



Yea, I know, I know, walking where? How do you walk sourdough? Well I just needed a name for my bread and I was going on a walk so that's what I named it. I should have called it "Quick get some dough ready, we're out of bread."

I fed my starter in the morning, was out of bread, wouldn't be able to bake early the next day, but wanted to start some dough that I could bake as soon as I could get to it. So I made up this dough:

### **Walking Sourdough Bread**

- **220 grams of 100% hydration starter**
- **500 grams water**
- **700 grams bread flour**
- **100 grams of whole wheat flour ( I used up some home milled flour that was a few days old)**
- **17 grams sea salt.**

### **1537 grams of dough at 67% hydration ( a good hydration to practice your scoring technique)**

I threw all the ingredients in the dough trough about 2:00 pm, mixed up the dough with no autolyse and no folding. I covered the dough and put it in the fridge. Then I went on my walk.

Next day I had to go out, so I wasn't able to get to the dough until 3:00 pm.

I took out the dough and it had a few nice bubbles (not a lot though).

I divided the dough into two pieces (it was never folded but you can do a fold or two if you like) and shaped up the dough once, no pre-shape, just final shape. I shaped boules and put them into floured bannetons

Then I went for a walk!

I allowed the dough to do a room temperature (78F/25C) proof for about three and a half hours then baked off each loaf.

I preheated the oven for one hour at 475F/246C and bake the loaf for 15 minutes under the roasting pan lid for steam and 15 without steam.

No fuss, very easy, it worked great! So there you have it, the walking loaf!

Copyright 2017 Formula by Teresa L Greenway <https://thebakingnetwork.com>