

Essential Columbia

To Feed the Levain (starter) when it arrives, (or the morning of baking day get it out of the fridge.) Keep the starter in a canning jar, or a tupperware, or a bowl with saran wrap.

Add 50 grams of warm water (110* F), 25 grams of whole wheat flour and 25 grams of bread flour.

Keep it out on the counter. It should double in size and a dollop will float in water.

If this is starter you just got in the mail there are many videos on YouTube on how to feed and care for a new starter, even how to make your own.



To Make the Dough

==> In a large warmed bread bowl combine

300g Warm (100°F) water

(add up to 50g more water if you like a 76% hydration looser dough)

1 tsp Eden Organic Barley Malt Syrup (non-digastic malt)

100g Levain

216g Bread Flour

40g Whole Wheat Flour

14g Wheat Germ

11g Rye Flour

==> Mix until smooth

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=> Add 216g All Purpose Flour

=> Mix until smooth

=> Cover bowl with damp towel

=> Autolyse 45 minutes in 100°F Proofing area if possible (like the oven with the light on)

=> Add 27g warm water and 12g salt (pre-mixed earlier)

=> Work the salt and water into the dough with wet hands. It will all come apart and be a mess, then it will all come back together into a sticky ball

=> Cover the bowl with the damp towel and rest in the proof for 30 min.

=> Wet hands and scoop up the dough with the help of a spatula. Pull it and fold it six times. Changing direction helps. It tightens up by five or six.

=> Rest 30 minutes

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=> Flour the top of the dough and turn it out on the counter.

=> Stretch and Fold the dough in thirds in one direction. Turn 90° and Stretch and Fold the dough in thirds in the other direction.

=> Form the dough into a ball, tucking and tightening as you go.

=> Place the dough into a 9 inch wicker banneton, or floured linen lined basket or whatever you will use to shape and proof the dough. RICE FLOUR a 9" Banneton for amazingly best results.

=> Rest for two hours, a half hour less if conditions are ideal for rising.

=> 425° Bake / preheat the dutch oven

=> Turn the dough into the dutch oven and score the bread

=> Bake the bread covered inside the dutch oven for 20 minutes.

=> Reduce heat to 375° F

=> Bake the bread uncovered for 20 minutes.

=> Cool and rest 2 hours before cutting.

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