



# **SOURDOUGH MASTERY COURSE**

*Created by Marceau Dauboin*





# WELCOME

## *Foreword*

Welcome to this Sourdough Mastery Course! In the pages and lectures to follow you will find extraordinary Sourdough Recipes as well as detailed instructions handcrafted for your ease of use.

I hope you enjoy this journey through the world of baking and wish you all the best in your quest for delicious Breads & Pastries.

*-Marceau Dauboin-*

## *Essential Baking Utensils*

- Large Baking Pans (2 minimum)
- Bench Scraper or Spatula
- Parchment Paper
- Water Strainer
- Large Bowls
- Plates
- Brush
- Ruler
- Knife
- Oven (Up To 260°C Preferable)
- Scale (Electronic Preferable)
- Kitchen Towels
- Small Bowls
- Oven Mitts
- Glass Jar
- Spoons
- Fridge
- Kettle



# SOURDOUGH STARTER

## *Ingredients*

- Unbleached Rye Flour
- Sourdough Starter
- Water (From Day 2)

**INGREDIENT AMOUNTS VARY BY DAY**

## *Directions*

**Day 1:** In a large *glass container* mix **50 g (0.11 lb)** of Unbleached Rye Flour with **80 g (0.17 lb)** of water until incorporated and cover with unsealed lid. Keep your container in a **25°C (77°F)** environment.

**Day 2:** *Remove* the previous day's Mature Starter leaving only **50 g (0.11 lb)** in your container. Add **50 g (0.11 lb)** of Rye Flour & **70 g (0.15 lb)** of Water, mix thoroughly.

**Day 3 - 6:** Retain **50 g (0.11 lb)** of Mature Starter. Add **50 g (0.11 lb)** of Rye Flour & **50 g (0.11 lb)** of Water, mix thoroughly.

**Day 7 - ∞:** Retain **30 g (0.11 lb)** of Mature Starter. Add **50 g (0.11 lb)** of Rye Flour & **50 g (0.11 lb)** of Water, mix thoroughly.

**YOUR SOURDOUGH STARTER IS NOW READY TO USE**

# ***Sourdough Use & Maintenance***

1. Your Sourdough Starter is *alive with yeast organisms & is reactant to heat*. It is best kept away from direct sunlight at a temperature of **25°C (77°F)** and refreshed once a day when not in use.
2. Excess heat will *rapidly ferment* your starter while low temperatures will *slow the fermentation process* down. Do not however exceed **45°C (113°F)** or drop below **5°C (41°F)**, this will cause your *Sourdough Starter to die*.
3. When preparing Sourdough Starter for a recipe ensure you account for an **additional 30 g (0.066 lb)** on top of the required amount in order to continue using your starter at later dates.
4. Should you need larger amounts of Sourdough Starter, do not exceed a ratio of **1 : 20 (Mature Starter : Flour & Water Mix)**. If there is too little Mature Starter in your container it will not adequately ferment.
5. The more often you refresh your Starter the *less sour your final breads will be* but do ensure it is *actually active before mixing* in with your dough. If you use your starter too soon after being refreshed it may not be sufficiently *mature to rise your bread*.



# SOURDOUGH BAGELS

## *Ingredients*

- 500 g (1.1 lb) Cake Wheat Flour
- 250 g (0.55 lb) Water
- 1 Small Egg (Coating)
- 150 g (0.33 lb) Sourdough Starter
- 10 g (0.022 lb) Salt
- Seed Mix (Optional)

**MAKES 4 LARGE BAGELS**

## *Directions*

1. Prepare your *Sourdough Starter* the night before. Mix in **30 g (0.066lb) of Mature Starter, 75 g (0.17 lb) of Rye Flour** and **75 g (0.17 lb) of water**.
2. In a large bowl *mix all ingredients (Excluding egg & seed mix)* until fully incorporated, cover with a damp towel and wait 15 minutes.
3. Perform *stretch & folds*, pulling the ends around the dough over itself. Once completed, re-cover the dough & wait an additional 15 minutes to *repeat this process*. After the second stretch & fold, re-cover the bowl and leave the dough to rest for 3 hours.

# ***Directions Continued***

4. Once the rest is over, take the dough out of the bowl & ***cut it into 4 equal pieces***. Fold all corners of the individual piece over itself, shape it into a ball & create a large hole in its centre. Repeat with all pieces of Bagel dough & evenly ***position them on a floured baking tray***. Cover with a damp cloth and place in the fridge overnight.

5. Bring a pot of water to a gentle boil & insert your individual Bagel Doughs into the pot for ***50 seconds*** until flipping them over for an ***additional 50 seconds***. Once the second timer is over remove the boiled dough from the water and place it flour side down on a dry cloth. Repeat with all remaining dough pieces.

6. Preheat your oven to ***230°C (446°F)***. Place boiled doughs on a generously floured baking tray and coat all doughs with a whisked egg using a brush, ***wait 1 - 2 minutes for the egg wash to be absorbed*** (You may also choose to sprinkle your bagels with various seed mixes at this point). Now insert the baking tray into a high to medium rack in your oven (once preheated). ***Bake for 15 - 20 minutes*** or until **Golden Brown**.

