

Sourdough Kneading Guide

In this guide, we'll describe two kneading techniques that are commonly used in sourdough bread: The **Stretch and Fold** and the **Coil Fold**. These folds are essential for developing a strong and flavorful sourdough with great texture.

Stretch and Fold Technique:

What is Stretch and Fold?

The Stretch and Fold technique is a gentle yet effective way to develop gluten in your sourdough without excessive kneading. This method involves grabbing a portion of the dough, stretching it, and then folding it back onto itself. The process is repeated at intervals during the bulk fermentation phase.

How to Perform the Stretch and Fold:

Start with a Rested Dough: After mixing your ingredients, allow the dough to rest for about 30 minutes to an hour. This allows the flour to hydrate, making the subsequent stretching and folding more effective.



Wet Your Hands: To prevent the dough from sticking to your hands, dampen them with water or a little olive oil.

Gently Lift and Stretch: Reach under one side of the dough, gently lift it, and stretch it upwards without tearing. Fold it back into the center of the dough.



Repeat the Process: Rotate the bowl and perform the stretch and fold on the remaining three sides of the dough. **It should be a total of four stretches & folds.** The dough should become noticeably tighter as you go. Do not stretch the dough so far that it rips as this can damage the gluten strands in the bread.

Maintain Consistent Intervals: Repeat the process every 30 minutes to an hour during the bulk fermentation stage.



NOTE: Compare ending dough result to first picture. The dough appears smooth and elastic compared to the original shaggy, rough dough.

Coil Fold Technique:

What is Coil Fold?

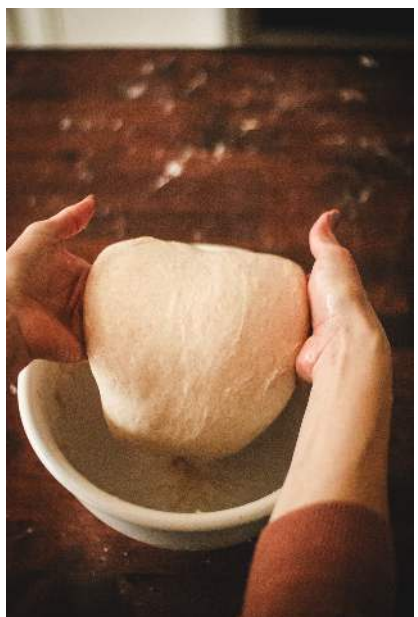
The Coil Fold technique is another effective method for strengthening your sourdough dough. It involves lifting a portion of the dough and folding it over onto itself in a coil-like fashion. This technique is usually performed less frequently than the Stretch and Fold but I like to add a few coil folds at the end of my bulk fermentation.

How to Perform the Coil Fold:

Prepare the Dough: Make sure your dough has undergone initial fermentation, typically 1-2 hours after mixing.

Dampen Your Hands: Wet your hands with a little water or oil to prevent sticking.

Lift and Fold in a Coil: Reach under the dough in the middle, lift it, and fold it over onto itself in a coil shape. Repeat this process for the entire circumference of the dough.





Maintain Intervals: Perform the coil fold every 1-2 hours, depending on your recipe and environmental conditions.

Mastering the Stretch and Fold and Coil Fold techniques can elevate your sourdough baking to new heights. These folds contribute not only to a stronger dough structure but also to enhanced flavor and texture.