ **4.15 pm - Bulk ferment** - Cover & leave until the dough has increased in volume by 70 to 75%. It should be domed, have bubbles throughout if you look at the bottom & sides, and pull clean away from the sides of the bowl.
- ☐ **9.00 pm - Preshape** - Turn out the dough and preshape your loaf. Leave to rest on the counter for 30 minutes.
- ☐ **9.30 pm - Final shape** - Shape your loaf and place in the proofing basket. Cover and place in the fridge overnight (or for up to 36 hours).
- ☐ **8.00 am - Preheat oven** - Place Dutch oven inside oven and preheat to 475 °F (250 °C) for at least 30 minutes.
- ☐ **8.30 am - Bake** - Turn the loaf out onto a piece of parchment paper, score, then carefully place the loaf in the hot Dutch oven and bake for 20 minutes with the lid on. Then remove the lid, turn the temperature down to 425 °F (218 °C) for another 20 minutes, until a deep golden brown with an internal temp of between 200 - 210°F (93-99°C). If you knock on the bottom of the loaf it should sound hollow.

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The Work Day Bake

PLEASE NOTE – This schedule is based on a room temperature of 21 °C (70 °F) and although I can guide you and give you a rough idea of what to expect and how long each stage will take, it is impossible to be exact when it comes to sourdough. That's where intuition, experience and judgement comes in. And you only get that by practicing!

- ☐ **Early a.m just before you leave for work** – Feed your starter but use ice cold water so it takes longer to peak. You will need 100 grams of active starter for my recipe. Also mix the the flour and water from the recipe together in a large mixing bowl until a shaggy mess. Cover with a damp towel to autolyse all day. (this will give you a head start on gluten development).
- ☐ **5 pm – Mix** – Add the bubbly starter and the salt to the flour and water mixture and combine them using using your hands at first to scrunch them in, then do some stretch and folds to form a rough dough and make sure everything is combined well. Rest for 30 minutes.
- ☐ **5.40 pm – Stretch and fold** – Stretch and fold the dough over itself 10 times. Then cover and leave to rest for 30 minutes.
- ☐ **6.10 pm – Stretch and folds** – Stretch and fold the dough over itself until it feels too tight to do any more..
- ☐ **6.15 pm – Bulk ferment** – Cover & leave somewhere warm until the dough has increased in volume by 50%.
- ☐ **10 – 10.30 pm – Preshape** – Turn out the dough and preshape your loaf. Leave to rest covered on the counter for 30 minutes.
- ☐ **10.30 – 11 pm – Final shape** – Shape your loaf and place in the proofing basket. Cover with a banneton cover or place the basket in a sealed plastic bag and leave to proof overnight(or for up to 24 hours) in the fridge.
- ☐ **Before work or after work the next day – Preheat oven** – Place Dutch oven inside oven and preheat to 475 °F (250 °C) for at least 30 minutes.
- ☐ **Bake** – Turn the loaf out onto a piece of parchment paper, score, then carefully place the loaf in the hot Dutch oven and bake for 20 minutes with the lid on. Then remove the lid, turn the temperature down to 425 ° F (218 °C) for another 20 minutes, until a deep golden brown with an internal temp of between 200 – 210°F (93–99°C). If you knock on the bottom of the loaf it should sound hollow.