

## Pane (Sourdough Bread)



### INGREDIENTS

500g strong white bread flour  
100g active sourdough starter (fed and bubbly)  
350ml water (filtered or spring water, room temperature)  
10g salt

### Description

Sourdough bread is a timeless classic, made with just flour, water, salt, and a natural starter. Its slow fermentation process gives it a rich, tangy flavor and a crisp, chewy crust. Perfect for sandwiches or simply enjoyed with olive oil, it's a rewarding bake for any home baker.

### Preparation

#### Mix the Dough:

In a large bowl, mix the flour and water until just combined. Let it rest (autolyse) for 30–45 minutes.

#### Add Starter and Salt:

Add the sourdough starter and salt to the dough. Mix well by hand or with a dough scraper until fully incorporated.

#### Bulk Fermentation (4–5 hours):

Cover the bowl with a damp towel and leave at room temperature. Every 30 minutes during the first 2 hours, perform a set of stretch and folds (pull one side of the dough up and fold it over, turning the bowl as you go - about 4 times per session).

#### Shape the Dough:

Turn the dough out onto a lightly floured surface. Shape it into a tight round or oval loaf, depending on your banneton or baking vessel.

#### Final Proof (8–12 hours):

Place the dough seam-side up into a well-floured banneton or bowl lined with a towel. Cover and refrigerate overnight (or leave in a cool place) for a long, slow proof.

#### Preheat and Bake:

Preheat your oven to 230°C (450°F) with a Dutch oven or baking stone inside. Once hot, carefully tip the dough onto parchment, score the top with a sharp blade, and transfer into the Dutch oven.

Bake covered for 20 minutes.

Remove the lid and bake another 20–25 minutes until golden and crusty.

Let the bread cool completely on a wire rack before slicing.