

# SOURDOUGH BREAD

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— Andreea — Apostol

PLANT-BASED CHEF

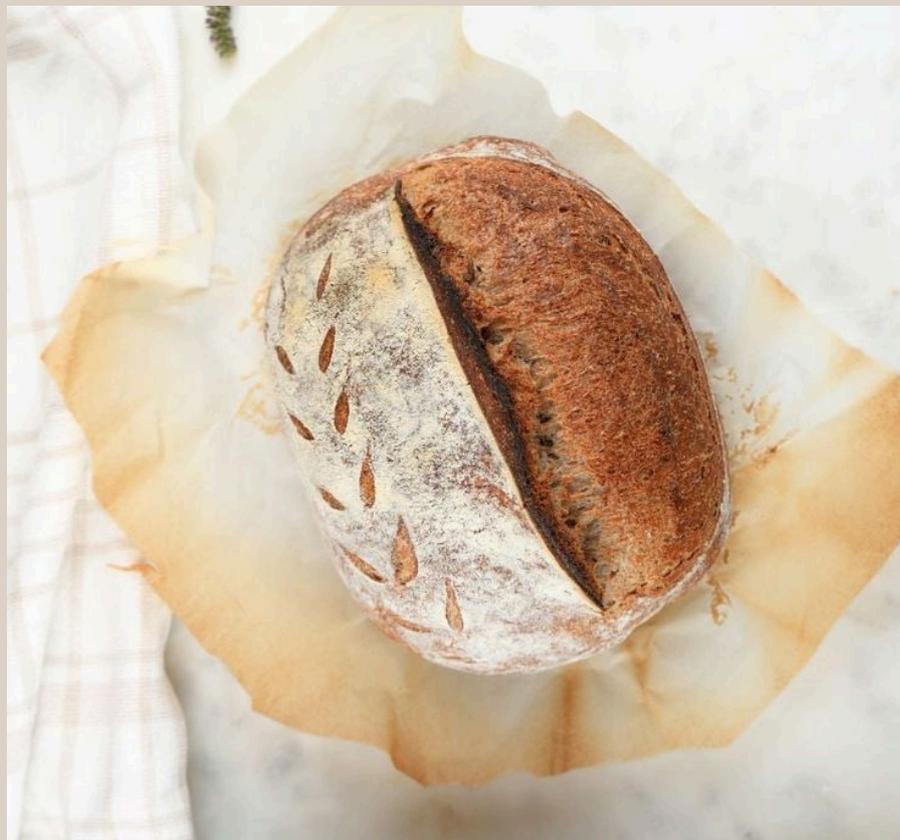




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# 1



## An Introduction



Most types of bread rely on baker's yeast to help the dough rise. **Sourdough**, on the other hand, originates from a starter - a blend of fermented flour and water. Once combined and left to sit, the natural sugars in the flour are consumed by wild yeasts and bacteria from various sources, including the flour itself, your kitchen, and your hands.

I firmly believe that ingredients alone cannot produce exceptional fermentation or cooking outcomes. Creating truly remarkable culinary creations takes love, passion, and patience. If you share this belief, you're invited to join me in this journey where we'll collaborate to create a healthy sourdough bread -complete with a rich, complex flavor, crispy crust, and soft, chewy texture.

# About the 2 Teacher

My name is Andreea Apostol. I was born in Romania into a family of creatives - my mom is a fashion designer, my dad is an architect, and my grandma is a painter. Growing up, I was always very independent and authentic. I became a chef in 2012 and began sharing my love for cooking with children. However, my perspective on food shifted in 2016 when I became more conscious about what I consume and how it impacts my body. As a result, I underwent training from one of the top Raw Vegan Chefs, **Sayuri Tanaka**, and became a skilled raw vegan chef. I also enrolled in several other courses and online vegan courses from world-renowned chefs like **Matthew Kenney and Amy Levi**.

In recent years, I have cultivated a profound interest in fermentation products, which has led to a particular enthusiasm for sourdough bread and baking. As a result, I have sought training as a French Pastry Chef at **The Institut Disciples Escoffier**.

I am a freelance chef and trainer specializing in baking and raw and plant-based cuisine. I have curated menus, cooked meals for various Macau wellness events, and even organized plant-based retreats. Through my teachings, I have had the pleasure of instructing over 1000 students from ages 10 to 60 on the art of cooking and consuming healthy plant-based meals.

