

SOURDOUGH AND BAKING

Rustic sourdough bread with instant yeast

Two oblong loaves from PJ Hamel's recipe. Active sourdough starter adds flavour, and a little instant yeast helps the dough rise.

Recipe author: PJ Hamel · King Arthur Baking

**TIME**

3 hours and 7 minutes total, including 25-30 minutes baking

MAKES

2 loaves, about 25 cm (10 inches) long

Method: Sourdough and yeast fermentation, followed by baking

Season and ingredients: Year-round

Storage: Keep the loaves loosely wrapped at room temperature for several days. Freeze for longer storage.

Ingredients

- ❑ 600 g unbleached all-purpose flour
- ❑ 340 g lukewarm water
- ❑ 227 g ripe, active sourdough starter
- ❑ 15 g table salt
- ❑ 1-2 teaspoons instant yeast

Weigh ingredients listed in grams; measure the yeast with a teaspoon.

Equipment

- ❑ Kitchen scales, large bowl, baking tray, baking parchment, sharp scoring knife and cooling rack.

Instructions

1. Make the dough

Combine all the ingredients and knead until smooth.

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Sources and history on the Fermentarnia website
fermentarnia.com



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2. First rise

Put the dough in a lightly greased bowl, cover and leave for about 1½ hours, until doubled in size.

3. Shape the loaves

Turn onto a lightly floured surface and divide in half. Fold the edges of each piece into the centre, turn seam-side down and shape into a ball. Cover and rest for 15 minutes. Roll on an unfloured surface to make thick oval loaves; for longer loaves, roll to about 25-28 cm (10-11 inches).

4. Second rise

Place on a greased or parchment-lined baking tray. Cover and leave for about 1 hour, until very puffy. Towards the end of this rise, preheat the oven to about 220°C (425°F).

5. Score and bake

Spray the loaves with lukewarm water and dust with flour. Make two fairly deep diagonal slashes in each. Bake for 25-30 minutes, until deep golden brown, then cool on a rack.

Tips

Use 1 teaspoon yeast with a healthy, active starter; the rise may take longer. Use 2 teaspoons with a less active starter or for a quicker rise.

How to serve

Cool the loaves on a rack before slicing.

Under the microscope

What raises this loaf

Yeasts produce carbon dioxide during fermentation, and gas held in the dough makes it expand. This recipe contains both an active sourdough starter and instant yeast. The added yeast helps the rise, while the starter contributes its own microorganisms, acidity and aroma.

