



BASIC SOURDOUGH BREAD RECIPE

FEEDING YOUR STARTER

8:00 PM - Mix 50 grams active starter, 100 grams purified water, 50 grams white all-purpose flour and 50 grams wheat flour.

Allow the starter to rise overnight.

BREAD MIXING - 8:00 AM

In a large bowl add 113 grams starter, 340 grams water, 560 grams white all-purpose flour and 20 grams kosher salt.

Stir with a dough whisk, then lightly wet hands and mix by hand until the dough is combined and no dry flour remains.

Lightly oil a bowl with olive oil. Add the dough ball and cover with a shower cap.

Let rest 30 minutes, then stretch and fold every 30 minutes for 3 rounds. Cover and let the dough rest overnight at room temperature.

BREAD COOKING TIMELINE

8:00 AM Turn dough out onto a lightly floured counter. Spread gently into a rectangle, fold sides in, roll into a tight shape, tuck ends under and form a ball.

Place dough in a bowl, flour generously and cover. Let rise at least 30 minutes while the Dutch oven heats.

8:30 AM Place cast-iron Dutch oven in the oven and preheat to 450°F for 30 minutes.

9:00 AM Carefully line the hot Dutch oven with a large sheet of parchment paper. No nonstick spray is needed.

Place dough on parchment and score the top with a knife or razor blade. Add 4-5 ice cubes under the parchment for humidity.

Bake covered 30 minutes. Remove lid and bake 20-30 minutes more, or until internal temperature reaches 200-205°F.

Use parchment as a hammock to lift bread from Dutch oven. Cool completely before cutting.

STORING YOUR BREAD

Store on the counter in a covered bread container for up to 3 days. Slice leftover bread and freeze in a freezer bag.

1.
PREPARE



2.
DEPART



3.
CRUISE



4.
RETURN



5.
CARE



6.
GALLEY



7.
MAINTENANCE



8.
LOGBOOK



9.
FAITH



10.
RESOURCES



Plan Well.
Prepare Fully.
Cruise Confidently.

LEVITICUS 2:13

*Every grain offering you present to the Lord
shall be seasoned with salt.*

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