I have had the privilege of being invited as a guest speaker to several esteemed local and international events and conducting masterclasses at the Culinary Academy. During my time in Macau, I had the pleasure of preparing nutritious plant-based meals for Franco Dragone's artists, athletes, and staff while they were performing.

My determination and passion led me to be nominated and win the Great Taste Award 2018 (Anti-Additive Great Taste Award)



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## Cooking Tools

### Miscellaneous Tools:

- Dutch oven
- Proofing baskets (banneton)
- Dough scraper
- Bread lame
- Oven
- Brush

### Basic Cooking Tools

- Spatulas
- Plastic Jar
- Glass Jar
- Cooling rack
- Kitchen Scale



# The Benefits of Baking with 4 Sourdough

## **It's nutritious**

It contains a range of nutrients such as iron, manganese, calcium, B1-B6, B12, folate, zinc, potassium, thiamin, niacin, riboflavin, selenium, magnesium, phosphorus, and vitamin E. Unlike other breads that lose their nutrients during processing, sourdough retains the majority of its beneficial properties.

## **It's Easier to Digest**

According to research, sourdough bread is more easily digestible than breads made with baker's yeast. Additionally, consuming sourdough can lead to a quicker feeling of satisfaction compared to baker's yeast breads.)

## **Natural origins**

Whole flour, wild yeast, and bacteria create the natural origin of sourdough bread. It is the oldest form of leavened bread, and humans have been consuming it as a staple in their diets for centuries.

## **Better for gluten-sensitivity.**

One of the benefits of sourdough bread is that its longer prep time results in the breakdown of much of the gluten protein into amino acids before consumption. The soaking, rinsing, and other preparation processes make it easier to digest, particularly if one has mild gluten sensitivities.

## **Provides healthy bacteria.**

Sourdough bread is fermented in a way that fosters more beneficial bacteria in the bread and in your body when you eat it.



# Sourdough Starter

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- 80 g lukewarm water(30 °C/86 °F)
- 50 g whole-wheat flour or all-purpose or a combination of both flour (50%+50%)

## DAY 1

In a sterilized jar, combine the flour and water. Stir and mix thoroughly. Cover the mouth of the jar with breathable fabric and secure it with a rubber band. Set in a warm place to ferment.

## DAY 2 or 3

50 g of your starter from the previous day

80 g lukewarm water (30 °C/86 °F)

50 g flour

Mix the starter, water, and flour in a glass jar. Combine everything well. Cover the mouth of the jar with breathable fabric and secure it with a rubber band. Let it ferment in at room for 24 hours.

## DAY 3-5

Repeat each day the steps from day 2/3 and use the same amount of starter, flour, and water as on day 2/3.

## DAY 6

Your starter should be ready for its first use. If your starter does not show any signs of activity yet, repeat the process for another few days.

# Refreshing the Sourdough Starter

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## Ingredients

ratio 1:1:1

50 g of your starter

50 g lukewarm water

50 g flour (whole wheat or bread flour)



To refresh your starter, it's possible to use various types of flour that can influence its taste and scent. For instance, whole-wheat flour can give your starter a more sour and tangy flavor, whereas refined white flour can result in a gentler and less acidic taste.

## Refreshing

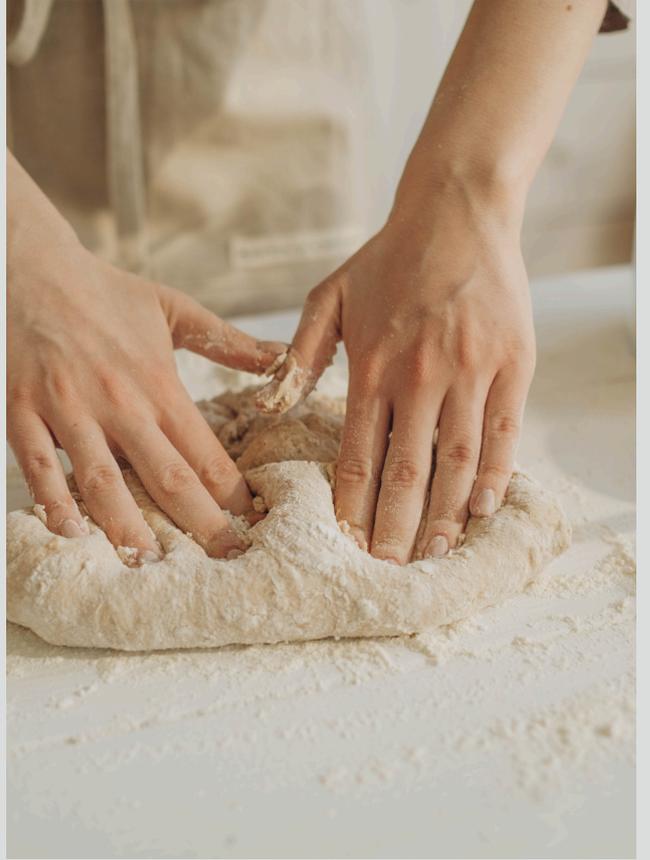
Mix the water, starter and flour in a glass jar, stir it well.

