



SWEET 'N SOURDOUGH

To make one sourdough cob (around 550g).

Ingredients

150g lukewarm water (around 35°C depending on flour temperature)

170g sourdough starter

30g live yoghurt

1 tablespoon honey

240g strong white flour, 100g malt flour

6 - 8g salt

20g butter

Mixing the dough – 10 minutes

Measure the **warm water** into a jug.

Mix in the **yoghurt, starter** and **honey**.

In a baking bowl weigh out the **strong white flour, malt flour,** and **salt**.

Add the butter in small pieces, then rub into the flour.

Now add the liquid to the flour and work the mixture by hand or with a spatula until all the flour is incorporated.

Kneading the dough – 10 minutes

Use whatever style of kneading suits you. A wet dough is messier but will rise better so think twice about adding extra flour.

Scrape any dried flour out of the bowl, rub oil round it, then pop the dough in. Turn the dough over so that the oiled surface now on top to prevent a crust from forming on the exposed surface.

Rising - 60 minutes

Place the bowl in warm place covered lightly with clingfilm and a tea towel for 60 minutes to let the dough rise.

To shape into cobs and prove – 10 minutes + 12 hours

To shape the cob, roll the dough into a log shape then tuck in the bottom edge all the way round. Keep doing this until you have a ball of dough with a smooth round top. Put this smooth side down on a well floured tea towel in a bowl or wicker basket, flip the ends of the towel over the loaf. To stop the dough from drying out slide the basket/bowl of dough into a loose fitting plastic bag then leave in a cool place for 10 hours (overnight?).

Preparing the cob for the oven - 5 minutes

Dust your hands with flour then carefully slide/empty the cob out of the basket onto a hot floured baking tray. Dust with flour (white, semolina) then cut diagonal slits to allow the dough to continue to expand in the oven.

Baking – 40- 50 minutes

Bake at 180⁰ C for 40 - 50 minutes. Pour half a mug of boiling water quickly into a tray in the bottom of the oven immediately after you put the loaves in, and again after 5 minutes to keep the top soft so that the loaves can continue to rise. Alternatively use a plant spray on the sides of the oven and lightly on the cob(s).

The bread is done when the top and sides are brown and the bottom sounds hollow when you tap it. The target colour depends on the proportions of white to malt flour in the loaf.

Cool on a wire tray.

This bread keeps well and freezes well with little loss of flavour or freshness, though it will go stale more quickly once unfrozen.

Quantities for four cobs (approx 730g dough each)

650g lukewarm water (around 35°C depending on flour temperature)

650g sourdough starter

120g live yoghurt

75g honey

950g strong white flour, 400g malt flour

25g salt

80g butter

