

no.1

# sourdough

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one taste and you'll never go back to regular bread

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BY MELODY BRANDON



# Melody Brandon

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natural health lover + homeschool momma + pastry chef

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I truly hope you enjoy this ebook and find it helpful in taking the mystery and overwhelm out of sourdough! It really has been one of my favorite hobbies! I find it brings such joy to everyone around me! I can't wait for you to make your first loaf, slice into it and share a slice with a friend or family member...you will certainly get addicted like I did and never want to stop!

Feel free to reach out via instagram with questions as you go along your sourdough journey! I would love for you to send me a photo when you make your first loaf! You can find me at [@lifeonloma](#) or [@obsessedwithessentials](#) on instagram!



# sourdough

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flour



water



salt



starter



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the way bread was intended to be made



## the tools needed

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keep it simple...starting is the #1 thing

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Digital Scale

Bench Scraper

Tea Towels - Woven Women Co

Bread Basket - Round, Oval, Mini

Dutch Oven

Parchment Paper

Bread Lame/Blade - @wiremonkeyshop





# the ingredients needed

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flour.water.salt

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Sourdough Starter

Organic Bread Flour - King Arthur Flour is great or here is a [bulk organic brand](#)

Good Salt ([Redmond's](#) is great)

Water

[Rice Flour](#)

For focaccia -

Butter

Pesto if desired

[Maldon Flakey Salt](#)

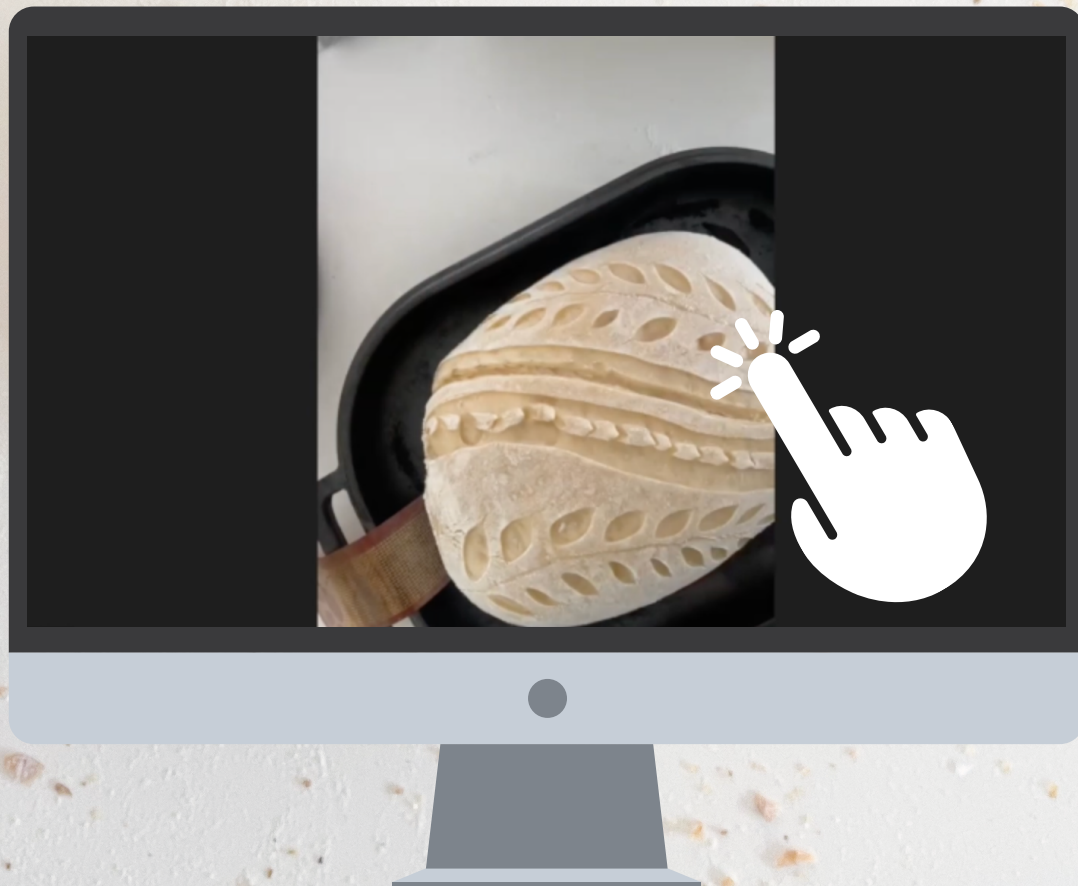


# online class recording

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watch a start to finish sourdough class below

