



**Miele**

# Sourdough

By Miele

**40 minutes, plus proving and cooling time**

Preparation time

**1 hour, plus preheating time**

Cooking time

**1 loaf**

Serves

## INGREDIENTS

350 ml water

225 g starter culture, at peak  
fermentation

280 g Baker's flour (high protein  
flour)

225 g wholemeal flour

15 g salt flakes

## Miele accessories

Gourmet baking stone

## METHOD

1. Place the water, starter culture and flours into the bowl of a freestanding mixer with a hook attachment. Knead on low speed for 3 minutes, or until the ingredients are well combined. Rest for 10 minutes.
2. Knead the dough again on high speed for 3 minutes, add the salt and knead on low speed for 2 minutes. Cover with a damp tea towel and rest of the bench for 1 hour.
3. Using clean wet hands, stretch and fold the dough from the edges to the middle, working around the bowl, flip over so the smooth side is on top and leave again at room temperature for 2 hours. Repeat this step 0-4 times. Repeating is optional; doing so can create more air pockets in the dough.
4. Pre-shape the dough by laying on a lightly floured bench smooth side down and pull the corners into the middle, flip over, and pull towards yourself to tighten the surface and forming a round shape, rest for 10 minutes covered. This step is optional; however, it can help create a compact shape.
5. Turn the dough onto a lightly floured bench, smooth side down and gently press into a square shape roughly the same length as your mould. Pull in the two corners furthest away into the middle. Now pull the pointed dough into the middle and continue to fold over the top of the dough and tighten into a log shape, sealing the join.
6. Flour a banneton or tea towel placed in a loaf-shaped mould and place the dough in seam side up. Cover with a damp cloth or cling wrap and place in the fridge overnight.
7. Place a gourmet baking stone on shelf level 1 (or shelf level 2 in 60 cm combi steam Pro ovens). Select User Programmes and create the following:

Stage 1: Select Fan Plus at 225°C + 30 minutes.

Stage 2: Select Combi mode: Fan Plus at 225°C + 100% moisture + 30 minutes.

Stage 3: Select Combi mode: Fan Plus at 170°C + 0% moisture + 30 minutes.

1. Save and start programme.
2. Turn the loaf out onto a well-floured, or baking paper lined, wooden paddle and score along the length with a sharp knife or razor at a 45° Slide the bread onto the heated gourmet baking stone after stage 1.
3. Allow to cool for a minimum of 1 hour before slicing.

### **Additional appliance method:**

#### **Oven with Moisture Plus:**

Preheat the baking stone on shelf level 2 on Fan Plus at 230°C for 30 minutes. Slide the bread onto the stone and bake for 30 minutes with 2 manual bursts of steam. Release the first burst of steam immediately and the second burst after 10 minutes. Reduce the oven temperature to 180°C and cook for an additional 30 minutes.

### **Hints and tips:**

- If you are new to sourdough baking, read [this recipe](#) for a step-by-step explanation to create your own. Alternatively, ask your friends if they have a starter you can have, or buy dehydrated starter from gourmet stores or online.
- When baking sourdough bread, it is important to use the correct proportions of flour, starter, water and salt. For this reason, we are using gram measures only.
- We prefer to use bread proofing baskets when making sourdough bread. These are available online, or in some kitchenware stores. These can be used with or without liners, however, ensure the mould is well floured before proving the bread to prevent the dough sticking.
- If you do not have a gourmet baking stone, then the dough can be baked on a universal tray. Preheat the tray for 5 minutes and then place the bread directly on the tray.
- Steam is beneficial when cooking bread; it prevents the crust from drying out too quickly which provides a better crust, it allows the bread to expand and rise more, it helps create a softer crumb and the bread's colour is also improved as moisture enables the sugars on the crust to caramelise more.