**ENJOY!**



# BEGINNER SOURDOUGH BREAD

## *Ingredients*

- 700 g (1.54 lb) Cake Wheat Flour
- 160 g (0.35 lb) Sourdough Starter
- 16 g (0.035 lb) Salt
- 160 g (0.35 lb) Rye Flour
- 600 g (1.32 lb) Water

**MAKES 2 LOAVES**

## *Directions*

1. Prepare your *Sourdough Starter* the night before. Mix in **30 g (0.066lb) of Mature Starter, 80 g (0.18 lb) of Rye Flour** and **80 g (0.18lb) of water**.
2. In a large bowl *mix all Cake Wheat Four, Rye Flour & Water* by hand until all flour has been incorporated into the dough. Cover with a damp cloth and leave to rest for **30 minutes** to perform an *autolyse*.
3. Once the rest is complete, add all of the remaining two ingredients: **Salt & your Sourdough Starter**. Again, mix by hand until all ingredients have been incorporated. Re-cover with a damp cloth and let your dough rest for **15 minutes**.

# Directions Continued

4. Perform *stretch & folds*, pulling the sides of the dough over itself. Re-cover the bowl & wait an additional 15 minutes to *repeat this process*. Once the second stretch and fold is complete *repeat this technique* after an additional **30 minutes**. Once complete re-cover your bowl with a damp cloth and let your bread rest for an additional **3 hours**.

5. Take your dough out of its bowl and *split it evenly in two* forming them into boules. Leave them to rest for **15 minutes**. Insert two *dry cloths* into two separate bowls and flour the cloths adequately. When the rest is complete, *flour the top of the dough boules* and flip them over. Pull the bottom of each dough to its centre then repeat with the two sides and then the top. Flip the boules back over and shape them tightly before placing them *flour side down* into each bowl. Cover each bowl with a damp cloth and place it in the refrigerator *overnight for a maximum of 21 hours*.

6. Preheat your oven to **260°C (500°F)** & *place a pan of water into the bottom tray*. Dump your dough into a generously floured pot and score your loaf. Cover your pot with a lid and insert it into the oven (once preheated). *Bake for 20 minutes* then remove the lid as well as the water pan before baking for an *additional 25 minutes at 240°C (464°F)*.

**ENJOY!**



# SOURDOUGH RYE BREAD

## *Ingredients*

- |                             |                                    |
|-----------------------------|------------------------------------|
| ■ 430 g (0.95 lb) Rye Flour | ■ 80 g (0.18 lb) Sourdough Starter |
| ■ 300 g (0.66 lb) Water     | ■ 8 g (0.018 lb) Salt              |

MAKES 1 LOAF

## *Directions*

1. Prepare your *Sourdough Starter* the night before. Mix in **30 g (0.066 lb)** of *Mature Starter*, **40 g (0.09 lb)** of *Rye Flour* and **40 g (0.09 lb)** of *water*.
2. In a large bowl *mix all Rye Flour & Water* by hand until all flour has been incorporated into the dough. Cover with a *damp cloth* and leave to rest for **30 minutes** to perform an *autolyse*.
3. Once the rest is complete, add all of the remaining two ingredients: ***Salt & your Sourdough Starter***. Again, mix by hand until all ingredients have been fully incorporated.

# ***Directions Continued***

4. Take the dough out of its bowl and using ***a floured hand*** (cake wheat flour), flatten the top. Flour your hand once again and begin ***shaping*** the dough into ***a boule***. Insert an ***untextured dry cloth*** into a bowl and flour generously with Cake Wheat. Using a ***spatula or bench scraper*** detach the dough from your work surface and place it ***flour side down*** into your bowl. Cover with a ***damp cloth*** and let it rest at room temperature for ***3 hours***, then place it in ***the fridge overnight***.

5. Preheat your oven to ***260°C (500°F)*** & ***place a pan of water into the bottom tray***. Dump your dough into a generously floured pot and score your loaf. Cover your pot with a lid and insert it into the oven (once preheated). ***Bake for 20 minutes*** then remove the lid as well as the water pan before baking for an ***additional 25 minutes at 240°C (464°F)***.

**ENJOY!**



# RUSTIC BAGUETTE

## *Ingredients*

- |                                    |                                    |
|------------------------------------|------------------------------------|
| ■ 700 g (1.54 lb) Cake Wheat Flour | ■ 64 g (0.14 lb) Sourdough Starter |
| ■ 590g g (1.3 lb) Water            | ■ 13 g (0.029 lb) Salt             |

**MAKES 4 BAGUETTES**

## *Directions*

1. Prepare a *Dry Sourdough Starter* the night before. Mix in **16 g (0.035 lb) of Mature Starter, 32 g (0.07 lb) of cake wheat flour** and **16 g (0.035 lb) of water**.
2. In a large bowl **mix all Cake Wheat Four and only 500 g (1.1 lb) of Water** by hand until all flour has been incorporated into the dough. Cover with a damp cloth and leave to rest for **1 hour** to perform an **autolyse**.
3. Perform **Slap & Folds**. **Lift your dough and slap it down on your work surface before folding the remaining dough over itself**. Continue for **10 minutes** until your dough smooths out. Let it rest for **15 minutes** in a covered bowl and repeat the **slap & fold process one more time**. When done let your dough rest for **30 minutes**.

