

DISCARD LOAF

INGREDIENTS

1100g	Strong White Bread Flour
650g	Tepid Water
200g	Discard (Mature Sourdough Starter)
20g	Salt
15g	Instant Yeast
60g	Olive Oil (Optional)

Flour/Rice Flour for dusting

METHOD

1. Put all the ingredients together in a KitchenAid or a large bowl and mix on a low speed (1-2) for 5 minutes. The dough should look smooth, stretchy and well homogenised. Scrape any dough off the dough hook, cover the bowl with a plate, tea towel or sheet of Clingfilm and allow to proof at room temperature for an hour or until the dough is lifting the cover off the bowl.
2. Tip the dough out onto a lightly floured surface being careful not to tear it too much and then use a dough scraper or a large knife to divide it in two.
3. Working with one piece at a time, flatten the dough out into a rectangle by pushing and manipulating it with the tips of your fingers. Then, using the palms of your hands scoop both sides up simultaneously and fold them over so they meet in the middle, push them down to flatten them out and degas the dough a little. Fold the two top corners in like you are making a paper plane, take the point that has been formed at the top and pull it up and over on to itself. Now with your hands flat, push the point into the dough to seal it into place. Now continue rolling the dough from the top, again using your flattened hands to squeeze the dough together at each half roll. Keep repeating until you have formed a nice taught cylinder. Pinch the ends together to create neat seams.
4. Place each loaf into a tin lined with baking parchment, cover with a tea towel and leave to proof at room temperature for 30 to 45 minutes.
5. Pre-heat your oven to 240c with an empty roasting tin on the bottom shelf. When you are ready to bake, put both loaf tins side-by-side in the oven and then pour a cup of cold water into the hot roasting tin and quickly close the oven door. The water in the roasting tin will produce steam for the first few minutes of cooking which will help your loaves 'spring' and also give them a nice crisp, shiny crust. Bake for 10 minutes at this temperature, then turn the oven down to 200c and continue to cook for a further 23 minutes.
6. Once cooked, leave the loaves in their pans for a couple of minutes, the steam from the bread will help release them, but then do transfer them to a wire rack otherwise they will get very soggy bottoms. Allow to cool for a couple of hours before slicing.