

# SOURDOUGH

STEP BY STEP GUIDE TO MAKE YOUR  
FIRST SOURDOUGH BREAD LOAF



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# Easy No knead Sourdough Bread Beginners Recipe

## Ingredients:

- 385 grams water / 2 cups water
- 100 grams starter / 1/2 cup starter
- 12 grams salt / 2 tsp salt
- 520 grams King Arthur All Purpose Flour / 4 cups flour
- 2 tbsp raw honey (optional will taste just as good without)
- Rice flour for dusting the proofing basket

## Directions:

1. **FEED STARTER 10 am** Take your starter out of the fridge and feed it.  
1 cup flour, 3/4 cup water, remaining starter.
2. Leave it out on counter to triple.
3. **7 pm** Mix all ingredients for bread and mix into shaggy ball
4. **7:15 pm** 1st stretch and fold (read below how to do stretch and fold)
5. **7:30 pm** 2nd stretch and fold
6. **7:45 pm** 3rd stretch and fold
7. **8:00 pm** 4th stretch and fold (sometimes I only do two stretch and fold, so its not crucial to do all 4)
8. **Bulk ferment** overnight on your counter, covered with plastic wrap loosely and a kitchen towel on top.
9. **6-8 am** Take your dough out on a slightly wet counter and form into a ball, Let it rest for 15-30 mins.
10. Dust the proofing basket with rice flour
11. **Form** and place bread proofing basket (dust the basket with rice flour)
12. **10 am** preheat oven with your Dutch Oven for 425 degrees Fahrenheit
13. Flip your bread out onto parchment paper and score the top
14. Place your bread on the parchment paper into the hot dutch oven.
15. Bake for 40 minutes with lid on
16. Bake for 5 mins with lid off for a desired color.



# How to stretch and fold sourdough

1. Wet your hand to prevent sticking.
2. Take one edge of the dough and stretch it upwards as far as it can go without tearing.
3. Fold the stretched part over the center of the dough.
4. Repeat with the other three sides of the dough, until you have completed a full cycle of stretching and folding.
5. Return the dough to its container or bowl, seam side down.
6. Cover and let the dough rest and ferment, repeating the stretch and fold process again (every 15-30 minutes for the first 2 hours)

\*Repeating the stretch and fold process several times over the course of the fermentation period, the dough has develops structure and strength to hold its shape and rise properly.

\*\* Stretch and folds help add elasticity to the dough.

# SOURDOUGH STARTER

A sourdough starter is a living culture of yeast and bacteria that is used to leaven sourdough bread and give it its unique flavor and texture.



## WHAT IS SOURDOUGH STARTER

A sourdough starter is a mixture of flour and water that has been left to ferment and collect wild yeast and bacteria. It is used as a natural leavening agent in bread making and gives sourdough bread its distinctive tangy flavor.

## HOW CAN I TELL IF MY SOURDOUGH STARTER IS HEALTHY?

A healthy sourdough starter should be active, bubbly, and have a pleasant sour smell. It should have a thick and stretchy texture and rise and fall predictably with each feeding. If it's not rising, smells bad, or has mold, it may be unhealthy and should be discarded.



## WHY MAKE SOURDOUGH BREAD

The natural fermentation of dough, results in bread that is easier to digest, has a lower glycemic index, and contains more nutrients such as iron, zinc, and magnesium, as well as producing vitamins B1, B2, B6, B12, and antioxidants.

# Sourdough Starter FAQs

## **Q: Why use a sourdough starter instead of commercial yeast?**

A: Sourdough bread has a unique flavor profile and texture that cannot be replicated with commercial yeast. Additionally, sourdough bread is easier to digest, has a lower glycemic index, and is often more nutritious than bread made with commercial yeast.

## **Q: How do I create a sourdough starter?**

A: My recommendation is to buy a sourdough starter. I find a local gal that sells her sourdough starter. I got some and started baking that same day. You can also purchase dried starter online ( I haven't tried that personally so I can't recommend that ) or ask your friends.

## **Q: What kind of flour should I use to create a sourdough starter?**

A: You can use any type of flour to create a sourdough starter, but many people prefer to use whole wheat or rye flour because they contain more wild yeast and bacteria than white flour. I love to feed my starter and bake my bread with King Arthur. If you have a mother sourdough starter that's made with white flour, but you want to make a rye bread, you can make a levain from that mother starter with rye flour. ( this will be a later post available )

# Sourdough Starter FAQs

**Q: How often do I need to feed my sourdough starter?**

A: If you keep your sourdough starter in the fridge, then you take out the starter, make the bread dough, FEED your starter, let it rise and then place it back into the fridge. For me I use the same starter to make 2 loaves and then I will feed it again.

**Q: How much flour and water should I use to feed my sourdough starter?**

A: Everyone says to feed equal parts water, and flour. I say use 1 cup flour and 1/2-3/4 cup water, plus 1/2 cup of starter. I make the consistency thicker like sour cream.

**Q: How do I know when my sourdough starter is ready to use?**

A: Your sourdough starter is ready to use when it has doubled or tripled in size and is bubbly and active. You can test this by dropping a spoonful of the starter into a glass of water – if it floats, it is ready to use. If you notice it doubled or tripled and then starts to drop, it is also ripe and ready to use

# Sourdough Starter FAQs

## **Q: How do I store my sourdough starter?**

A: I store my sourdough starter in a glass jar with plastic wrap on top. You can store your sourdough starter in the refrigerator for several weeks without feeding it. If you need to store it for a longer period of time, you can freeze it. You can also dehydrate it and store in a ziplock bag.

## **Q: How do I revive a dormant sourdough starter?**

A: If your sourdough starter has been neglected and has become dormant, you can revive it by feeding it with fresh flour and water and allowing it to ferment at room temperature for several days. If it has a brown water on top of the starter, it is not bad. Drain the brown liquid and feed it. All it means is that it's hungry!

## **Q: Can I use my sourdough starter for other baked goods besides bread?**

A: Yes, you can use your sourdough starter to make pancakes, waffles, muffins, and other baked goods.

## **Q: Can I share my sourdough starter with others?**

A: Yes, you can share your sourdough starter with others by giving them a portion of your starter to use in their own baking. This is a great way to spread the love of sourdough bread!

# Note from Veronika

Feeding your sourdough starter, taking care of it, and using it to bake bread, takes **patients, time, lots of trial and error, and the most importantly LOVE.**

The more you use it, the more you will get adjusted and learn your own routine and ways to maintain a healthy and happy sourdough starter. I hope this sourdough starter FAQs will help you to ease up your sourdough journey.

If you ever have any questions about anything sourdough, reach out to me. DM me on IG @shakanranch. I always reply to all of your questions and never get tired of talking about sourdough!

The whole reason I started this blog was to help other mamas make homemade bread.

Happy Baking!