

## Butterfly Sourdough - [Video HERE](#)



### Ingredients:

[Sourdough Starter](#)

Water

Bread Flour-like Bob's Red Mill  
Salt

[Thai Rice Flour](#) for decoration

(For Pink: mix 10-15 drops  
[Watkins Red Food coloring](#) with  
½ cup Thai rice flour in a mini  
blender)

(For Purple: Mix 2 Tbs [Purple  
Sweet potato powder](#) with 2 Tbs  
Thai rice flour)

[Dried flowers](#)

### Materials:

[Banneton](#)

[BreadMat](#)

[Cake Stand](#)

[Pastry brush](#)

[Spray bottle](#)

[Flour Duster](#)

[Dutch Oven](#)

[Bread lame/razor blade](#)

Toothpicks

Cooking twine

Parchment Paper

**Step 1:** Follow steps 1-18 in my [‘Go To Sourdough Bread Recipe’](#) to prepare your dough. During this process shape your dough as a [batard/oval loaf](#).

**Step 2:** When you are ready to bake, place your dough in the freezer and your dutch oven in the oven (set at 500 degrees) for 40 minutes. Set up your station with your materials.

**Step 3:** Remove your dough from the freezer and lay two long pieces of cooking twine on top like a cross. I leave my twine un-oiled so it does not make the colored powder that you add on top bleed. The twine will stick a bit to the loaf but I just peel it off carefully. To avoid this- you can lightly oil your twine.

**Step 4:** Place a BreadMat or parchment paper on top of the dough/twine and flip the dough over. Lift the banneton off.





**Step 5:** Brush off any old flour with a pastry brush and then lightly spritz the top of the dough with water.

**Step 6:** Cover the surface with a layer of Thai rice flour—you could use plain white or pink or purple (see the ingredients list above to make the colored powders). Gently rub it in.

**Step 7:** You can either tie the strings now or wait until you finish scoring. To tie, begin with the perpendicular string first and tie the two ends, then tie each end of the horizontal strings to the center string near the lower third of the dough. Pull the horizontal strings down so they are at about a 45 degree angle. If you did not oil the strings, place a small slip of parchment paper in the center to help it avoid sticking here the most.

**Step 8:** Trace your butterfly design lightly with a toothpick and then ever so lightly trace back over with your bread lame/razor blade.

**Step 9:** Lower your oven temp to 430 degrees. Place your dough into the dutch oven and bake covered for 5 minutes (if your dough keeps splitting at this stage, you may need to only do 3-4 minutes).

**Step 10:** Take your bread out of the oven and carefully, cut deep all around the edges of your butterfly design but do not cut along the strings—keep those parts intact.

**Step 11:** Once all the edges have been cut, use a toothpick and gently lift each wing up from the rest of the dough, cut underneath the wings to lift them up and away. Place lightly oiled parchment paper balls underneath each wing. Place your bread back into the oven, still covered, to bake for another 20 minutes.

**Step 12:** Take the lid off of your dutch oven and continue baking for another 20 minutes or so. During this time watch the dough carefully and line the edges of your wings with foil to keep from browning too much.

**Step 13:** Remove your bread from the oven and allow to cool on a wire rack for at least 30 minutes before you carefully cut and remove the strings.

**Step 14:** Once cool, I like to lay flowers on top for decoration— just be sure that they are edible if you plan to consume them too, otherwise remove them right before you eat and enjoy your beautiful bread you made!

