

SOURDOUGH BREAD BOWL

recipe



homemade

INGREDIENTS

- 1 CUP (240G) ACTIVE SOURDOUGH STARTER
- 1½ CUPS (360ML) WARM WATER
- 4 CUPS (500G) BREAD FLOUR
- 2 TEASPOONS (10G) FINE SEA SALT
- OPTIONAL: 1 TABLESPOON (15G) GRANULATED SUGAR (FOR A SLIGHTLY SWEETER DOUGH)

INSTRUCTIONS

1 PREPARE THE DOUGH:

- IN A LARGE MIXING BOWL, COMBINE THE ACTIVE SOURDOUGH STARTER AND WARM WATER. STIR UNTIL THE STARTER IS FULLY DISSOLVED.
- ADD THE BREAD FLOUR AND SALT (AND SUGAR, IF USING) TO THE MIXTURE. MIX UNTIL A SHAGGY DOUGH FORMS.

2 AUTOLYSE:

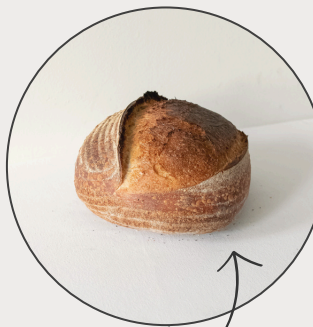
- COVER THE BOWL WITH A DAMP CLOTH AND LET THE DOUGH REST FOR 30 MINUTES. THIS REST ALLOWS THE FLOUR TO HYDRATE AND GLUTEN TO DEVELOP.

3 STRETCH AND FOLD:

- PERFORM A SERIES OF STRETCHES AND FOLDS TO STRENGTHEN THE DOUGH:
 - GENTLY PULL ONE SIDE OF THE DOUGH AND FOLD IT OVER ITSELF.
 - ROTATE THE BOWL 90 DEGREES AND REPEAT THE FOLD.
 - CONTINUE THIS PROCESS UNTIL YOU'VE COMPLETED FOUR FOLDS.
- REPEAT THIS STRETCH AND FOLD PROCESS EVERY 30 MINUTES FOR A TOTAL OF 4 TIMES OVER 2 HOURS.

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4 BULK FERMENTATION:

- AFTER THE FINAL FOLD, COVER THE BOWL AND LET THE DOUGH FERMENT AT ROOM TEMPERATURE UNTIL IT DOUBLES IN SIZE. THIS CAN TAKE 3 TO 5 HOURS, DEPENDING ON ROOM TEMPERATURE AND STARTER ACTIVITY.

5 DIVIDE AND SHAPE:

- ONCE DOUBLED, GENTLY TRANSFER THE DOUGH ONTO A LIGHTLY FLOURED SURFACE.
- DIVIDE THE DOUGH INTO 6 EQUAL PORTIONS.
- SHAPE EACH PORTION INTO A TIGHT BALL BY FOLDING THE EDGES TOWARD THE CENTER TO CREATE SURFACE TENSION.

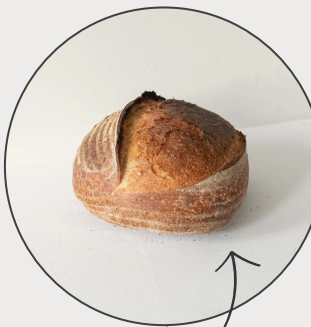
6 PROOF:

- PLACE EACH DOUGH BALL SEAM-SIDE DOWN ON A PARCHMENT-LINED BAKING SHEET.
- COVER WITH A DAMP CLOTH AND LET THEM PROOF AT ROOM TEMPERATURE UNTIL PUFFY, ABOUT 1 TO 2 HOURS.
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1 PREHEAT THE OVEN:

- PREHEAT YOUR OVEN TO 450°F (230°C). PLACE A SHALLOW BAKING PAN ON THE BOTTOM RACK.

8 SCORE AND BAKE:

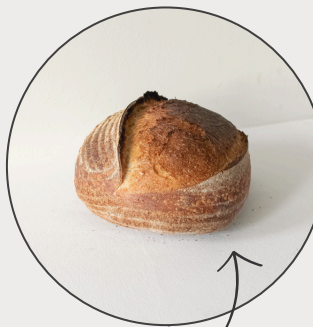
- BEFORE BAKING, USE A SHARP KNIFE OR LAME TO SCORE AN 'X' ON THE TOP OF EACH DOUGH BALL.
- PLACE THE BAKING SHEET IN THE OVEN.
- QUICKLY POUR A CUP OF HOT WATER INTO THE SHALLOW PAN TO CREATE STEAM, THEN CLOSE THE OVEN DOOR.
- BAKE FOR 20 MINUTES.
- AFTER 20 MINUTES, REDUCE THE OVEN TEMPERATURE TO 400°F (200°C), REMOVE THE STEAM PAN, AND CONTINUE BAKING FOR AN ADDITIONAL 15-20 MINUTES, OR UNTIL THE BREAD BOWLS ARE GOLDEN BROWN.

9 COOL AND SERVE:

- ALLOW THE BREAD BOWLS TO COOL COMPLETELY ON A WIRE RACK.
- ONCE COOLED, CUT A CIRCLE ON THE TOP OF EACH BOWL AND HOLLOW OUT THE INSIDE, LEAVING ABOUT A 1/2-INCH (1.3 CM) THICK SHELL.
- FILL WITH YOUR FAVORITE SOUP OR STEW AND ENJOY!

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TIPS:

- ENSURE YOUR SOURDOUGH STARTER IS ACTIVE AND BUBBLY BEFORE BEGINNING FOR OPTIMAL RISE AND FLAVOR.
- FOR A CRISPIER CRUST, BAKE THE BREAD BOWLS ON A PREHEATED BAKING STONE OR STEEL.
- THE REMOVED BREAD CAN BE USED TO MAKE CROUTONS OR BREADCRUMBS, MINIMIZING WASTE.

THIS RECIPE OFFERS A HEARTY AND EDIBLE VESSEL FOR YOUR SOUPS, ENHANCING BOTH PRESENTATION AND TASTE.