

# No-Knead SF Sourdough

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*San Francisco Sourdough Bread using the no-knead method*

<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
76.8%	878g	Day 1 @ 8:00	Day 2 @ 17:15

## 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%
924g	Strong white bread flour <i>All Purpose Flour can be used if Strong White Bread Flour is not available</i>	100%
693g	Water <i>Main water</i>	75%
18g	Salt	2%
20g	Avocado or other neutral Oil (optional) <i>Oil is not required but it does add some softness to the crumb, and allows it to stay fresh longer as well</i>	2%

## Recipe Steps

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When	Step	Duration
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## Levain

- Day 1 @ 8:00      **1. Make the Levain**      5h
- a. Make the Levain:
  - b. Mix flour, water and starter as per above
  - c. Keep at 27-30°C (80-85°F) if possible

## Mix the Ingredients

- Day 1 @ 13:00      **2. Mix the dry ingredients**      5m
- Whisk together the Flour and Salt in a large bowl
- Day 1 @ 13:05      **3. Mix the wet ingredients**      5m
- In a separate bowl, combine the water and the levain and mix together well.
- Day 1 @ 13:10      **4. Mix the wet and dry ingredients together**      5m
- a. Pour the wet ingredients into the dry ingredients and stir together with a spatula.
  - b. Once they are incorporated, switch to a bowl scraper or just your hands and continue to mix until a uniform consistency is achieved.

## Bulk Fermentation

- Day 1 @ 13:15      **5. 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 @ 13:20      **6. Initial Bulk Fermentation Period**      30m
- Leave to begin the fermentation process
- Day 1 @ 13:50      **7. Stretch and Fold**      5m
- Do one set of stretch and folds
- Day 1 @ 13:55      **8. Second Bulk Fermentation Phase**      30m
- Cover it up again and then back to the warm proofing spot to continue bulk fermentation
- Day 1 @ 14:25      **9. Stretch and Fold**      5m
- Do one set of stretch and folds
- Day 1 @ 14:30      **10. Third Bulk Fermentation Phase**      30m
- Cover it up again and then back to the warm proofing spot to continue bulk fermentation
- Day 1 @ 15:00      **11. Stretch and Fold**      5m
- Do one set of stretch and folds

Day 1 @ 15:05     **12. Final Bulk Fermentation Period**     30m  
Cover it up again and then back to the warm proofing spot to continue bulk fermentation

### Pre-Shape

Day 1 @ 15:35     **13. Pre-shape loaves**     15m  
a. Tip out onto countertop  
b. Lightly sprinkle with flour on the top only  
c. Divide into portions for loaves  
d. Pull in and rotate multiple times to develop surface tension  
e. Develop surface tension of each loaf. Watch youtube on how to do this if you are unsure

Day 1 @ 15:50     **14. Rest the pre-shaped loaves**     20m  
Rest to relax the gluten (loaves will flatten)

Day 1 @ 16:10     **15. Second shaping**     5m  
Push each loaf in in all directions to develop surface tension a bit more

Day 1 @ 16:15     **16. 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 @ 16:30     **17. Final shaping of loaves**     5m  
Push each loaf in in all directions to develop surface tension a bit more

Day 1 @ 16:35     **18. One Last Rest!**     5m  
Rest one more time seam-side down for 5 minutes just to get it all to seal up properly.

Day 1 @ 16:40     **19. 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 @ 16:45     **20. 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 @ 14:45	<b>21. Preheat oven</b> Preheat oven at 250°C (480°F) at least one hour before baking <i>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.</i>	1h
Day 2 @ 15:45	<b>22. Score and put into oven</b> 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	10m
Day 2 @ 15:55	<b>23. Bake with steam at 240°C/465°F</b> a. Dutch Oven: Bake with top on b. Baking Steel: Avoid opening door as all the steam will escape!	25m
Day 2 @ 16:20	<b>24. Bake without steam at 220°C/430°F</b> 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	10m
Day 2 @ 16:30	<b>25. Final bake at 215°C/420°F</b> 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	15m
<b>Enjoy</b>		
Day 2 @ 16:45	<b>26. Take out and rest before eating</b> Take out and rest 30-60 mins <i>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!</i>	30m
Day 2 @ 17:15	<b>27. Eat!</b>	0m