

## Dr. McKenney's easy sourdough bread recipe

### #TINY LOAVES4TINY HANDS

Finally, a way to bake with your **backslop**\*!

Many thanks to Joseph Monast for rigorously testing and tweaking this recipe to its current, optimized version.

### Ingredients:

- 1 cup all-purpose flour
- ⅓ teaspoons salt
- ½ cup water, room temperature
- 1 Tbs mature sourdough starter
- Vegetable oil
- Corn meal or rice flour

### Materials:

- 2 mixing bowls
- an electric mixer\*
- A lid
- A baking tray
- Pot holders or oven mitts
- A baking tray
- A sharp knife

*\*If you don't have an electric mixture, you can use your hands to **knead** (say "need") the dough. **Kneading** is a special kind of mixing for bread dough. Ask your adult helper to show you what kneading looks like.*

*Kneading by hand takes longer than using a mixer, so plan appropriately.*

**Total Time:** 2 days

*\***Backslop** is the sourdough that you would normally discard (throw away) when you feed your starter.*

## Directions

### Day 1: Making the Dough

1. Mix the flour and salt in a large mixing bowl.
2. Mix the sourdough starter and water in a different bowl.
3. Pour the wet ingredients into the dry ingredients and mix for 10 minutes (until the dough is smooth-looking).
  - a. In the mixer, a “just right” dough will form a ball that “self-cleans” the sides of the bowl.
4. Turn the dough onto the counter.
5. Coat the inside of the bowl with oil.
6. Form the dough into a ball and put the dough ball back into the bowl, rolling it in the oil to coat the entire surface of the dough ball.
7. Cover the bowl with a lid or tea towel and let it sit on the counter for 12 hours.
8. Transfer the covered bowl to the fridge to continue fermenting overnight.

## Did You Know?

Even the most experienced bakers find that the *exact same recipe* can yield a *different dough* from day to day!

Here, we have provided a starting place to get you close to where you need to be. The end goal is a dough that is *loose enough to form a pliable, stretchy/elastic dough* – but not so wet or sticky that it clings to your hands.

You may need to add a bit more flour or water to get the consistency “just right”.

## Directions

### Day 2: Baking the Loaf

1. **Make sure you have your adult helper with you.**
2. Preheat oven to 500F, with a baking sheet inside
  - a. The baking sheet will get nice and hot inside of the oven.
3. When oven has preheated, take the bowl of chilled dough out of the fridge.
4. Gently run a spatula around the edge of the dough ball, to separate it from the wall of the bowl.
5. Sprinkle rice flour or corn meal on the top surface of the dough ball.
6. Use potholders or oven mitts to remove the hot baking sheet from the oven.
  - a. **Your adult helper may need to do this part.**
7. Turn the bowl upside-down over the pan so that the dough ball falls out (flour-side down) onto the hot pan.
8. Quickly **score** the top of the loaf:
  - a. Use a sharp knife to cut slashes about  $\frac{1}{8}$  inch deep across the top of the loaf.
  - b. **Your adult helper may need to do this part.**
9. Place the pan (now with the scored loaf on it) into the oven on the middle rack.
10. Close the oven door and bake at 450F for 10 minutes, then turn the oven down to 350F for another 15 minutes.
11. Take a photo of your Tiny Loaf and share it with your agent.  
**#tinyloaves4tinyhands**

## Did You Know?

Scoring helps the bread expand without splitting the crust as it rises in the oven. You can experiment with different scoring patterns:

- || long straight parallel lines
- // slanted lines
- # a tic-tac-toe pattern
- () curved lines
- ... or any other pattern you can think of!

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### RECIPE FOR 1 NORMAL-SIZED LOAF:

#### Ingredients:

- 3  $\frac{2}{3}$  cups all-purpose flour<sup>1</sup>
- 1  $\frac{3}{4}$  teaspoons salt
- 1  $\frac{1}{2}$  cups plus 4 teaspoons water, room temperature
- $\frac{1}{3}$  cup mature sourdough starter

#### Directions

*(I usually mix the dough 24 hours before baking.)*

- Mix the flour and salt in a large mixing bowl. Mix the sourdough starter and water in a separate bowl. Pour wet into dry, mix for 10 minutes (until the dough is smooth-looking).
- Turn the dough onto the counter, coat the bowl with oil, form the dough into a ball and put the dough ball back into the bowl, rolling it in the oil to coat the entire surface of the dough ball. Cover the bowl with a lid and let it sit on the counter for 12 hours.
- Transfer the covered bowl to the fridge, to continue fermenting overnight.
- *When you are ready to bake:* Preheat oven to 500F, with a baking sheet inside (to get nice and hot).
- When oven has preheated, take the bowl of chilled dough out of the fridge. Gently run a spatula around the edge of the dough ball, to separate it from the wall of the bowl. Sprinkle rice flour or corn meal on the top surface of the dough ball.
- Remove the hot baking sheet from the oven, then turn the bowl upside-down over the pan so that the dough ball falls out (flour-side down) onto the hot pan. Using a sharp knife, quickly score<sup>2</sup> the top of the loaf. Place the pan (now with the scored loaf on it) into the oven on the middle rack. Close the oven door and re-set the temperature to 475F.
- Bake 20 minutes at 475F, reset to 350F, and bake another 20 minutes.

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<sup>1</sup> You can also experiment with different ratios of different types of flour. For example, I typically use 2 cups bread flour + 1 cup whole wheat flour +  $\frac{2}{3}$  cups rye flour.

<sup>2</sup> Score the loaf by using a sharp knife to cut slashes about  $\frac{1}{8}$  inch deep across the top of the loaf. Scoring helps the bread expand as it rises in the oven, without splitting the crust. You can experiment with different scoring patterns:

- || long straight parallel lines
- // slanted lines
- # a tic-tac-toe pattern
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- ... or any other pattern you can think of!