

Sourdough Bread

Naturally Leavened Sourdough Bread

Adapted from King Arthur Flour

- 454 g fed sourdough starter (at room temp)
 - 602 g King Arthur unbleached AP flour
 - 85 g King Arthur whole wheat flour
 - 397 ml water (room temp)
 - 1 tbsp salt
1. Mix all ingredients except salt in a large bowl until all the flour is hydrated. Cover with a kitchen towel and let it sit for 20 minutes.
 2. Add the salt, take the dough out of the bowl and knead until smooth but still tacky, about 5 minutes. Place back in the bowl, cover, and let rise for one hour.
 3. Take out of the bowl again, pat it down lightly and fold into thirds like a business letter. Turn 90° and fold once more. Put it back in the bowl, cover, and let rise for another hour.
 4. Turn out onto a floured surface and divide into four pieces. Gently shape into rough rectangular shapes (being careful not to knock the air out) and cover again. Leave to rest for 20 minutes.
 5. Prepare two baking sheets with parchment paper and lightly cover with semolina. Shape each piece into

batards (see video) by folding top half over to the center and pressing down to seal then bottom half up and sealing, then top edge all the way down to the bottom edge and pressing down to seal again. Rock and roll, tapering the edges slightly (see video). Place 2 loaves on each sheet. Cover and let rise for 2½ hours.

6. Preheat the oven to 450°F when there is one hour left on the rise time. Place a baking stone in the middle rack of the oven before preheating.
7. Make three slashes through each loaf with a lame or knife. If you have a pizza peel, transfer the parchment onto the peel directly and then transfer to the pizza stone. Otherwise, place baking sheet directly onto stone. Bake for 18 minutes or until golden brown and sounds hollow on bottom when tapped.

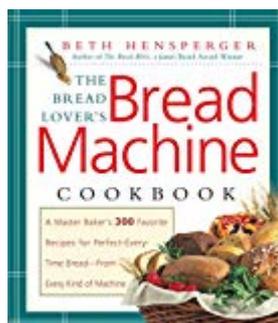
Whole Wheat English Muffins in Your Bread Machine

English muffins practically make themselves. And if you have a bread machine, its even easier because you can do other things while the dough gets kneaded and goes through its first proof. We got this bread machine about a year ago and I have not bought supermarket bread since then. It is so easy to make bread in this machine you can't come up with an excuse not to – even when you're tired after work. So I make the sandwich bread for the kids' lunches, I use it to make brioche dough when I'm in a hurry and even naan dough. I do love to

make bread by hand but this is great when you're trying to bring a lot of components together quickly.



I also love this this bread machine



cookbook and use it exclusively : I adapted the recipe for my whole wheat English muffins from the one in this book. I really needed one that would turn out good English muffins consistently. As you may know I like to buy kitchen gadgets and the last one I convinced my husband to buy was this lovely item:



Now it really is awesome but the first thing he said when we got it was "I hope you can keep up with the English muffins or I'm going to have to buy them from the store" or something to that effect. He knows that no 5-word phrase gets my blood boiling like "buy them {it} from the store." It is like waving a red flag in front of a bull. Needless, to say I can't keep up with the English muffins

every week but when there are no homemade English muffins then I make sure that the breakfast sandwich maker somehow magically disappears.

These are the English muffin rings I use:



Here are the step by step pictures but the video is much more entertaining in my opinion:



Once dough cycle is complete, turn out dough onto a lightly floured surface.



Divide into 12 equal pieces and roll into balls.



Flatten slightly and let rise in the English muffins rings on a griddle. After the final proof, set the griddle on a cold stove, then bring to medium heat and cook for about 5 minutes on each side.



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How to Shape a Bastard of a Bread

Updated: 4/13/18

That got your attention, right? But I didn't give it that unfortunate moniker, the French did (of course).

Only the French would come up with a name like that for a baked good. The batard (Eng: bastard) got its name because it is not quite a baguette and not quite a boule. It has more crumb than a baguette but not as much as a

boule. It happens to be my family's favorite particularly for that crust to crumb ratio. You get that crust to crumb ratio by folding and sealing the dough fewer times than you would a baguette.

If you are going to be making French bread often you might consider investing in a baguette pan like this one. It will help the baguettes or batards retain their shape as they ferment.



Please enjoy these short videos on how to do the stretch and fold method for dough and how to shape a batard:

http://thecakedr.com/wp-content/uploads/2018/04/img_1357-1.mp4

<http://thecakedr.com/wp-content/uploads/2018/04/Batard-2-1.mp4>

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