Let it ferment for a few hours at room temperature, and then place it in the fridge.

You need to refresh your starter roughly every 5 days.

## If you want to bake

If you plan on using your starter for baking, it's important to refresh it beforehand. To refresh, follow the earlier steps at least 4 hours before you want to start making the bread!



# Sourdough Bread

**Makes 1 bread like the one in the workshop**

Time 6 hours (including rest time)+  
12-24 hours proofing +  
45 minutes baking

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## Ingredients

300 g strong bread flour

200 g water ( 66% of the flour quantity)

90g mature sourdough starter (30% of the flour quantity)

6 g fine salt (2% of the flour quantity)

Add water to a plastic bowl and mix it with your sourdough starter to prepare your sourdough. Be sure to combine them thoroughly.

Next, use a spatula to roughly mix the flour and water in the bowl. As you mix, turn the bowl with one hand and move the spatula in the opposite direction. Avoid over-mixing the dough, but ensure it's fully hydrated. Finally, you can wet your hands and gently pull the dough to mix it further.

Cover the bowl with a towel, and let the dough rest for 30 minutes up to 1 or 2 hours.

After that, it is time to add the salt. With wet hands, start to incorporate the salt into the flour so it can dissolve. Let the dough rest again for 30 minutes. After 30 minutes, fold the dough in on itself from all four corners. Keep the dough covered between folds. Make sure to repeat the folding step at least 3 times, with a 30-minute rest between each repetition.

The last step is shaping. Take the dough out of the bowl and put it on the floured working table. Stretch the dough and then shape it into a ball by bringing the sides together in the middle.

**PROOFING BASKET** - To ensure even distribution, be sure to spread flour inside your proofing basket. Additionally, sprinkle some flour on top of your loaves.

# Baking Sourdough Bread

Place the dough inside the proofing basket with the seam side facing to the right. To chill the dough, put the proofing basket in the refrigerator for at least 12 hours.

## Scoring and Baking (with a Dutch Oven)

To prepare for baking, preheat your oven to 240°C and place the Dutch oven inside to heat up for 45 minutes. Once the Dutch oven is ready, remove the proofing baskets from the fridge. Cut a piece of parchment paper to a size that fits the banneton nicely. Then, flip the baskets onto the parchment so the dough rests on top of it.

Score your bread. Take the Dutch oven with oven gloves out of the oven, take off the lid. Place your baking parchment with the bread inside the Dutch oven. Close the Dutch oven with the lid, then bake it for 25 minutes at 240°C. Remove the lid, then continue baking for another 20 minutes (depending on how dark you want the crust). Let your bread cool down on a wire rack.



# Adding Nuts or Seeds to The Bread

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This step is optional, of course. If you choose to add nuts and seeds, it should not exceed 25% of the weight of the dough.

For instance: for a dough with a weight of 1.000 g, add a maximum of 250 g of nuts or seeds.

## You could add the following:

- Seeds: sesame seeds, sunflower seeds, pumpkin seeds, hemp seeds, chia seeds.
- Nuts: walnuts, pine nuts, ground almonds

## Instructions

When making bread, if you want to add nuts or seeds to the dough, the best time to do so is during the fermentation process, I recommend the second last.

To begin, moisten your work surface slightly and place the dough on top. Gently stretch the dough in all directions, being careful not to tear it. Next, evenly distribute your nuts or seeds over the dough. Starting from one side, fold the dough over to the other side, followed by folding from top to bottom. Then, reshape the dough into a circular shape and return it to the mixing bowl or proofing container.

Allow it to rest before proceeding with the next fold.



*Thank you*

"No one is born a great cook, one learns by doing."  
- Julia Child

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