



Course: Sourdough Bread

Course Duration: Face-to-Face

Guided Learning Hours: 7 hours

Course Description:

This one-day course offers an introduction to sourdough bread making, teaching participants the essential techniques needed to master this art. During the session, you will receive formal training on the following topics: -

- The fundamentals of sourdough theory
- How to maintain a healthy sourdough starter
- Techniques for mixing and lamination
- Methods for shaping and folding dough
- Baking techniques to achieve great results
- Understanding flavor development and profiles
- Practical tips for successful home baking

Participants will gain hands-on experience in key skills, including starter maintenance, baking, and shaping. By the end of the course, you will have a solid understanding of foundational methods, flavor profiles, and practical tips to confidently recreate your own sourdough at home.

Course Objective:

By the end of the day, participants will learn:

- Sourdough theory
- Starter maintenance
- Mixing and lamination
- Shaping and Folding

Target Audience:

- Beginners to intermediate bakers
- Food enthusiasts
- Small group classes (8-10 participants)

Learning Outcomes:

- Proper use of flavour additions

- Understanding the why behind every process
- How to start your own starter
- Baking your very own sourdough

Course Content

SESSION 1

Introduction to Sourdough

Topics:

- Overview of what exactly is Sourdough
- Core fundamentals
 - Understanding the science behind it
 - Understanding the timeline
 - What is a starter

SESSION 2

Starter Maintenance

Skills Covered:

- Making of a starter
- Understanding the recipe and temperatures
- Knowing what discard and a completed starter looks like
- Troubleshooting

SESSION 3

Mixing methods and Lamination techniques

Making of a Plain Sourdough

Skills Covered:

- Understanding flour, hydration and dough strength
- Mixing of the dough (considering time and texture)
- Understanding the folding and lamination process
 - Scoring the dough

Key Steps:

- Mixing and kneading
- Bulk fermentation
- Understanding the ingredient

SESSION 4

Making of a Herb Sourdough

Skills Covered:

- When to add additions to achieve different results
- Understanding different flavours
- Folding and Shaping the dough

Key Steps:

- When to add herbs
- Folding techniques
- Shaping
- Proofing and Baking

SESSION 5

Making of a Honey oat Sourdough

Topics:

- Making the dough with additions
- Pre-shaping and Shaping
- Proofing and Baking

Materials Provided

- Recipes and Ingredient guide
- Starter
- Baking tips and troubleshooting