

Sour Dough Bread Recipe

To bake with sour dough it is an art, and one should be aware to be patient at first, however once you've done it successfully for a couple of times as with most things it becomes easy and simple, but it is so rewarding not to mention the taste and the health benefits. For the full circle we need to be able to a) produce the starter, b) bake the bread, c) naturally preserve the starter culture for the next batch and d) reactivate the starter to bake the next batch of fermented bread.

a) Sour Dow Starter Recipe – Produces ± 1.5 l starter

First we need to make the starter preferably using all natural, whole food, organic and fresh (not oxidised) ingredients.

Timing: Normally we start this in the morning.

Preparation:

INGREDIENTS: In general 1cup grain yield to ± 2 cups of flour, pending on the fineness and type of grain.

1. 7 x $\frac{1}{2}$ cup of rye, wheat or spelt grain. Rye produces a better sour dough starter; however wheat or spelt could also be used with the same ratios.
2. 7 x $\frac{1}{2}$ cup purified water

EQUIPMENT NEEDED:

1. 3l Glass Consol bottle or similar glass container.
2. Cheesecloth to cover the opening of the container.
3. Rope, to tie the cheesecloth secure round the opening of the bottle.

PROCESS: - Normally a ± 7 day process

Day 1

1. Measure $\frac{1}{2}$ cup rye, spelt or wheat 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 raise better.
3. With the mill switched on, pour the grain in the hopper.
4. Mix the $\frac{1}{2}$ cup grain, now flour with $\frac{1}{2}$ cup of water until it is creamy.
5. Wrap and close the opening of the container with a double layer of cheese cloth.
6. Place the glass container in the garden in the half sun, shade.
7. Thoroughly stir the ingredients minimum twice a day.
8. Put the container indoors at night and stir it again.

Day 2

1. Open the container.
2. Mill another $\frac{1}{2}$ a cup of rye and add the flour to the starter.
3. Add $\pm \frac{1}{2}$ cup of water, not all at once, since the starter must have a thick, but near liquid consistency and stir evenly.
4. Thoroughly stir the ingredients minimum twice a day.
5. Put the container indoors at night and stir it again.

Day 3-7

Repeat day 2's procedure.

After a few days the starter will come alive and will begin to bubble and develop a wine-like aroma.

Generally at day 6-7 it should go through a spongy, frothy stage, where the starter contain big bubbles, where if and when stirred one can see that it is almost boiling. The starter is now ready for bread baking.

We use the full starter and bake four loaves of bread.

We also keep a ball of dough back and lay it in (preserve) for the next bake, within a week.

B. Sour Dough Bread Recipe

The full starter (± 1.5 l) gets used.

Timing: Normally we start this process late afternoon or at night and it is finished $\pm 12-24$ hours later when it gets baked in the oven.

EQUIPMENT NEEDED:

1. ± 8 l Bowl for kneading and mixing.
2. 4 Glass baking tins, waxed with farm butter or coconut butter.
3. A willing heart and clean hands.

INGREDIENTS:

1. 9 Cups of spelt or wheat grain. Stone mill to fine flour as usual.
2. 1 L Purified water.
3. 4 tsp Salt
4. ± 1.5 L Pre prepared Sour Dow Culture

PROCESS:

1. Mix the dry ingredients.
2. Add the active Sour dough Culture and mix, use your hand to empty the glass container.
3. Mix and kneed with your hands, it works better.
4. Add the water. Note: Do not add the water all at once. Suggestions add 750 ml and add more water if and when necessary.
5. Knead/mix the dough for ± 10 minutes, by pulling and folding over. Note: The dough needs to be medium thick.
6. Cover the dough with the cheese cloth to let it rise overnight or approximately 8 hours. This slow (cold) leavening process is crucial as the lacto fermenting process of the sour dough cultures breaks down phytic acid and enzyme inhibitors and "predigest" the gluten for better digestion and nutrient absorption.
7. Approx. eight hours later when the dough has doubled in size, knock the risen dough down and quickly kneed for ± 5 minutes.
8. Keep approximately between a golf and tennis ball size dough apart to lay in for later use. See the "Culture Inlay" procedure below.
9. Equally divide and place the dough into the pre prepared glass baking tins and flatten with a fork.

10. Allow the dough to rise the second time at normal room temperature. If the bread is ready the raised dough must almost be double in height.

Timing:

We normally knock down the dough early morning, place the dough in the backing tins and bake it later that afternoon when the dough is risen. This long sourdough fermentation process ensures that the fermentation process has done its job in breaking down the enzyme inhibitors, phytic acid and gluten. This process allows almost a 24 hour cold rising and fermentation process, but only ± 30 minutes of physical labour. Baking with sour dough is all about timing and planning.

11. Once the dough doubled in size, bake the bread for ± 55 minutes at 175°C .
12. Remove the bread from the oven, turn it out of the tin, and allow cooling down.
13. Makes 4 medium loaves of bread, each weighing approximately 900g.

C. Culture Inlay; i.e. to preserve it for the next bread baking batch.

Timing: Normally in the morning, usually when the ball of dough has been taken from the dough to be backed, i.e. when the dough is put in the baking tins.

INGREDIENTS:

1. One ball of dough kept apart.
2. 1 Cup Spelt, wheat or rye grain, freshly and finely milled.

PROCESS:

1. Knead and rub the flour with the dough until that ball is in small dry flakes.
2. Add and mix flour until it is almost a dry thick flaky, yet brittle flour.
3. Put this mixture in a 1l Glass sealable container.
4. Put the container in the refrigerator or for longer periods, deep freeze. I've stored my starter successfully for up to two months.

D. Activation of Culture

Timing: Next time you want to bake.

Since there are live cultures in the flour now it will take less time for the new batch of sour dough starter to become active and ready. Now it only take approximately half a day to prepare and built the starter in order to bake 4 loafs of bread. The ingredients can be manipulated to produce just enough culture for the size and quantity of bread to be backed, i.e. half the amount of ingredients for only two loafs of bread.

EQUIPMENT NEEDED:

1. 3l Glass Consol bottle or similar glass container.

INGREDIENTS:

1. Inlayed Culture from the refrigerator.
2. 2 X 1 cub of Spelt, wheat or rye grain.
3. 3 X 1 cubs of pure water.

PROCESS:

Day 1

1. Open the 1l container and pour the inlayed sour dough culture in the 3 l glass container, add water and stir with a fork until the dry starter and all its bits of dough has dissolved with an even thick and creamy consistency, then close the container with a cheese cloth.
2. Thoroughly stir the ingredients minimum twice a hour.
3. A warm spot in the house will speed up the reactivation time.
4. When bigger bubbles form then it is time to add another cup of grain (freshly milled in fine flour).
The first stir once removed from cold storage takes the longest to reactivate, but once it is active, from there on the speed of fermentation becomes exponential and one must take care not to over ferment the starter as it will become excessively sour.
5. Mill another cup of spelt, wheat or rye berries and adds the flour to the starter.
6. Add a cup of water and stir evenly with a fork, the starter will have a thick creamy consistency.
7. Thoroughly stir the ingredients minimum once a hour.
8. Repeat step 5-7 for the last cup of grain.
9. When mixed and still unfermented it will fill approx $\frac{1}{2}$ the 3l container.
10. Within one-two hours the starter should be almost doubled in volume and it should be through the bubbly, frothy stage, where if and when stirred one can see that it is active with lots of big bubbles in the starter dough. The starter is then again ready for bread baking.

Enjoy it &



www.gonatural.co.za