

Science of Bread Handout

Loaf

<https://loaf.coop/cookery-school/>

Ben Starr – The ultimate Food Geek

<https://ultimatefoodgeek.com/2024/03/28/simple-sourdough-for-lazy-people/>

Elaine Boddy – The Sourdough Foodbod

<https://foodbodsourdough.com/>

FWP Matthews Flour

<https://cotswoldflour.com/pages/baking-club>

Richard Bertinet

<https://www.thebertinetkitchen.com/person/richard-bertinet/>

Baking Percentages Calculator

<https://sourdough-calculator.com>

These are my proportions for a wholegrain sourdough loaf. Note this is a very wet dough because of the whole grains included. DO NOT use these figures for a simple White sourdough loaf.

Ingredients

	XLarge Loaf	Large Loaf	Medium Loaf	Small Loaf
Bread Flour (50%)	482gm	402gm	321gm	241gm
Whole Wheat Flour (50%)	260gm	216gm	173gm	130gm
Water	577gm	481gm	385gm	288gm
Sourdough Starter	165gm	137gm	110gm	82gm
Salt	16gm	14gm	11gm	8gm
Total Weight	1500gm	1250gm	1000gm	750gm

Today's loaf was made using the large loaf measurements above. I normally make a medium loaf which keeps for 5 to 6 days in a poly "bread" bag.

Soda Bread recipe on next page

Weight watchers 2-ingredient air fryer bread recipe that's 'exactly like sourdough'

Ingredients

- 500g self raising flour
- 475g Greek yogurt
- Salt
- Egg wash
- Seeds, herbs or seasonings of your choice (optional)

Method

Add 500g self raising flour to a large bowl with a generous pinch of salt, plus any other herbs, spices or seasonings you wish to add.

Add 475g Greek yogurt, then mix until it forms a dough. Shape the dough into a round and place on a lined baking tray, then brush all over with egg wash.

Scatter over some seeds for extra crunch if desired. Bake in a preheated oven at 180°C fan/200°C or air fry using the bake setting at 180°C for 40 to 45 minutes or until the base of the loaf sounds hollow when tapped.

Transfer to a wire rack to cool, then slice & enjoy!