Chocolate Sourdough

By "Wine"
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Ingredients
360 g Warm Water
100 g Sourdough Starter
50 g White Sugar
30 g Cocoa Powder

500 g Bread Flour
10 g Salt

<u>Getting the dough ready</u>

1. Mix together starter right from the fridge (must be a viable and active starter), sugar, cocoa powder and warm water until the ingredients "dissolve".

Then add bread flour and salt. Mix gently with a wooden stick, flexible bench scraper, or your hands until all the flours are hydrated and no dry spots remain. Cover bowl and set aside for 60 minutes.

2. Stretch and folds. Using a wet hand, grasp a handful and stretch it upward until you feel resistance, then fold it back onto the dough mass. Repeat this motion 3 additional times, rotating the bowl about 90 degrees each time. As you work the dough, it will progress from very slack and sticky to smoother and more elastic.

Do a series of 4 stretch and folds every 30 minutes.

3. Prepare for the dough's first rise (bulk fermentation). Mark where the dough hits the side of the bowl with a piece of tape. Cover the dough with a towel, plastic wrap, or whatever else is easy. I put mine in a plastic cake container which sits on a heated mat. Keep checking on the dough. Once the dough had doubled in size and feels pillowy and filled with air; this can take at least 3 hours and as many as 7 depending on the temperature. **Dough should be 75 to 80 degrees during this process for best results.**

4. Shape dough for the first time (pre-shaping). Lightly flour a work surface. Gently turn out the dough, letting its weight coax it out of the bowl and loosening the sides with the bench scraper. Using floured hands and working with the dough, gently pull all the edges of the dough toward the center to create a round, tidy packet; then pull the dough towards you a few times to create a tight ball with resistance. Use a bench scraper to turn the ball of dough over so it rests seam-side down. Let dough rest, covered, on the work surface for 20 minutes. (in the video I forgot to do this step)

5. Prepare the shaping bowl / banneton. As dough rests, line mixing bowl with clean kitchen towel, or get your banneton ready. Dust the interior of the banneton or bowl generously with rice flour. Set aside.

6. Shape the dough a last time and add the chopped chocolate (final shaping). Uncover dough and lightly dust the top with all-purpose flour. In one decisive motion, use the bench scraper to lift and turn the dough over floured-side down. Put your fingertips beneath the dough and stretch it gently into a square shape. Sprinkle some of chopped chocolate over the dough.

As you fold the dough add chocolate on every fold. The chocolate should be neatly tucked inside the dough. Fold the left side of the dough inward toward the center, then fold the right side inward and overtop of the left fold.

Starting at the end closest to you, roll the dough away from you into a bulky spiral. Carefully close the seam and the rounded ends. The goal is to keep all of the chopped chocolate inside the dough.

Let the dough sit for a minute or two on its seam to help it seal, then use a bench scraper to lift up the dough and place it seam-side up in one of the prepared bowl. Pinch the seam and tighten up the ends to create a neat shape. Lightly dust the exposed part of the dough with more of rice flour, and cover with a kitchen towel.

7. Let the shaped dough rise in the banneton (proofing). Rest loaf at room temperature, checking periodically, until the loaf has slightly increased in volume, 1 to 1 1/2 hours.

8. Check if dough is proofed (the poke test). Press a floured finger into the dough. If the dough springs back immediately, it needs more time — check again every 20 minutes. But, if it springs back slowly and a slight impression remains, the dough is proofed.

9. Chill the dough. Once the dough passes the poke test, cover the bowl with plastic wrap and transfer to the refrigerator. Chill overnight and up to two days before baking.

<u>Bake</u>

1. Prepare the oven. About an hour before baking, arrange a rack in the lower third of your oven and place a large, uncovered Dutch oven inside. Heat the oven to 500 degrees. A rack in the Dutch oven elevated the dough and keeps the bottom from getting scorched.

2. Prepare the dough. Remove loaf from the refrigerator and uncover. Lightly dust the exposed dough with rice flour, massaging it into the surface. Place a piece of parchment paper or silicone baking mat over the bowl, making sure the parchment is longer and wider than the basket by several inches. Invert the loaf onto the parchment paper. Slowly peel away the towel. Dust the rounded side of the dough with more rice flour, rubbing it into the surface to coat evenly.

3. Make a slash in the dough. Use a lame or a sharp knife to make a long, slash about 1/4-inch deep, angling the blade toward the outer of the loaf.

4. Bake the dough. Use the parchment paper or silicone mat to lower the loaf into the Dutch oven. Cover and bake for 20 minutes. Then, remove the lid and reduce the oven temperature to 450 degrees. Continue to bake the loaf uncovered until the surface is deeply browned all over, another 20 minutes. Test temp – should be 190 – 210 degrees. Cool loaf on a wire rack.

5. Cut and serve! Allow the bread to cool completely, for at least an hour, before cutting into it. Whole loaves can be stored uncovered at room temperature for 1 day. Once cut, bread should be stored in paper bags at room temperature and will keep for 5 days or longer. After the second day, it benefits from light toasting.

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