

Sourdough Bread

1 1/2 teaspoons instant yeast (times the amount by 3 if using fresh yeast, allow the fresh yeast to dissolve in a little warm water)

1 1/2 teaspoons salt

1 1/2 teaspoons sugar

2 1/2 cups (298g) Plain Flour

2 cups (454g) ripe (fed) sourdough starter

1/2 cup (113g) lukewarm water

Combine all the ingredients and knead — by hand, mixer, or bread machine — making a soft, smooth dough; about 15 to 20 minutes by hand, 7 to 10 minutes in a mixer, and 20 to 30 minutes in a bread machine.

Place the dough in a lightly greased bowl and let it rise for 45 to 60 minutes, until puffy but not necessarily doubled in bulk.

Lightly grease a 9" x 5" loaf pan.

On a lightly greased work surface, gently deflate the dough, and form it into a 23cm log. Place the log in the prepared pan, cover, and let it rise for 60 to 90 minutes.

Preheat the oven to 177 degrees centigrade . Bake the bread for 40 to 50 minutes, until it's light gold.

Remove the bread from the oven, and after a couple of minutes turn it out of the pan onto a rack to cool. Store, well-wrapped, at room temperature for several days; freeze for longer storage.