

# Let's make bread with sourdough

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And so, after the genesis and the refresho of the sourdough, here is the video with all the steps for making bread, hoping it's pleasant and useful!

Also, I want briefly to touch some key elements for making bread, such as flour, water, sugar, kneading, rising and baking. The first thing you learn is that behind every post, video, book, the best school for the **home-made** bread is the practice and perseverance :-)

### Flour

Is better to use stone-ground flour and organic. The reason is because the process of grinding stone, as opposed to industrial, manages to preserve the properties of lipid-vitamin of the flour because of the reduced speed of grind that prevents overheating. Furthermore, the process of grinding stone is also preserves the germ of the wheat, which contains proteins particularly valuable that the processes of refining industry would be eliminated. The choice of organic flour is now almost obligatory, since with this method of growing our grains of wheat are free of toxic substances resulting from the use of fertilizers and pesticides of chemical origin.

It's also important to check the date of the grinding, a flour 1 or 2 years old will have lost all its quality.

There are various types of flour used for baking bread, but wheat flour is better for its high content of glutenin. So if you want to make bread with flour of other cereals such as spelt, kamut, whole wheat, rye, corn or rice, you should not use it at 100%, but mixed it in the measure of 30% to 50% with the wheat flour in order to ensure the rising.

You can try but you must know that your bread will need a longer rising time and you'll get a bread more compact. Remember also that corn and rice flour don't contain gluten so you can not use them alone (I've never tried).

I intend also to publish recipes for bread requiring other types of cereal, so you follow me :-)

### Water

Water is an important element for the preparation of bread because it gives flexibility and ensures the extension of the gluten in flour. But unfortunately, people like me who live in cities, can not always count on a good quality of this element.

We need water that is chlorine free, and that is not too hard and full of earthy salts. However, it shouldn't be replaced with bottled water, but it's preferable to boil the water in advance to remove at least the volatile elements such as chlorine and calcium salt. Conversely, if you use sweet water you'll have a dough too much soft and sticky.

In making bread, water should be warm, honestly I've never measured degrees, but is better to use warm water that water too much hot, in this second case you dough will not rise. The percentage of water than the flour normally ranges is between 50% and 65, but can reach up to 75% when you use strong flour.

### Sugars

Sugars increase the fermentation process, helping it to rise and giving color to the crust, but should nevertheless be added in small quantities. I prefer cane sugar or alternatively honey (acacia, wildflower, lime) or malt (barley, rice). If honey and malt have flavor too intense may affect that of bread, but of course it is also a matter of taste and recipes. As you can see in the video, I dissolve it in yeast before adding the flour to the dough.

The time of rising depends on the type of flour used, those poorest of gluten (like spelt for example) may

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## Dough

You arrive at the fun part, the phase of the dough!

At this stage, through manipulation, the protein in flour (gliadin and glutenin) coming into contact with the water turn into gluten. This complex protein incorporating oxygen in the dough, allowing the creation within the mass of a lattice that gives elasticity and retain gases that are given off during the rising.

The processing phase of the dough should be constant and regular and lasts from 15 to 20 minutes. In the video I show you how to work the dough with **thumbs** and **knuckles**, those methods allow to incorporate oxygen in the dough. Similarly, even **beating the dough** allows oxygenation. This mode of processing is particularly suitable for soft dough enough, or that contain a high percentage of liquid over the flour, allowing the stringing, otherwise difficult to achieve with the standard work due to poor handling of the dough.

I want to make a clarification on the fact that I make bread with a direct method, I refresh the sourdough the night before and the day after I made bread. The indirect method instead is to make a pre-dough 6-8 hours before the final dough that is called poolish.

## Rising

Is the phase more complex and that preserves most of all unknowns. Once kneaded the bread forms a ball, cut over a cross and cover with a clean and wet cloth. It can be placed also in the oven with the light switch on. If you let the dough rise on a pastry board the temperature ideal is between 18 and 28 degrees and there must be no drafts in the room.

take longer to rise, and the presence of fats like olive oil or butter that slow down the process.

After 3 hours, take the dough and do **the folds** as you see in the video and let rise for an hour, still covered by wet cloth. At this point give him the form but avoid to work it too much, then put it directly on the baking pan covered with baking paper, on which you'll bake it. After 3-4 hours you will notice that it has become twice or even more, then it's time to bake.

I also experienced, the slow rising in the fridge, convenient in summer or when for some reason you can not bake bread at the end of rising. Basically, after to have formed the bread, I put the pan with the bread in the refrigerator, after 5-6 hours i'll take it off from the fridge, and I leave at room temperature for a couple of hours before baking.

## Baking

The ideal, needless to say, would be the wood oven, but always starting from my citizen experience, I speak of the cooking in the oven. First, the oven must be preheated at 250°. When you open the door of the oven for baking bread are lost usually 40-50°, for this the first 10 minutes I bake bread at 250 ° and then for the remaining minutes at 200°. A loaf of bread to about 1 kilogram cooks in 45 minutes for smaller pieces are needed from 20 to 30 minutes. The walls of the oven should be wetted occasionally during cooking, but I'm only put a little baking pan full of water to guarantee the humidity necessary for baking.

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