

6 AM Sourdough Timing Cheat Sheet:

6:00 - Mix and rest for 30 minutes
6:30 - First set of Stretch and folds
7:30 - Second set of stretch and holds
9:00 - Third set of stretch and folds
10:00 - Final set of stretch and folds
2:00 - Start with step 7 on page 20 (tighten loaf and let rest for 15 minutes)
4:15 - Bake your loaf in preheated oven

7 AM Sourdough Timing Cheat Sheet:

7:00 - Mix and rest for 30 minutes
7:30 - First set of Stretch and folds
8:30 - Second set of stretch and holds
10:00 - Third set of stretch and folds
11:00 - Final set of stretch and folds
3:00 - Start with step 7 on page 20 (tighten loaf and let rest for 15 minutes)
5:15 - Bake your loaf in preheated oven

9 AM Sourdough Timing Cheat Sheet:

9:00 - Mix and rest for 30 minutes
9:30 - First set of Stretch and folds
10:30 - Second set of stretch and holds
12:00 - Third set of stretch and folds
1:00 - Final set of stretch and folds
5:00 - Start with step 7 on page 20 (tighten loaf and let rest for 15 minutes)
7:15 - Bake your loaf in preheated oven

OVERNIGHT Sourdough Timing Cheat Sheet:

12:00 - Mix and rest for 30 minutes
12:30 - First set of Stretch and folds
1:30 - Second set of stretch and holds
3:00 - Third set of stretch and folds
4:00 - Final set of stretch and folds
7:00 - Start with step 7 on page 20 (tighten loaf and let rest for 15 minutes)
7:15 - Put Loaf COVERED into fridge to rest overnight
7:15 (next day) - bake in preheated oven