



My Cozy 3-Day Sourdough

Because good things take time (and love). — Chef Dawn Creates

STARTER FEEDING (1 : 2 : 2)

Sourdough starter (leftover)	25 g
Water	50 g
Bread flour	50 g

MAIN DOUGH

Bread flour	450 g
Water	300 g
Active starter	100 g
Salt	10 g

TIPS FOR DELICIOUS SUCCESS

- Use filtered water and high-quality bread flour.
- Don't rush fermentation — trust the bubbles.
- Cool the loaf at least 1 hour before slicing (yes, it's hard).
- Jot notes on each bake; mark your favorites with a heart.

THE BAKE

450°F Dutch oven · 20 min covered,
20 min uncovered · 205–210°F internal.

SUGGESTED 3-DAY TIMELINE

DAY 1

10:00 PM • Feed your starter — tuck it in for the night.

DAY 2

6:00 AM • Mix the dough and let it rest (autolyse).

6:30 AM • Stretch & fold #1 — gentle hands!

7:00 AM • Stretch & fold #2

7:30 AM • Stretch & fold #3

7:35 AM • Bulk fermentation — watch the magic rise.

1:30 PM • Preshape your dough.

2:00 PM • Final shape — it's becoming real!

2:05 PM • Proof at room temp (1 hour).

3:05 PM • Chill overnight in the fridge (8+ hrs).

DAY 3

6:55 AM • Score the dough — get creative.

7:00 AM • Bake (see The Bake).

A note from Chef Dawn

Sourdough rewards patience, not perfection. Watch the dough, not the clock — it will tell you when it's ready. Bake often, take notes, and share the loaf. That's where the joy is.

Sourdough at Home with Chef Dawn

Two-day, in-your-kitchen sourdough intensive for beginners.

Scan the code or visit sourdough.chefdawncreates.com

