



IL BUCO

WINE FOOD LOVE

Congratulations with your new sourdough starter. If you treat it with love it can be your companion for many years. You can store your sourdough starter in the fridge as it is for 2 days. Your sourdough starter is alive, so don't forget to feed it by refreshing it every 2 days to keep it alive and active!

Remember that this is a sourdough starter and not a sourdough ready to use. Therefore you need to start by refreshing your sourdough starter before using it. Just follow the steps underneath and you will soon have your first sourdough to make some lovely sourdough bread.

What you have left of the sourdough starter, you simply just keep and refresh to have more sourdough to bake more bread later on.

How to refresh your sourdough starter

- Sourdough starter: 80g
- Warm water : 85g
- Flour : 85g

Mix the ingredients by hand in a bowl until well combined.

Cover the container with plastic wrap or cloth and let it ferment at room temperature for about 2hours. Once it's doubled up it's ready to use!

Il Bucu's sourdough bread

- Water, room temperature: 325g
- Flour: 500g
- Soudough: 200g
- Salt: 10g

Mix Water and flour.

Cover and let it rest for 30 minutes at room temperature.

Add the sourdough and salt.

Mix well for about 10 min (by hand or on slow speed with a mixer).

Kneading technique

While working with sourdough, you get the best results by using the 'Stretch and fold technique'. Grab one side of your ball of dough, stretch and fold it over on top of your dough. Move from top to bottom and bottom to top, then left side and finish with the right side.

Cover and let rest for 30 min at room temperature.

Do 1 stretch and fold.

Cover and rest 30 min.

Do another stretch and fold.

Cover and rest for 30min.

Take out a big clean bowl, oil it well with a neutral oil, so your dough won't stick to it.

Dust your table with flour and take out your dough of the original mixing bowl.

Do 1 last stretch and fold (your dough will look like a small pillow) and flip it into the oiled bowl so the folded part is at the bottom.

Wrap your bowl in plastic wrap.

If you want your bread ready on the same day

Let it rest about for 5 hours at room temperature. The volume of the dough should have increased by then.

If you want it ready for the following day

Store your dough in the fridge overnight.

Your dough will rise so make sure the bowl you're using is bigger than your ball of dough. Don't wrap the bowl too tight in case the dough grows bigger than the top of your bowl.

If your dough feels too wet you can always add a bit of flour – or more water if it feels to dense.

How to bake

Pre-heat the oven at 250 degrees.

Take a small container that can go in the oven. Fill it with water and put it in the oven to create steam.

Take out a baking tray, and put on a baking sheet.

Take out your dough bowl and flip it gently onto your tray. The dough should slowly fall down on its own.

→ Once your dough is on the tray, you can put it in the oven as is - or score it with a blade (make a straight shallow cut on the top of your dough).

Be careful to not burn yourself with the steam that will come out of the oven! Leave the water container in the oven while the bread is baking.

Turn baking temperature down to 230 and let your sourdough bake for about 30min or a few minutes more for darker crust.

Please check out our videos on social media for more details on the recipe and send us photos of your loaves!

Instagram: @ilbucocph

Facebook: @ilbuco.dk