



Welcome to the King Arthur Baking School's Virtual Sourdough Basics class. This 3-day immersion in all things sourdough will help you start off on the right foot. We'll guide you through the process of maintaining a healthy sourdough starter, and then we'll use it in a variety of baked goods. Please note that a stand mixer (while not required) is recommended for this class. Below you'll find a list of ingredients and equipment to have on hand and ready to go before class begins. **Any prep work to be done before class is highlighted in yellow.** We look forward to baking with you! Please scroll past equipment list for recipes.

At least 3 days before class please begin revitalizing your sourdough culture.

Every 12 hours:

Discard everything from previous feed except for 50 grams Sourdough culture

ADD

50 grams Cool water

50 grams All-Purpose flour

The day before class:

AM:

Discard everything from previous feed except for 50 grams Sourdough culture

ADD

50 grams Cool water

50 grams All-Purpose flour

PM:

Keep all of the morning culture.

ADD

188 grams Cool water

188 grams All-Purpose Flour

Day 1: Sourdough Sandwich Loaf, Crackers

Day 2: Whole Wheat Sourdough, Soft Honey Oat Sandwich Bread

Day 3: Crusty Sourdough Loaf, Pretzles



INGREDIENTS (total amount needed for the class)

King Arthur Unbleached All-Purpose Flour: 2200 grams (5#) plus more for dusting work surface

King Arthur Unbleached Bread Flour: 900 grams (7 1/4 cups)

King Arthur Premium 100% Whole Wheat Flour: 600 grams (4 3/4 cups)

High gluten flour: 240 grams (2 1/8 cups)

Whole rye flour: 85 grams (3/4 cup)

Rolled oats: 156 grams (1 1/2 cup)

Dry milk powder: 73 grams (3/4 cup) (optional)

Sugar: 45 grams (3 tablespoons)

Honey: 90 grams (5 tablespoons)

Instant yeast: 12 grams (4 teaspoons)

Baking soda: 75 grams (1/3 cup)

Diastatic malt powder: (1/8 teaspoon) (optional)

Salt: 77 grams (4 1/2 tablespoons)

Unsalted butter: 150 grams (10 tablespoons), room temperature

EQUIPMENT

Active Sourdough Culture

Scale (preferred) or measuring cup set

Measuring spoons

Liquid measuring cup

Mixing bowls: Large, medium and small

Mixing spoon (or plastic bowl scraper)

Bench knife (optional)

Bowl cover (plastic wrap, towel, etc.)

8 1/2" x 4 1/2" loaf pans, 2

Food processor (optional)

Rolling pin

Sharp knife or bakers' lame



Couche or tea towels for shaping

Round bannetons or extra bowls for proofing

Baking sheets with parchment paper or silicone baking mats

Pan spray

In this class we will be baking using steam. There are a few good options for how to achieve this in your home oven. Please see the class materials for more detailed information. Some tools and equipment you may need are listed below:

Baking stone or steel (preferred), or baking sheet

and

Some kind of oven safe cover-metal roasting pan with recessed handles or disposable roasting pan with a min of 4” depth

OR

Covered baker/Dutch oven/combo cooker