

# San Francisco Sourdough

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## *Advanced San Francisco Sourdough Bread*

<https://YouTube.com/LoafHacker>

Starter Peak Duration	5 hrs 30 mins
Retard Duration	23 hrs
Loaves	2
Start Time	8:00

## Recipe Stats

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Hydration	Loaf Size	Start	Ready
81.7%	902g	Day 1 @ 8:00	Day 2 @ 19:20

## Ingredients

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Grams	Ingredient	Baker's Percentage
139g	Levain <i>This is a 50/50 mix of water and flour</i>	15%
44g	Whole Wheat Bread Flour	5%
880g	Strong white bread flour	95%
663g	Water <i>Main water</i>	72%
40g	Reserved water for Levain	4%
18g	Salt	2%
18g	Water for salt	2%
20g	Avocado Oil	2%

# Recipe Steps

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When	Step	Duration
<b>Levain</b>		
Day 1 @ 8:00	<b>1. Make the Levain</b> a. Make the Levain: b. Mix flour, water and starter as per above c. Keep at 27-30°C (80-85°F) if possible <i>Timing is automatically calculated based on time entered for starter to mature above. It will not be mature by the end of this step. It factors in the steps before during autolyse before the levain is mixed in which should allow it to then be at full maturity.</i>	3.5h
<b>Autolyse</b>		
Day 1 @ 11:30	<b>2. Pre-mix the autolysed dough</b> a. Mix water and Flour in amounts above (not levain yet!) b. Mix enough to fully incorporate but not beyond that for now	10m
Day 1 @ 11:40	<b>3. Rest the autolysed dough</b> a. Store next to your levain to bring to the same temperature b. Now rest the dough	2h
<b>Mix and Develop</b>		
Day 1 @ 13:40	<b>4. Mix the levain into dough</b> a. Perform a float test on the levain if you are unsure (does a small blob float in water?) hold before this step if it doesn't float yet b. Using the "water for levain", mix Levain and autolysed dough c. Mix enough to fully incorporate but not beyond that for now	10m
Day 1 @ 13:50	<b>5. Rest dough</b> Place in a nice warm proofing spot - ideally between 27-30°C (80-85°F) <i>If you cannot raise the temperature to this level, then the Bulk Proofing timings will need to be extended.</i>	45m
Day 1 @ 14:35	<b>6. Develop the dough</b> a. Add salt and use water reserved for salt to help dissolve as you work it into the dough b. If using the optional oil, keep dipping fingers into the Oil as needed whilst working the dough during this step c. Slap and fold for at least 3 minutes until the dough becomes silky and smooth	15m

## Bulk Fermentation

- Day 1 @ 14:50      **7. Start bulk fermentation**      5m  
a. Cover with a tea towel, foil or a shower cap so the dough doesn't dry out  
b. Place in a nice warm proofing spot - ideally between 27-30°C (80-85°F)  
*If you cannot raise the temperature to this level, then the Bulk Proofing timings will need to be extended.*
- Day 1 @ 14:55      **8. Initial Bulk Fermentation Period**      45m  
Leave to begin the fermentation process
- Day 1 @ 15:40      **9. Lamination**      10m  
a. Stretch dough out on countertop into thin sheet (just before breaking).  
b. Either fold (like croissant dough) or roll (like cinnamon rolls) to laminate the dough.
- Day 1 @ 15:50      **10. Second Bulk Fermentation Period**      30m  
Cover it up again and then back to the warm proofing spot to continue bulk fermentation
- Day 1 @ 16:20      **11. Stretch and Fold**      5m  
Do one set of stretch and folds
- Day 1 @ 16:25      **12. Third Bulk Fermentation Period**      30m  
Cover it up again and then back to the warm proofing spot to continue bulk fermentation
- Day 1 @ 16:55      **13. Stretch and Fold**      5m  
Do one last set of stretch and folds
- Day 1 @ 17:00      **14. Final Bulk Fermentation Period**      30m  
Cover it up again and then back to the warm proofing spot for the last part of the bulk fermentation phase  
*Depending on your starter and the temp, you might need to bulk proof a little longer. If you are experienced, feel free to extend as needed. If you are unsure, follow the recipe as-is for the first time and adjust the next time as needed.*

