

Foodnity Recipes

Beginner-Friendly Homemade Sourdough Bread

10 min Prep time	**45 min** Cook time	**55 min** Total time
1 Servings	**Easy** Difficulty	**European** Cuisine

Ingredients

Main Ingredients

- [ ] 500 g bread flour (4 cups)
- [ ] 350 g water (1 ½ cups + 2 Tbsp water, 70% hydration)
- [ ] 100 g active sourdough starter (½ cup, 20% of flour)
- [ ] 10 g salt (1.5 tsp)

Instructions

1. Start by grabbing your large mixing bowl and combining 500 g bread flour and 350 g water. Just stir it together until a shaggy dough forms; it'll be a bit wet and look kind of messy, but that's just right. Cover it tightly with plastic wrap and let it have a little nap for 30 minutes—we call this the autolyse phase, and it really helps the flour hydrate.
2. After that resting period, gently add in 100 g active sourdough starter. I like to use a wet-hand or a spoon to mix it in until the starter is fully incorporated. You'll feel the dough becoming elastic and slightly tacky, which is a lovely sign.
3. Now, sprinkle 10 g salt evenly over the top of your dough. Just fold and stretch it a few times to get that salt distributed everywhere. Be gentle here; we don't want to over-mix it.
4. Time for some stretch-and-folds. Pull one side of the dough up and over the rest, then rotate your bowl 90° and do it again. Honestly, just do 4–6 of these folds, spacing them every 30 minutes. It's a quiet way to strengthen the gluten without any heavy kneading.
5. Cover your bowl back up and let the dough bulk ferment at room temperature (around 24°C/75°F) for about 3 hours. You're looking for it to roughly double in volume, with visible bubbles and a soft, relaxed feel.
6. Turn that warm dough out onto a lightly floured surface. Shape it into a tight round loaf by folding the edges into the center, rotating 90° each time until the surface is smooth. Place your loaf seam-side up in a floured banneton or a bowl lined with a well-dusted towel.
7. Cover it with a damp cloth or plastic wrap and let it proof for 1 hour at room temperature, or until it grows by about 30–40%. Well, if your kitchen is feeling a bit chilly, you can pop it in the fridge for 5–8 hours, just remember to let it defrost for an hour before baking.

8. Preheat your oven to 230°C/446°F with your Dutch oven and lid inside for at least 30 minutes. Once it's nice and hot, carefully slide the loaf in, seam-side down. Put the lid on, return it to the oven, and bake for 20 minutes.

9. Take the lid off now, and lower the heat to 200°C/392°F. Bake for another 25 minutes until it's a deep golden brown. I always use a thermometer—you're looking for an internal temp of about 96°C/205°F to be sure it's done.

10. This is the hardest part: transfer the loaf to a wire rack and let it cool completely for at least 2 hours before slicing. It's so tempting to cut in, but waiting lets the interior crumb set perfectly.

Nutrition per serving

180 kcal	6 g	36 g	1 g
Calories	Protein	Carbs	Fat

Tips & notes

- The autolyse phase in Step 1 is key for a better texture.
- Using a Dutch oven helps trap steam, which is the secret to that artisan crust.
- Always let the bread cool completely; slicing too early can make the inside gummy.