



Traditional High Hydration Sourdough

75% Hydration • Open Crumb • Pure Fermentation

Bulk Time
4-5 hrs

Proof
Overnight cold

Yield
1 loaf

No milk. No oil. Just flour, water, salt, and starter at 75% hydration. Wet, sticky, and demanding—but rewarding with open crumb and complex fermented flavor.

Note: This dough will fight you at first. Trust the process. Use your Peace Dough Whisk to mix ingredients into a shaggy mass before stretch-and-fold begins.

Ingredients

- 500 g bread flour
- 375 g water (75%)
- 100 g sourdough starter
- 10 g salt

Basic Process

- 1 Mix flour + water until shaggy (5 min).
- 2 Rest 30 min (autolyse).
- 3 Add starter + salt. Mix until incorporated.
- 4 Bulk ferment 4-5 hrs with stretch-and-fold.
- 5 Pre-shape. Rest 20 min.
- 6 Final shape. Cold proof overnight.
- 7 Bake: 450°F, Dutch oven, 20 min covered + 20 min uncovered.

Stretch & Fold (Hrs 0-2)

- Every 30 min, grab bottom edge of dough, stretch up and fold over center
- Rotate bowl 90°, repeat 4 times per session
- Dough firms up visibly by hour 2

What to Look For (Bulk)

- Hour 0-1: Wet, sticky, loose
- Hour 2: Surface firms, holds tension
- Hour 3-4: Dough jiggles slightly, bubbly edges
- Hour 4-5: Ready when 50-75% volume increase

Pre-Shape (Gentle)

- Use bench scraper, not hands
- Coax dough into loose round, don't squeeze
- Rest 20 min, seam-side up

Final Shape (Tension)

- Flip onto work surface seam-side down
- Fold edges toward center in 4 folds
- Roll toward you, seal seam gently
- Place seam-side up in floured banneton

Troubleshooting

Too sticky? You may have used more water. Keep hands damp, not floured.

Won't hold shape? Gluten needs more time. Extend stretch-and-fold into hour 3.

Flat loaf? Over-proofed. Cold proof only 8-12 hrs, not 24.

Dense crumb? Not enough bulk fermentation. Aim for 50%+ volume rise.

No oven spring? Dough may be cold. Score while still cold. High oven temp is critical.