# Directions Continued

4. Perform *stretch & folds*, pulling the ends around the dough over itself. Once completed, re-cover the dough & wait an additional *30 minutes* to *repeat this process twice more*. After the *third stretch & fold*, re-cover the bowl and leave the dough to rest for *1 hour*. Then place your *tightly covered bowl* in the fridge overnight.

5. Cut your dough into *4 equal pieces*, shape them into boules and let them rest uncovered for *30 minutes*. Flour the top of your dough, flip it over and then fold both of its sides *lengthwise* over to the *centre*. Begin rolling the *dough into the shape of a baguette* and then place it on a *floured cloth*. Repeat this step with all doughs and *create a ridge with your cloth* to separate them from each other. Cover your doughs with a cloth and let them proof for *2 hours*.

6. Preheat your oven to *260°C (500°F)* & *place a pan of water into the oven floor*. Lift your baguettes with a plank onto a floured baking tray and then insert it into a *middle rack* in your oven (once preheated). Bake for *20 minutes* at *250°C (482°F)* then *remove the water pan* before baking for an additional *15 minutes* at *220°C (428°F)*.

**ENJOY!**



# SOURDOUGH CROISSANT

## *Ingredients*

- |                                    |                                    |
|------------------------------------|------------------------------------|
| ■ 250 g (0.55 lb) Cake Wheat Flour | ■ 86 g (0.19 lb) Sourdough Starter |
| ■ 145 g (0.32 lb) Unsalted Butter  | ■ 24 g (0.053 lb) Sugar (Optional) |
| ■ 5 g (0.011 lb) Salt              | ■ 140 g (0.31 lb) Water            |

**MAKES 6 MEDIUM CROISSANTS**

## *Directions*

1. Prepare a *Dry Sourdough Starter* the night before. Mix in **23 g (0.05 lb)** of *Mature Starter*, **43 g (0.095 lb)** of *cake wheat flour* and **20 g (0.044 lb)** of *water*.
2. In a large bowl *mix in all Ingredients except the butter* until fully incorporated into the dough. Only melt **20 g (0.044 lb)** of *butter* before adding it to your mixture. When mixed, slap it down on your work surface for *1 - 2 minutes*. *Cover with a damp cloth* and leave to rest for *15 minutes*.
3. Perform *stretch & folds*, pulling the ends around the dough over itself. Once completed, flip it over into your bowl and re-cover it; wait an additional *15 minutes* to *repeat this process once more*. After the *second stretch & fold*, re-cover the bowl and leave the dough to rest *in the fridge for 30 minutes*

# ***Directions Continued Part 1***

4. Shape your dough into a **17cm by 17cm (6.7in) square** by placing your dough into a *casing of parchment paper* and using a rolling pin to spread the dough into the parchment. Remove the casing & cover the dough in *plastic wrap or place it on a dish covered with a damp cloth*. Leave it in the fridge overnight for a **maximum of 21 hours**.

5. The following day, shape **125 g (0.28g)** of *butter* into a **10cm by 10cm (4 in by 4 in) square beurage** by placing your butter into a casing of parchment paper and using a rolling pin to spread the butter into the parchment. **Remove the beurage from the parchment & place that on a plate in your fridge for 10 minutes**.

6. **Extend the corners of your dough & then place your beurage at the dough's centre in a diamond shape**. Fold the corners of your dough over the beurage, encasing it. Let it rest for a few minutes & then roll the dough to **45cm (18 in)** in length. Fold one side of the dough to **3/4th's of its length**, fold the other side over the remaining length so *the ends touch*. Take the longer folded side and fold it *again* to the top of the dough. Cover that and place it in your fridge for **1 hour**. From there *re-roll your dough to 45 cm (18 inches)*. Fold one side of the dough to **2/3rd's** of its length, fold the other side *over the first fold*. Cover that and place it in your fridge for **1 more hour**.

7. Re-roll your dough to **30 cm (12 in)** and *make marks every 10 cm (4 in)* on one side and marks *between those* on the other side. Cut your dough into triangles *using those marks as guidelines*. Stretch the bottom of one triangle piece down & then begin tightly rolling it. Repeat with all dough pieces & place it on a baking tray covered with parchment paper. Coat your croissants with egg wash. Let that proof in your oven with a light on for 2 hours.

# ***Directions Continued Part 2***

8. Take your croissants out of the oven and preheat it to **230°C or (446°F)**. *Re-coat your croissants with egg wash and place it in a high rack in your oven (Once preheated). Bake for 15 - 20 minutes or until Golden Brown.*

**ENJOY!**