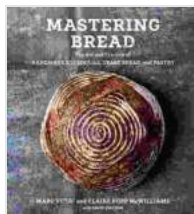


The Art and Practice of Handmade Sourdough Yeast Bread and Pastry Baking: A Comprehensive Guide

1. **Create a sourdough starter:** To create a sourdough starter, you will need to mix equal parts flour and water in a clean glass jar. Cover the jar loosely with a cheesecloth or paper towel and let it sit at room temperature for 5-7 days. During this time, the mixture will start to ferment and become bubbly.
 2. **Refresh your starter:** Once your starter is active, you will need to refresh it regularly to keep it alive. To refresh your starter, simply discard half of the mixture and add equal parts flour and water. Stir well and let it sit at room temperature for 12-24 hours before using it to make bread.
 3. **Make the dough:** To make sourdough bread, you will need to mix your sourdough starter with flour, water, and salt. The exact proportions will vary depending on the type of bread you want to make. Once the dough is mixed, let it rise for 8-12 hours, or until it has doubled in size.
 4. **Shape and bake the bread:** Once the dough has risen, shape it into a loaf and place it on a baking sheet. Let the bread rise for another 30 minutes, then bake it in a preheated oven at 450 degrees Fahrenheit for 30-35 minutes, or until it is golden brown and crusty.
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1. **Make the dough:** To make sourdough pastries, you will need to mix your sourdough starter with flour, water, sugar, and salt. The exact proportions will vary depending on the type of pastry you want to

make. Once the dough is mixed, let it rise for 8-12 hours, or until it has doubled in size.

2. **Laminate the dough:** Laminating the dough is a technique that involves folding butter into the dough to create a flaky texture. To laminate the dough, roll it out into a rectangle and then spread cold butter over the surface. Fold the dough over the butter and roll it out again. Repeat this process several times, until the dough is well laminated.
3. **Shape and bake the pastries:** Once the dough is laminated, shape it into the desired pastries. Place the pastries on a baking sheet and let them rise for 30 minutes, then bake them in a preheated oven at 400 degrees Fahrenheit for 15-20 minutes, or until they are golden brown and flaky.



Mastering Bread: The Art and Practice of Handmade Sourdough, Yeast Bread, and Pastry [A Baking Book]

by Marc Vetri

★★★★☆ 4.7 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

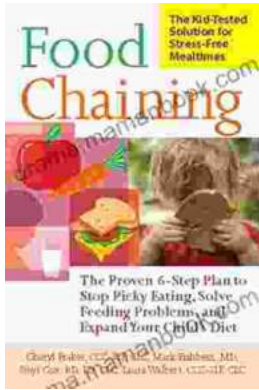
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