



TIGERNUT SOURDOUGH BAKING INSTRUCTIONS

CONTACT

PHONE:
519-654-0203
905-515-6848

WEBSITE:
www.delishkitch.ca

EMAIL:
info@delishkitch.ca

Remove your Sourdough from the freezer and place it on your kitchen counter to defrost for 6-8 hours or more...room temperature throughout! The loaf needs to be completely defrosted or your bake will not be successful!

Morning Bake- take out the evening before.

Evening Bake- take out in the early morning.

Leave the frozen sourdough in the packaging provided. It is advisable to lift the plastic off the top of the sourdough – making a tent. This way when it defrosts, there will not be a wet mark on the top of your loaf.

Plan to bake your loaf 3-4 hours before you plan to serve it. As much as you want to slice it right away, the baked loaf will appear “gummy” and “under baked” if you cut into it too soon. I like to wait 1½ to 2 hours before I consume mine.

Equipment Required

Convection Oven

Dutch Oven

Sharp knife or razor blade

Spray bottle filled with water for misting

Pair of Oven Mitts

Make sure you wear long sleeves to protect your arms from steam and heat!

Instructions to bake your Sourdough

Step 1: Put your Dutch Oven in your oven and preheat to 460 Fahrenheit or 238 Celsius for 60 minutes prior to baking!

Step 2: Take your sourdough out of the plastic bag, leaving it on the round parchment paper provided.

Step 3: With a very sharp knife or razor blade, score a ¼ inch or .635 cm deep line across the top of your sourdough (score the whole loaf not a small line).

Step 4: With the palm of your hands, very gently pull your sourdough line that you just scored open a bit more. I usually give it a gentle ¼ inch or .635 cm more of an opening.

Step 5: With oven mitts on remove the Dutch Oven from the oven

Step 6: Place your sourdough into the **center** of the Dutch Oven (making sure the round parchment paper that it was resting on is still underneath it)

Step 7: Place the lid on the Dutch Oven and take hold of your spray bottle

Step 8: Lift one side of the lid up and mist the Dutch Oven with 10 squirts of water and put the lid back on quickly

Step 9: Put the Dutch Oven in the oven and set your timer for 18 minutes

Step 10: When your timer beeps after 18 minutes, open the oven and remove the lid. Rotate your Dutch Oven a “full turn” and close the oven door

Step 11: With the lid still off, bake your sourdough an additional 18 minutes.

Step 12: When your timer beeps after 18 minutes, remove your sourdough from the oven and put on a cooling rack to rest for 1-2 hours before serving.

You can tell when your sourdough is baked through by tapping the bottom of it and the sound is “hollow”. The outer crust will be golden in colour.

Oven temperatures will vary with each home this sourdough is baked in. The above directions may have to be slightly altered to suit your environment.

Serve and Enjoy!