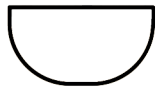


# Start Your Sourdough Adventures

You will need:



Mixing Bowl



Scales



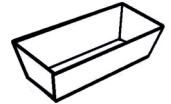
Measuring Jug



Spatula or Spoon



Non-chlorinated Water



Bread Tin

Day 1 - Start your sourdough mother.

Use a good quality flour and non-chlorinated water.



500 gram of flour

+



500 ml of water

+



One dose of culture

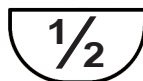
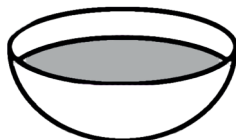


Mix well and cover

Ferment for 24 hours at room temperature. Bubbles and pop marks should now be visible. This may take a little longer in the colder months.

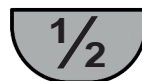
Day 2 - Step 1 - Divide your sourdough mother

Divide, and feed half of the sourdough mother, discarding or using the other half.



Mother

+



Discard

This discard may also be known as predough, leaven or sourdough mother when used in baking directions.

Day 2 - Step 2 - Feed your sourdough mother



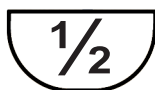
250 gram of flour

+

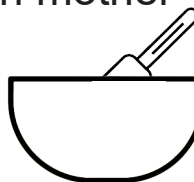


250 ml of water

+



Mother



Mix well and cover

Ferment for 24 hours at room temperature and feed again. If not baking daily you can deliberately extend feeding time to a week by placing your covered mother in the fridge.

Day 2 - Step 3 - Choose a recipe and bake bread



Discard

+



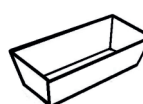
Flour

+



Water

+



Bread Tin



Use one of our recipes or one of the many found in books or online.

# BASIC BREAD RECIPE

## Ingredients:

- 750 grams of wholemeal flour
- 1 tablespoon of dried bakers yeast (optional)
- 1/2 teaspoon of salt
- 500 grams of discarded sourdough pre-dough (leaven)
- 1 1/4 cups of water (as every flour is different, you may need to add more water to get the correct consistency).



**GREEN LIVING  
AUSTRALIA**

GREENLIVINGAUSTRALIA.COM.AU

## Directions:

Place the flour and salt into a bowl and mix. Make a well in the centre and add in your sourdough mother (leaven) and mix in. Add one cup of your water and mix in. Add additional water as necessary until a smooth dough forms. If using yeast, mix this with the water prior to adding to your sourdough starter/flour mix.

Tip the dough out onto a floured surface and knead for several minutes. Knead until it is smooth and elastic. Under kneaded bread can collapse so don't skip on this step.

Once your dough has a smooth and elastic texture, place it in a clean, oiled bowl to rise. This is not a quick bread where you have to add commercial yeast. You are using sourdough mother, so expect this to take some time.

Once your bread has risen for the first time, punch it down and then tip it out onto a floured board. Cut the dough in half, fold and knead gently into loaf shapes and place them into two oiled bread tins. Cover with a clean, damp tea towel and allow to rise for at least six hours. The best results come when you make the dough on one day and bake it the next, leaving it to rise for 12 to 24 hours. However, left too long this rise may collapse.

Bake your bread in an oven that has been preheated to 200° to 220°C. This should take about one hour. Your bread is done when you can remove it from the tin and tap it on the bottom and get a hollow sound, like a drum. You can also use a temperature test to see if your bread is cooked through. Use a thermometer to check the internal temperature which should be 90°C. Once done remove your bread from the tin and allow to cool on a rack so that air can flow around the bread.

The use of bakers yeast will result in a lighter, fluffier bread, a shorter rising time and a milder flavour.

