

# KEEP IT SIMPLE (KIS) SOURDOUGH BREAD

**YIELD:** Approximately One 1 1/2 pound loaf (750g)

**TIME:** Approximately 7 hours plus overnight proof and 1 hour for baking



Recipe created by Jim Challenger, Challenger Breadware

## WHAT YOU NEED:

### INGREDIENTS

400g Bread flour  
250g Water  
80g Sourdough starter  
9g Salt

### TEMPERATURE

Temperature may be your most important ingredient.

If you keep your dough as close as possible to 73°F/23°C, you can begin Step 4 **6 hours** after the time you began Step 1.

For each degree that your dough is warmer, you can subtract approximately 20 minutes.

For each degree that your dough is colder, you can add approximately 20 minutes.

### MIXER SPEEDS - ANKARSRUM

Low: 2pm  
High: 4pm

### KITCHENAID

Low: 2  
High: 4

### TOOLS

8x8 Pyrex dish  
Stand Mixer  
Banneton covers  
Challenger Bench Knife  
Challenger Bread Pan  
Cloth towels  
Linen-lined banneton  
Mixing bowls  
Nylon dough scraper  
Spray bottle  
ThermoPro Thermometer  
Lame

### VIDEO

[YouTube](#)

Please tag #KISSourdough, and we will comment and answer any questions.

## PREPARATION:

### STEP 1: HYDRATE / AUTOlySE

Measure all your ingredients into separate bowls. Add starter and water to the bowl of your mixer. Mix on a medium speed until incorporated. Add flour. Mix on low speed until you don't see any more dried bits of flour. Sprinkle the salt on top of your dough. Cover with a towel for 30 minutes.

### STEP 2: MIX

Mix on low speed for 5 minutes. Mix on medium-high speed for 3 minutes. Let the dough rest for 5 minutes and pull a gluten window. Remove the dough and place in an 8"x8" Pyrex dish. Cover with a plastic cover.

### STEP 3: BULK FERMENTATION

After 30 minutes, coil fold your dough: First, wet your hands and shake off the excess. Pull the dough up with two fingers, stretch and fold under. Rotate 180° and coil fold again. Rotate 90° and coil fold. Rotate 180° and coil fold. Cover with a plastic cover. Let it ferment for the rest of the time as suggested in the Temperature side notes.

### STEP 4: PRE-SHAPE

Loosen the edge of the dough with a wet spatula or plastic dough scraper. Turn your dish over and let the dough slowly come out. If it doesn't come out easily, just loosen it a bit more. Pre-shape your dough into a nice round ball.

### STEP 5: BENCH REST

Cover your ball of dough with a damp cloth and wait 15 minutes.

### STEP 6: SHAPE & ROOM TEMPERATURE PROOF

Shape your dough into your desired shape and place it gently in a linen-lined banneton. Cover with a plastic cover and let it rest for 15 minutes at room temperature.

### STEP 7: PROOF

Place your covered banneton in your refrigerator for 12-15 hours. The best temperature for your refrigerator is 39°F/4°C.

### STEP 8: SCORE & BAKE

Preheat your oven and Challenger Bread Pan at 500°F/260°C for one hour. Take your banneton out of the fridge. Put an ice cube in a small bowl. Take your pan out of the oven and remove its cover. Carefully turn your dough into the base of the pan. Score your loaf. Slide the ice cube into a corner of the pan. Place the cover back on and return your pan to the oven. Turn your oven down to 435°F/224°C.

After 15 minutes, take your Challenger Pan out of the oven. Remove the cover and turn it over. Place the base on top of the inverted cover and return both to the oven.

After another 30 minutes, remove your loaf from the oven and place on a wire rack. Wait 30 minutes and cut yourself a slice. Slather it with butter. Sprinkle with crunchy salt and enjoy!

# KEEP IT SIMPLE (KIS) SOURDOUGH BREAD NOTES

LEVAIN GROWTH: 2x....|....3x....|....4x (if you get past 4x, you're a master!) | DATE: \_\_\_\_\_

	TIME:	DOUGH TEMP:
Flour	_____	
Water	_____	
Autolyse	_____	Describe your Gluten Window: _____
Add Salt	_____	Describe your Gluten Window: _____
Coil Fold	_____	Describe your Gluten Window: _____
Pre-Shape	_____	
Bench Rest	_____	
Shape	_____	
Ambient Proof	_____	
Cold Proof	_____	
Bake	_____	

## RATE YOUR BAKE:

Oven Spring / Rise	1	2	3	4	5	6	7	8	9	10
Bloom / Opening Up	1	2	3	4	5	6	7	8	9	10
Color of Your Crust	1	2	3	4	5	6	7	8	9	10
Blisters	1	2	3	4	5	6	7	8	9	10
Score	1	2	3	4	5	6	7	8	9	10
Crispiness	1	2	3	4	5	6	7	8	9	10
Crumb	1	2	3	4	5	6	7	8	9	10
Flavor	1	2	3	4	5	6	7	8	9	10