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# starter

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buy one, get one from a friend or make one from scratch

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Don't make it complicated! You can buy dehydrated sourdough starter from lots of places these days! [Ballerina Farms](#) is a fun place to follow and they sell it! Ask a friend if they have a little extra to share; that's how I started! Or if you don't want to do either of those, then click this [link](#) and there is a quick demo from a fellow sourdough lover on how to start your own! Having issues with your starter?! Click and watch this informative [post](#)!



# keeping your starter alive

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don't worry, you've got options

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I recommend when you are first starting out to commit to baking bread weekly and learn the rhythm of working with your starter before you hibernate it in the fridge, which you can totally do for seasons you aren't baking as much or when you go on trips!

If you bake regularly, you are going to keep your starter on the counter in a clean, glass jar and feed it a little flour and water each day and mix. This will keep it happy and active. Then on days you want to bake bread, you are going to feed it the larger amount mentioned in the recipe section. Watch the video as I go over the different starter options for feeding and what you can do with the discard (aka leftover starter that you don't need).



# Sourdough Starter Cheat Sheet

## FEEDING ON DAYS YOUR NOT MIXING DOUGH

# 1

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If leaving your starter out on the counter, to keep it alive you need to feed it once a day! On days you aren't making dough at night, keep 1-2 Tablespoons of your starter and put the rest in your discard jar in the fridge. To the 1-2 Tablespoons of water, add roughly 2-4 Tablespoons of flour and roughly the same amount of water. Error on the side of more flour. Mix until a pancake consistency. Loosely cover the jar and you are done feeding your starter for the day.

## FEEDING ON DAYS YOU WANT TO MAKE DOUGH

# 2

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On days you do want to mix dough at night, you need to feed your starter around 12-4pm. You want to keep roughly 1/4 cup of starter in your jar. If you have any extra, add it to your discard jar. Then to the 1/4 cup of starter add roughly 1/2 cup of flour and 1/2 cup of water. Error on the side of more flour. Then cover loosely and mix with other ingredients at night.

## PUTTING YOUR STARTER TO SLEEP AND WAKING IT UP

# 3

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If you don't want to keep your starter out on your counter and baker regularly, then you can put it in your discard jar in the fridge. To keep this thriving, ideally you should feed it 1-2 T of flour once or twice a month. When you want to start making bread again, take 1-2 Tablespoons of your discard from the fridge and put it in another jar and add 2-4 Tablespoons of flour and water to it. Ideally feed it twice in one day (discarding extra starter after the 1st feeding and doing the same ratio of feeding at night as well). This will bring your starter back to life and the next day you should be able to feed it in the afternoon like normal and mix your dough at night.

# starter maintenance

video #1

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it's pretty hard to kill, don't be too scared of it

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When it comes to sourdough starter everyone has a different ratio or technique so just pick one that works for you! Some people feed their starter every day of the year, others keep it in their discard jar in the fridge and just take a little out 2 days before making their dough and feed it twice a day to wake it up, and others use a dehydrated sourdough starter and just refresh it with water every time they want to make sourdough.



# lets make bread

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## the recipe

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I always teach people to double batch and make enough for two loaves since it is the same amount of work and yet you end up with more bread! You can bake both off and gift one, which is one of my favorite things to do, or you can just cover the dough once it is all finished and keep it in the fridge for up to 3-4 days and then bake it off when the first loaf runs out! So you'll mix dough once and have two loaves that will last most families the whole week! It's a no brainer!

### Recipe

100 grams starter  
750-775 grams lukewarm water  
1000 grams bread flour  
22 grams of salt

This will make two loaves! I'll also teach you how you can make focaccia with this same recipe!





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With Sourdough you always want to think a little bit ahead. For example, if you want to bake a loaf of bread on Saturday, you need to feed your starter the day before on Friday midday and get the mixing process going Friday night so that it can ferment overnight on the counter and then Saturday morning you will flip the dough out, shape it, put it in the baskets and let it rest in the fridge until you are ready to bake it off on Saturday! You can also do this ahead of time and get your dough in the fridge for up to 3 days.



