



# Jester King Sourdough Starter Kit Instructions

## 1. The Starter

Keeping your starter active requires you to feed it. To do this, you must take a portion of your existing starter and mix it with fresh flour and water. The unused portion is discarded but can also be saved to use in a variety of other recipes that you can find online (just search for sourdough discard recipes.)

For this recipe, you'll need 100g of starter to make 1 loaf. It's recommended that you feed your starter a day before you bake so that it is active enough to leaven your dough properly. If you want to make 2 loaves, just feed your starter enough to make 300g. 200g will be used in the dough and 100g will be kept to feed and maintain your starter.

### Starter Recipe

Starter	50g
Water	100g
Flour	100g

Weigh your ingredients and mix together in a jar with a spatula until there are no flour lumps. Cover with a loose lid and leave it on the countertop for 3-4 hours. Then transfer the jar to the refrigerator until the next day when you're ready to use it.

If you don't plan on baking soon, you can leave your starter "hibernating" in the refrigerator and feed it once a week. If you do this, you should begin to feed it again 2 days prior to baking to get it active again.

## 2. Mixing the Dough

Mixing by hand is encouraged so that you can really get a feel for the dough, but you can use a spatula or scraper to help if you prefer. Squeeze the ingredients in your hand, starting from one side of the bowl to the other, then get under the dough, turn it over on itself, and repeat. Make sure that everything is incorporated very well. The dough will be tacky and sticky during this part, just make sure you don't feel any lumps of flour. This should take around 5 minutes.

## Dough Recipe (Yields 1 loaf)

Starter	100g
Water	375g
Flour	500g
Salt	10g (leave out in the first mix)

Begin by mixing all of the ingredients except the salt, and let the dough rest for 30 minutes. This rest is called an autolyse, and it gives the flour time to fully hydrate and begin to build the gluten network. After the 30 minute autolyse, add the salt and mix again until it is fully incorporated, about 4-5 minutes. Dip your hand into water to help dissolve the salt when you mix, just be careful not to add too much water to the dough. Cover the bowl with a towel and leave it on the counter for 30 minutes. This is the start of bulk fermentation.

### 3. Bulk Fermentation

Now that the dough is mixed, allow it to ferment at room temperature for 3 hours and gently stretch and fold the dough over itself. This develops strength in the dough without degassing it. At the end of bulk fermentation, the dough has grown and feels almost pillowy.

Dip your hand in water and reach under the dough on one side of the bowl, pull it upwards and across to the other side of the bowl. Go around the edge of the bowl repeating this stretch of the dough and folding over itself. Repeat this every 30 minutes during the course of 3 hours (6 sets of stretch and folds.) Cover the bowl with a towel in between sets.

### 4. Shaping

#### Pre-Shape (No Flour)

For the pre-shape, don't use any flour on the work surface. A dough scraper is enough to separate and lift the dough so that no raw flour clumps end up trapped inside the loaves. If you're making two loaves, divide your bulk dough in half and repeat the shaping steps for each individual loaf.

Start by turning the dough out of your mixing bowl and onto an unfloured work surface. Use wet hands to help stop the dough from sticking to them. Using a scraper, start from the right and get under the dough, scraping in a fluid quarter circle motion counterclockwise, then towards you. Repeat until the dough is in a round shape, in as few motions as possible. Let the dough rest for 20-30 minutes so that it can relax and be extensible during the final shape.

#### Final Shape

This process builds tension in the dough to help it retain its shape during baking. You can use some flour on your hands to prevent the dough from sticking to you. We're going to "stitch" the dough into its final shape to build tension.

Dust flour on the top of your pre-shaped round. Take the scraper to lift the round off the table and flip it so that the floured side is on the table. Grab the right side of the round and pull outwards, then fold over itself about 2/3rds of the way. Take the left side of the round and do the same, folding it over to the right.

Fold the top part of the dough over itself about 1/4th of the way down. Take the 2 corners you just made on that side and pull them downwards diagonally, and across so that they overlap, about 1/4th of the way down to make the first stitch. Take the dough just under the first stitch, and create a second stitch by overlapping the dough. You should have 2 overlapping stitches now in the top half of your dough.

Repeat the stitch one more time just under the second one. For the final stitch, take the bottom corners of the dough and overlap them upwards. The dough should be the shape of a rough rectangle now, with even width from top to bottom.

From the top of the rectangle, pull up to stretch and fold halfway down over itself. Now take the bottom of the rectangle and pull it all the way upwards and over, so that the underside (floured) surface of your dough is now facing up. The dough will roll over itself during this last fold.

Finish the shaping by rounding out the dough, in a similar motion to the pre-shape section, until the ball is nice and tense without ripping the dough. Let the dough rest in an unfloured part of the work surface for 5 minutes. This seals the seam on the bottom of the dough.

Flour your proofing basket. Get an even coat of flour on all sides and the bottom so that the dough doesn't stick to it. Use your scraper to lift the round off the work surface and flip it upside down and into the basket. Place your basket in the refrigerator and allow it to proof overnight for 12-16 hours.

## **5. Bake**

Using a dutch oven creates a sealed steaming chamber that allows the dough to expand during the oven spring. Oven spring refers to the final burst of activity from our now-dying yeast in the first minutes of baking. The loaf will puff up with help from the steam.

Preheat your dutch oven, including the lid, to 500F for 1 hour before baking. Take your dough out of the refrigerator about 15-20 minutes before you're ready to bake. Once the dutch oven is fully preheated, turn the dough out of the basket and into the dutch oven. Use a knife or razor blade to score the dough. Spray water onto the top of the dough before covering and baking to create steam that hydrates the crust and ensures proper oven spring. Cutting into the dough also determines which direction the dough expands in while creating an opening in the crust, called an ear.

Bake for 15 minutes with the lid on, then remove the lid and bake for another 15 minutes for a dark crust, 12 minutes for a medium dark crust. Take the dutch oven out and put the loaf on a cooling rack. Allow the loaf to cool for a few hours before slicing it.

Thank you for your support and have fun!