

## Sponge Sour



### Sponge Sourdough

Makes 2 loaves around 2 pounds each.

In the evening around 7 - 8 pm...

For the Sponge: In a large mixing bowl combine:

Preferment	Volume	Standard	Metric	Bakers %
Sourdough Starter 166% hydration	2 cups	18 oz	510 g	69.3 %
Water	2 cups	16 oz	453 g	61.6 %
All Purpose Flour	2 cups	8.8 oz	249 g	33.9 %
Oil	1 TBSP	.5 oz	14 g	1.9 %
Bread Flour	2 1/3 cups	10.4 oz	294 g	33.9 %
Non Iodized Salt	1 teasp	.2 oz	5.7 g	0.8 %
Total Weight	3 lb 5.9 oz	3 lb 5.9 oz	1528 g	207.6%
Hydration				104.9 %

Stir all ingredients until well mixed. Let bowl of sponge mixture set, covered, at room temperature for one hour then refrigerate overnight until next day.

Next morning take out the preferment and let set at room temperature all day until about 3.00 pm, Then add :

Ingredient	Volume 2 Loaves	Standard 2 Loaves	Metric 2 Loaves	Bakers %
Preferment	All	All	All	130.2 %
Bread Flour	3 ½ cups	15.8 oz	447.9 g	37.5%
Salt	3 teasp	.6 oz	17 g	Total salt 1.9 %
Total Dough Weight	4 lb 6.3 oz	4 lb 6.3 oz	1993 g	167.0%
Total Flour Weight	2 lb 10.1 oz	2 lb 10.1 oz	1193 g	100.0 %
Total Water Weight (hydration)	1 lb 11.6 oz	1 lb 11.6 oz	782 g	65.5 %

Knead in, either by pouring the sponge into a dough mixer and processing for about 3 -4 minutes or by kneading in by hand. Let proof again for about 4 hours.

Then shape loaves and put into the refrigerator overnight in plastic covered baskets or bowls. Next morning take out loaves one by one, staggering 30 minutes apart. Then let the dough warm up and proof for about 2 - 2.5 hours or when the dough increases in size about 1 ½ times.

Then slash the dough while still on the peel, slide into the hot preheated 450F/232.2C degree oven onto a hot baking stone, spray the dough once with water quickly, and then cover with a roasting lid which has also been preheated in the oven.

Bake for 20 minutes. After 20minutes, take off the roasting lid and turn down the oven to 400F/204.4C degrees. Continue baking for 18 - 25 more minutes or until your bread thermometer reads 200-205F/93-96C. Turn the loaf halfway through the last baking period for even browning. Cool. For the next loaf, turn the oven back up and put the roasting lid back in to preheat for five - ten minutes or until the loaf is ready to go in.

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