# Sourdough Cheat Sheet Schedule

## STARTER FEEDING

# 1

Feed starter midday (12-4pm)

Roughly mix 1/4 cup or less of starter with roughly 1/2 cup water and flour. You want a pancake consistency so add more water/flour if needed until you achieve it. Error on the side of more flour, rather than less.

Cover loosely with a lid or tea towel and let rise.

## CHECK STARTER

# 2

Check to see if the starter has doubled roughly and drop a little into a cup of water, if it floats, you are good to go!

Normally this can be anywhere from 4-8 hours later fyi.

## MIX DOUGH

# 3

At night, measure 100 grams of starter with your digital scale in a bowl.

Warm your water up to lukewarm and add to the starter.

Add your 1000 grams of bread flour and 22 grams of salt.

Now get messy and mix the dough by hand until it's thoroughly mixed and looks like a shaggy mess. Cover the bowl with a wet tea towel.

## STRETCH + FOLD

# 4

Roughly 30 minutes later, wet your hand and scoop under the dough, pull up and over.

Turn the bowl and do that a total of 4 times.

Roughly 30 minutes later do the 4 folds/stretches again and then cover with the tea towel and put your bread baby to rest for the night on the counter.

## REST ON COUNTER

# 5

In the morning it will have doubled in size almost! You want to let it rise around 10-14 hours. Next we will flip it out and shape our bread dough!

# time to get your hands messy

video #2

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you will do this around 6-9pm at night

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# Sourdough Cheat Sheet

## Schedule - Day 2

### FLIP DOUGH OUT

# 1

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After your dough has risen on your counter overnight, in the morning you are going to flip it out on your counter and divide it into 2 separate dough balls.

### SHAPE INTO BALL

# 2

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Watch the video on how to shape your dough into round balls and then let sit on the counter with a tea towel covering them for at least 20 minutes so they can rest.

### STRETCHING & SHAPING

# 3

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After 20 minutes, sprinkle some rice flour on the top of the dough, flip it over and watch the video on how to stretch and fold the dough. Then line your bread baskets with a tea towel, sprinkle with rice flour and put your dough balls inside with the seam side facing up.

Pinch the seams together and then cover the a tea towel and refrigerate for at least 2 hours before baking. You can refrigerate them up to 3 days, but if you do that then cover the top of the dough with plastic wrap so it doesn't get a hard skin. Also refrigerating at least overnight helps to firm the loaf up so it is easier to score.

### BAKING

# 4

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When you are ready to bake your loaf you want to place your dutch oven or pot that you are baking your bread in into the oven and pre-heat the oven with the baking dish in there at 500 degrees. Once it reaches 500 degrees, you can flip your dough out, apply flour to the top and sides of the dough, score it and then place it in the dutch oven.

Place the lid back on, drop the temperature to 450 degrees and bake for 20 minutes. Then take the lid off and bake for another 20 minutes roughly. Take it out and let it cool before slicing it or else it will become gummy

\*You can try a technique of baking the loaf for 5 minutes, pulling it out and then doing your deep score at that point since it can be easier to achieve the bread ear pop you desire.

# it's easier than it looks

video #3

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on days you want to start making bread, feed your starter around 12-3pm

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# where the magic happens

video #4

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let your creativity flow & then get some good butter & salt out

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# my fav scoring pattern

video #5

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sometimes simplistic is better

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# my other addiction

video #6

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smother it with pesto, salt, then bake & add butter

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# scoring patterns

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# scoring patterns

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# scoring patterns

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# scoring patterns

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flour



water



salt



starter



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*my favorite instagram accounts to follow*

[@sourdough\\_enzo](#)

[@sourdough\\_explained](#)

[@rosehillsourdough](#)

[@thefoodnanny](#)

[@turner.farm](#)

[@ioncrumb](#)

[@bakethisbread](#)

[@makeitdough](#)

[@southworth\\_sourdough](#)

[@farmhouseonboone](#)

*my favorite ebooks/books*

[Rose Hill Sourdough Ebook](#) (this ebook has great discard recipes)

[Artisan Sourdough Made Simple](#)

[For the Love of Sourdough](#)

*links to discard recipes*

[Tortillas](#)

[S'mores cookies](#)

[Strawberry Cinnamon Rolls](#)

[Waffles](#)

[Scones](#)

[Apple Cobbler Cake](#)





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