

SAN FRANCISCO SOURDOUGH

(from Daniel Leader)

for the poolish

4 oz starter (mine was at 100% hydration)

4 oz bread flour

4 oz water

for the dough

8 oz water

all the poolish

13.5 to 16 oz bread flour

1/2 Tbs salt

Make the poolish the day before you want to bake the bread, by combining all the ingredients in a small bowl and leaving at room temperature **for 24 hours**, preferably from 74 F to 80 F, covered with plastic wrap.

Next day, pour the water at room temperature in the bowl of a KitchenAid, mixer, and add the poolish, breaking it up gently with a wooden spoon, and stirring until dissolved. Add about 1 cup (5 oz) of the total flour and the salt, and stir until combined. Place the dough hook in, keep adding the rest of the flour (you may not need all of it), and knead for about 12 minutes at the second speed of the machine.

Remove the dough to a slightly floured surface, knead it by hand a few times, place it in an oiled bowl, cover loosely with plastic wrap, and let it rise for 2.5 hours, with quick cycles of folding after 45 minutes and 1 hour and 30 minutes. After the second folding cycle, leave the dough undisturbed for the final 60 minutes of bulk fermentation.

Place the risen dough over a slightly floured surface, and without deflating it too much, form it into a ball. Let it rise 45 minutes. Shape the dough as a boule or any other shape you prefer, place it in an appropriate container for the final rise, and leave it at room temperature for 1 hour.

Bake it in a pre-heated 450 F, with steam, for a total of 45 minutes, decreasing the temperature to 425 F after 10 minutes of baking. If using a cover to create steam, remove the cover after 30 minutes. Let it cool over a rack for a couple of hours before slicing it.