

## Growing Wild Sourdough & Baking Bread

Sourdough is a wild yeast that can be captured and grown for baking rising bread. There are sourdough starters that have been kept alive over oceans and, in some cases, for over 1,000s of years. A starter can become active enough to bake bread in just 10 days.

Over the next 10-14 days, you will catch and grow a sourdough yeast and then bake your family a loaf of bread.

### *Supplies:*

Glass jar  
Flour  
Water  
Salt  
Dutch Oven  
Whisk  
Sharp Blade  
Parchment Paper  
Cooling Rack

### *Directions:*

1. Catch and start a sourdough following the directions on page 212.
2. Whisk 1/2 cup bubbly active starter and 1 1/2 cups plus 1 TBS warm water together in a bowl. Then add 4 cups plus 2 TBS of flour and 2 TBS sea salt and mix well, finishing with hands.
3. Cover the bowl with a damp tea towel and let rest for 30 minutes.
4. Stretch and pull the dough by folding it into itself 4-5 times. Let rest for another 30 minutes. Then stretch and fold again.
5. Cover the bowl and let it rise at room temperature for 8-10 hours until it is close to double in size, bubbly on top, and jiggly.
6. Pull dough onto a lightly floured surface and shape it into a ball with the seam on the bottom. Let rest covered for 30 minutes.
7. Move the dough into the refrigerator to raise covered for 1-48 hours.
8. Place a Dutch oven in the oven and preheat the oven to 550 F
9. Cut a piece of parchment paper the size of the Dutch oven.
10. Flip the bowl with the dough over onto the parchment paper.
11. Slit lines or an X into the top of the dough with a razor blade.
12. Lower the oven temperature to 450 F, put the dough on the parchment paper in the Dutch oven, cover gently, and place it in the oven.
13. Bake for 30 minutes.
14. Remove the lid, reduce oven temperature to 400 F, and bake for another 5-10 minutes.
15. Remove bread from Dutch oven by lifting the parchment paper.
16. Let the bread cool on a wire rack for an hour before slicing.

