

Sour Dow Bread Recipe

A. Sour Dow Culture Recipe

Preparation:

1. Measure the required volume of your favourite organic grain.
2. Set your Stone Mill to the desired setting; remember the mill must be switched on. Note; the finer the flour is milled the bigger is the surface/contact area and as a result the bread will rise more.
3. With the mill switched on, pour the grain in the hopper.

INGREDIENTS:

1. 1 CUP Grain - milled +/- 1 & ½ cup
2. 1 Tsp Honey
3. 1 & ½ cups of Water

PROCESS:

1. Mix all the ingredients until it is creamy.
2. Wrap the container in a cotton cloth.
3. Place the ingredients in the wrapped container in the garden in the sun.
4. Allow approx 2 days for the culture to become active.
5. Put indoors at night.

B. Sour Dow Bread Recipe

INGREDIENTS:

1. 3 Cups of Grain milled yields +/- 4 cups of flour
2. 1 tsp Olive oil
3. +/- 2 & ½ cups of Water
4. ¾ tsp earth salt
5. Pre prepared Sour Dow Culture

PROCESS:

1. Preheat your oven to 40 deg C for the dough to rise.
2. Mix all the dry ingredients well.
3. Ensure that the water and baking tins (glass) is luke warm.
4. Add the active Sour Dow Culture and mix, you will see you need a bit more water.
5. Add bit by bit of the luke-warm water mixture. Note: Do not add the water all at once. Knead and mix, the enough to an even consistency, not to watery.
6. Lastly add the olive oil and knead it in.
7. Knead/mix the dough for ± 5 minutes. Note: The dough needs to be medium thick.
8. Plice the dough into the pre prepared baking tin (waxed with butter) and flatten with a fork.
9. Allow the dough to rise in a ±40°C heated area, i.e. if you have a electrical stove turn all the plates on for approx 1 min to heat it up and cover it with a blanket. This will create a nice warm and cosy environment for the bread to rise. If it is ready and raised the dough must almost be double in height. Duration to rise; it is all pending of the environment but normally it takes ± 35 minutes. Note, this process is hazardous and special attention is required until the Owen is switched off.
10. Bake the bread for ± 60 minutes at 175°C.
11. Remove the bread from the oven, turn it out of the tin, and allow cooling down.
12. Makes 1 medium loafs of bread.

C. Culture Inlay for the Next Bread

INGREDIENTS:

1. One ball of dough kept apart.
2. 1 CUP Grain - milled +/- 1 & ½ cup

PROCESS:

1. Mix all the dry ingredients well.
2. Knead the flour with the dough until that ball is in dry flakes
3. Add and mix flour until it is almost a dry thick flour.
4. Put this mixture in a Glass container with a perforated lid.
5. Put the container in the refrigerator

D. Activation of Culture – Next time you want to bake

INGREDIENTS:

1. One Tsp Raw honey
2. Approx 1 & ½ cubs of water
3. Inlayed Culture from the refrigerator.

PROCESS:

1. Add the honey and water until milky close the container and wrap it with a cotton cloth.
2. Place it in a warm place for approx 5 hours until the culture is alive and active, loaded with bubbles.
3. Now the water is at the bottom of the container and the bubbly flour at the top.