## Pre-Shape

- Day 1 @ 17:30      **15. Pre-shape loaves**      15m  
a. Tip out onto countertop  
b. Lightly sprinkle with flour on the top only  
c. Divide into portions for loafs  
d. Turn each loaf over onto floured side with wet side facing up

e. Perform stitch-and-roll shaping technique (see video in Day 12 of my YouTube series)

Day 1 @ 17:45 **16. Rest the pre-shaped loaves** 30m  
Rest to relax the gluten (loaves will flatten)

Day 1 @ 18:15 **17. Second shaping** 5m  
Push/pull each loaf in in all directions with a bench scraper and your hand to develop surface tension  
*The more you shape, the more strength you build into the loaf, but also the more the dough is degassed. Balancing the two is key!*

Day 1 @ 18:20 **18. Rest the shaped loaves** 15m  
a. Rest a second time  
b. Loaves will flatten - but not as much as the first time

### Final Shape

Day 1 @ 18:35 **19. Final shaping of loaves** 5m  
Push/pull each loaf in in all directions with a bench scraper and your hand to develop surface tension a bit more  
*Very lightly on this step. If you think it doesn't need it, you can skip this step.*

Day 1 @ 18:40 **20. One Last Rest!** 5m  
Rest one more time seam-side down for a few minutes just to get it all to seal up properly.

Day 1 @ 18:45 **21. Place in banneton** 5m  
a. Put seam side up into banneton (floured with a mixture of 75% rice flour and 25% AP flour)  
b. Cover bowl with shower cap or towel  
*If you don't have rice flour or a banneton, a bowl with a heavily floured tea towel, or a bowl with a lightly oiled crumpled sheet of baking paper will work*

### Retard

Day 1 @ 18:50 **22. Retard dough** 22h  
Retard the dough in the fridge  
*Use a fridge that doesn't open very often if possible. Otherwise try to avoid opening it too much as it will change the temperature of the dough and, ultimately, could lead to your dough overproofing*

### Bake

Day 2 @ 16:50 **23. Preheat oven** 1h  
Preheat oven at 250°C (480°F) at least one hour before baking  
*Scoring a cold loaf is much easier than a room-temperature one. It can be even easier if you put it in the freezer for 10-20 minutes before scoring. That's completely optional though, and really only needed if you are scoring a detailed pattern or really want to get ears on a higher hydration loaf.*

- Day 2 @ 17:50      **24. Score and put into oven**      10m
- a. Put loaf onto baking paper to allow it to be transferred after scoring
  - b. Tuck in the edges a little bit with bench scraper to help it stand proud if so desired
  - c. Score bread in chosen pattern
  - d. Place in hot dutch oven (or onto hot baking steel if using that method) by lifting and placing with the baking paper sticking out from either side
  - e. Dutch Oven Method: Carefully place the loaf into a preheated Dutch Oven then close the lid immediately and put dutch oven into the oven
  - f. Baking Steel Method: Pour boiling water into metal tray with tea towels or lava rocks and spray inside of oven with water from a spray bottle a few times and then close oven door immediately
  - g. Turn down to 240°C (465°F) immediately
- Day 2 @ 18:00      **25. Bake with steam at 240°C/465°F**      25m
- a. Dutch Oven: Bake with top on
  - b. Baking Steel: Avoid opening door as all the steam will escape!
- Day 2 @ 18:25      **26. Bake without steam at 220°C/430°F**      10m
- a. Dutch Oven: Take lid off
  - b. Baking Steel: Remove steam tray
  - c. Reduce to 220°C/430°F
  - d. Bake for another 10 mins
- Day 2 @ 18:35      **27. Final bake at 215°C/420°F**      15m
- a. Dutch Oven: Take out of dutch oven and put back in directly on a wire rack
  - b. Baking Steel: Do nothing!
  - c. Reduce to 215°C/420°F
  - d. Bake for up to 20 minutes more - until desired crust is achieved

## Enjoy

- Day 2 @ 18:50      **28. Take out and rest before eating**      30m
- Take out and rest 30-60 mins
- If you don't rest it, the inside may not be fully cooked, and could be gummy when you cut through it. At least wait 10 minutes!*
- Day 2 @ 19:20      **29. Eat!**      0m