

Sourdough Bread Recipe:

(makes 3 baps)

600g flour

345g water

7.5g salt

225g starter

Method:

Mix all ingredients together twice, with a 5 hours rest between each knead. After the second rise, I divide the dough into three portions and put them in bowls overnight (choose bowls for desired shape). The next morning, I take them out of the fridge, put them on a (single) tray and leave them to rest for another 45 minutes while preheating the oven to 230C (fan). I bake them for 25-30 minutes.

I guess this is as easy as it can get for a regular fresh breakfast bread. We normally eat one of these baps in one go with home-made **walnut cream cheese**. Delicious!

