

Sourdough Start by Jessa Greenfield

Over the next week I will teach you how to make a sourdough start. Sourdough bread is by far the healthiest bread you can eat if you are going to eat bread. Like lacto fermented foods or Kombucha sourdough is also a form of fermented food and for those who have trouble with bread sourdough may be a form of bread you can eat.

Here is how we start the starter.

3 Tbl Spelt flour or dark Rye (the closest forms of ancient wheat.)

3 Tbl whole wheat flour or white unbleached flour

5 Tbl filtered water

Mix all the ingredients in a clear glass jar. Set out the jar on the counter for three days. Sourdough grows best at about 70-75 degrees.

Day 3-4

You should notice some bubbles present on the top of the starter. This is good and shows that the starter is becoming active.

3 Tbl Spelt or Rye flour

3 Tbl whole wheat flour

Day 4-5

2.5 Tbl spelt or rye flour

5 Tbl whole wheat flour

9 Tbl filtered water

Pour out half of your start.

Add in all ingredients and mix well.

Let this sit on the counter for 24 hours

*the reason you pour out half is you are getting rid of old used "food" and replacing it with new food.

Now your start is ready for use.

You can store it in the fridge and feed it once a week by throwing out half of the start and feeding it with...

2.5 Tbl spelt or rye flour

5 Tbl whole wheat flour

9 Tbl filtered water

You can store it on your counter top and feed it more frequently. It will develop a more sour taste with this method. Or you can use it in a recipe and add the

2.5 Tbl spelt or rye flour

5 Tbl whole wheat flour

9 Tbl filtered water

To replace what you used in the recipe. Sourdough breads are definitely an art. It will take time to perfect it. What I have found is that the dough needs to be much stickier than yeast breads. It also requires less kneading with more breaks in the kneading process to allow the dough to rest.

Note:

When I am making bread I will usually do a blend of local hard white wheat flour (unbleached and unenriched), and Einkorn <http://www.einkorn.com/where-to-buy-einkorn/>. The reason I blend the two is Einkorn is very low in gluten. Which sounds great but sourdough needs some gluten to survive. Sourdough feeds on gluten and sugar. So there is a need for gluten. The cool thing about sourdough is like all ferments it predigests the gluten which gives our tummies a break when it comes to breaking down gluten. The heavy lifting is done for us during the fermentation period. My favorite book on sourdough is https://www.amazon.com/Classic-Sourdoughs-Revised-Bakers-Handbook/dp/1607740079/ref=as_li_ss_tl?ie=UTF8&qid=1489005478&sr=8-1&keywords=sourdough+books&linkCode=ll1&tag=bengree-20&linkId=b29eaa914674419462d442d10e59eea6."