



yo'gourmet®

Considerations for making your sourdough

Temperature



Consistency is key. Keep your sourdough sponge between 21°C and 32°C (70°F–90°F). Cooler conditions will slow fermentation, extending the development time beyond the recommended 18–20 hours and may reduce tangy flavor intensity.

Water quality



If your tap water is heavily chlorinated, it may inhibit fermentation. We recommend using filtered or bottled water or letting tap water sit uncovered for 24 hours to allow chlorine to dissipate.

Flour



For optimal results, use unbleached and unbromated flour, such as all-purpose or bread flour with the right protein level for crusty artisan-style loaves. Avoid self-rising flour or other pre-mixed blends.

Timing



Rising and fermentation times can vary due to environmental factors. Allow enough flexibility to accommodate these variations and let your dough develop fully for the best flavor and texture.

Sachet preparation



For consistent results, gently shake the sachet before opening to ensure the contents are evenly distributed. This step helps maintain homogeneity and accuracy in measurements.





Recipe to prepare 2 loafs

Step 1: Preparing the sponge (18 to 20 hours)

Ingredients:

- 1 g (1/4 teaspoon) Yogourmet® Sourdough Starter
- 240 g (2 cups) unbleached all-purpose or bread flour
- 227 g (1 cup) warm water



1 In a medium-sized mixing bowl, combine the starter and flour, then gradually mix in the warm water. Stir until smooth, ensuring the starter is well-dissolved.



2 Cover the bowl and let the sponge rest in a warm location (21°C–32°C / 70°F–90°F) for 18–20 hours.



3 Once ready, the sponge will expand, form bubbles, and develop a pleasant aroma. You can store the prepared sponge in the refrigerator for up to 7 days if not used immediately. (Tip: For a stronger sour flavor, substitute half the white flour with rye or whole wheat flour.)

Note : During refrigerated storage, fermentation may continue at a slower pace, which could slightly modify the results. This is primarily due to yeast activity at cooler temperatures, leading to milder aromas. This natural progression can add unique flavors, which is one of the joys of homemade sourdough!

Step 2: Preparing the dough (about 3 hours)

Ingredients:

- All the sponge from Step 1
- 360 g (3 cups) unbleached all-purpose or bread flour
- 170 g (¾ cup) warm water (adjust slightly depending on flour type and environment)
- 1 ½ teaspoons salt (sea salt recommended)
- ½ teaspoon instant yeast (optional for faster rising)



1 Mix the sponge with the flour, water, salt, and yeast (if using). Stir until a rough dough forms. Let it rest for 20–30 minutes to allow the flour to absorb the water (autolyse process).



Recipe to prepare 2 loafs



2 Knead the dough for 6–10 minutes until it becomes smooth and elastic. Avoid adding too much flour during kneading to maintain a moist, tacky texture.



3 Place the dough in a lightly greased bowl, cover it, and let it rise in a warm area for 2–3 hours. Gently deflate and fold the dough after 1 and 2 hours to ensure even fermentation.

Step 3: Shaping and Proofing (about 2 hours 30 minutes)



1 Divide the dough into two equal portions and shape them into rounds or your preferred shape.



2 Let the shaped loaves rest for 20 minutes, then transfer them to a heavily floured proofing basket, linen cloth, or greased baking sheet. Cover and let rise for another 2+ hours until nearly doubled in size.

Step 4: Baking (about 1 hour 30 minutes)



1 Preheat your oven to 246°C (475°F) for 30 minutes before baking. Use a baking stone or steel for a crisp crust.



2 Score the loaves with a sharp knife or razor blade, then place them in the oven. Optional: Spritz the loaves with water to create steam for a chewier crust.



3 Lower the oven temperature to 232°C (450°F) and bake for 18–25 minutes. Ensure the bread reaches an internal temperature of 93°C–96°C (200°F–205°F) for proper doneness.



4 Allow the bread to cool for at least 1 hour before slicing to maximize flavor development.



FAQ

1 Why is my sourdough not doubling in volume?

Your sourdough may be lacking heat (ideal: 21-27°C / 70-80°F), nourishment (refresh it regularly), or the chlorinated water is inhibiting the bacteria (use filtered water instead). To revive it, refresh it every 12 hours.

2 My bread isn't rising enough, what should I do?

Check that your sourdough is active (it should double in volume after refreshing). Extend the fermentation if needed and make sure you're kneading well to develop the gluten. Fermentation in the fridge can also strengthen the dough.

3 Why does my sourdough bread taste too sour?

This could be due to over-fermentation, an overly mature starter, or too much whole grain flour. Shorten the proofing times and use your sourdough when it's at its peak activity (4-6 hours after refreshing).

4 Why is the crust of my bread too hard or thick?

Lack of steam in the oven, overcooking, or dough too dry. Add moisture to the oven (hot water, spraying) and adjust the temperature and dough hydration.

Recommended tools and equipment



Kitchen scale: to measure ingredients precisely.



Kitchen thermometer: to check the temperature of the water, the sourdough, and the bread.



Mixing bowl (glass or stainless steel): for mixing the dough and allowing it to rise.



Proofing basket (banneton): to maintain the shape of the bread during proofing.



Baker's lame (scoring tool): to score the bread before baking.



Baking stone or steel: for a crisp, well-browned crust.



Water sprayer: to create steam in the oven and promote rising.



Linen towel: to cover the dough without sticking.

Storage tips

- Store your bread in a cloth bag or a linen towel.
- Use a bread box.
- Keep it at room temperature.
- Freeze it for long-term storage.