



Blister Crust Sourdough

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Formula:

Mix your dough in the afternoon around 1:00 – 2:00 pm

Prepare potato water:

- Boil about 500 grams of chunked potatoes in about 1 kilogram of water until they start falling apart (about 20 minutes or so). Cool the potato water.

Mix together:

- 600 grams of potato water
- 300 grams of vigorous sourdough starter @ 100% hydration
- 1100 grams of all purpose or bread flour
- **Autolyse** in a warm (75-80F/23-26C) place for two hours- **folding the dough once** after the first hour.

After autolyse add while folding into the dough:

- 100 grams more of the potato water mixed with
- 25 grams of salt (stir the salt into the potato water).

1. After one hour fold the dough again (this is at three hour post mix)
2. After another 2 hours fold the dough again (five hours post mix)
3. At this point your dough might be done fermenting. My dough needed one more hour (for a total of six hours) but the previous batch of this dough I made using this formula only needed

five hours. It is done fermenting when you can pull a nice windowpane, is bubbly and sits up well in the container after folding.

4. Total fermenting time should be around 5 – 6 hours with 3 to 4 folds total.
5. Divide dough into three pieces weighing around 700 grams.
6. Pre-shape and allow to rest 15-20 minutes.
7. Final shape and place into bannetons. Cover with plastic wrap and refrigerate overnight.
8. Next morning, stagger the loaves coming out of the refrigerator by 30-40 minutes apart.
9. Do a final proof (usually around 2 hours but this varies quite a bit). You can use your proofer if you like to warm up and final proof the dough.
10. Preheat your oven and stone to 500F/260C for one hour. Put your roasting pan lid in the oven towards the end of the pre-heat.
11. Place your first loaf on the stone after scoring. Mist with water, cover with the lid.
12. Turn oven down to 450F/232C for the bake. Put your timer on for 10 minutes.
13. After 10 minutes, take off the lid. Turn loaf for even browning.
14. After another 15 – 20 minutes when your loaf has a nice dark color and sounds hollow on the bottom when you hit it with your knuckles (or measures around 200F/93C on your bread thermometer) take your loaf out and cool on a rack.
15. Place the roasting lid back into the oven and allow the oven to re-heat for about 10-15 minutes.
16. Proceed with the other two loaves in the same way.

Follow the video instructions in the next lecture for the techniques to make this dough.

This formula makes 2125 grams of dough at 68% hydration. Enough for 3 nice size loaves or two large loaves.

To bake only one loaf, divide the formula like this:

Use 166 grams chunked potatoes boiled in around 400 grams of water to make your potato water.

- **200 grams of potato water**
- **100 grams starter**
- **366 grams of bread flour**

After autolyse add:

- **33 grams of potato water**
- **8 grams of salt**