



Tasteful Spoon



## Sourdough Bread

🕒 Total Time: 1 day

🍴 Yield: About 10 slices

### Description

Classic sourdough bread with a crispy crust. Delicious with sweet or savory toppings. There are some major benefits of eating sourdough bread over regular white bread. Some of those benefits are: increased antioxidants, lower glycemic index, richer in nutrients, and easier to digest. Learn more at [Sourdough Bread: Is It Good for You?](#)

### Ingredients

- 200 g sourdough starter (see [Sourdough starter recipe](#) )
- 165 g water at 90F
- 376 g bread flour (King Arthur)

- 8 g of salt

## Directions

1. Mix all ingredients and knead for about 15 minutes by hand or 5 min on a stand mixer.
2. Make dough into a ball, put a little bit of olive oil around it and cover with plastic for 4-8 hours.
3. Work the dough on a flat surface, shape the dough being careful of not over working the dough.
4. Place dough on proof basket and let it rest for another 4-6 hours.
5. Bake at 425F for 25 min in a dutch oven inside your regular oven.
6. Remove bread from dutch oven and bake for another 10 min.

## Notes

For the flour, you can mix regular bread flour with whole wheat flour. You can have a maximum ratio of 1:1 of whole wheat to regular bread flour. That is, half-and-half by weight.