

SOURFAUX

There's nothing quite like a shortcut for making sourdough to raise the hackles of ardent bakers. We're not suggesting alternative methods to replicate the complexity of flavor that only time can produce, but you can make a direct-leavened bread with sourdough character in a fraction of the time. We tried several sourdough flavorings, including one from King Arthur Flour, which we prefer for the resemblance to true sourdough that comes from the combination of lactic acid, vinegar, rye flour, and inactive yeast.



TOTAL TIME Active 27 min Inactive 5 h 26 min	DDT 24-26°C / 75-78°F	DIFFICULTY Easy: mixing Advanced: shaping baguettes	OVENS ★Deck Combi Convection Home	YIELD / SHAPES 1 lg boule/bâtard 2 sm boules/bâtards 3 baguettes/short baguettes 4 ficelles 20 rolls
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	INGREDIENTS	WEIGHT	VOLUME	%
①	Bread flour	585 g	4 cups	100
	Water	400 g	1¾ cups	68.38
	Instant Sourdough Flavor*	40 g	¼ cup	6.84
	Instant dry yeast	4 g	1½ tsp	0.68
②	Fine salt	12 g	2 tsp	2
	Yield	~1.00 kg		

NET CONTENTS		
Ingredients	Weight	%
Flour	585 g	100
King Arthur Instant Sourdough Flavor	40 g	6.84
Water	400 g	68.38
Salt	12 g	2
Yeast	4 g	0.68

For salt, flours, substitutions, and other notes, see pages viii–xi.

*Other brands of sourdough flavor to consider if you will be producing these breads in larger quantities:

Puratos: O-tentic: Origin/Durum; Sapore: Traviata/Softgrain

Lallemand: Essential LCR 100, Fermaid RELAX, Fermaid T, LBI 2163, LBI 4060, LBI 4080, Lallemand Rye Flavor

Consume within 2–3 d, or freeze for up to 2 mo.

GENERAL DIRECTIONS

		PROCEDURE	NOTES	TIME				
				active/inactive				
MIX	by hand*	combine ① in a bowl, and mix to a shaggy mass; autolyse 30 min; add ②, and mix until homogeneous; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Hand Mixing, page 3-116	5 min / 30 min				
	by machine*	combine ① in mixer's bowl, and mix on low speed to a shaggy mass; autolyse 20–30 min; add ②, and mix on medium speed to medium gluten development; transfer to a lightly oiled tub or bowl, and cover well with a lid or plastic wrap	see Machine Mixing options, page 65	37–41 min				
BULK FERMENT	by hand*	3½ h total; 3 folds (1 fold every hour after the first hour), 30 min rest after final fold	see How to Perform a Four-Edge Fold, page 3-129, and Gluten Development, page 3-89	5 min / 3½ h				
	by machine*	1½ h total; 2 folds (1 fold just after mixing, a second after 45 min), 45 min rest after final fold		5 min / 1½ h				
DIVIDE/ SHAPE	divide	lg boule/bâtard	sm boule/bâtard	baguette/sh baguette	ficelle	roll	see How to Divide Your Dough, page 3-136	0–7 min
		do not divide	500 g	330 g	250 g	50 g		
	preshape	boule/bâtard	boule/bâtard	baguette	baguette	roll	see shaping boules, bâtards, baguettes, and ficelles, pages 3-152–158, and rolls, page 3-176	1–7 min
	rest	20 min	20 min	20 min	20 min	20 min		20 min
	shape	boule/bâtard	boule/bâtard	baguette	baguette	roll		1–7 min
FINAL PROOF	27°C / 80°F 65% RH	1¼–1½ h	1–1¼ h	45–60 min	30–45 min	30–45 min	see Final Proofing Methods, page 3-212	30 min–2 h
	21°C / 70°F	1½–2 h	1¼–1½ h	1–1½ h	45–60 min	45–60 min		
SCORE		for scoring options, see page 3-230						30 s–1 min
BAKE		see Sourdough Baking Times and Temperatures, page 67						10–55 min
TOTAL TIME	*Choose by hand or machine							by hand 32 min / 7¼ h by machine 27 min / 5 h 26 min

Alternatively, you can cold-proof the dough in the refrigerator (4°C / 40°F). For pieces between 50 g and 250 g, cold-proof for 2 h. For pieces between 350 g and 500 g, cold-proof for 2½–3 h. For 1–2 kg doughs, cold-proof for 3½–4 h (or longer if desired).