



SOURDOUGH YEAST COLONY

Starting. One morning, mix VERY very well 6 flat tbsp unbleached flour and 4 tbsp room temp water in a jar with a chopstick. Name it per tradition. Wait until you see bubbles, 48+ hours, before starting the daily AM feeding.

Daily AM feeding. Try to feed around the same time. Discard 2 tbsp. Add and mix VERY well with a chopstick 3 flat tbsp unbleached flour and 2 tbsp room temp water. Then, push down from the sides. If it is too wet/dry, add a tsp flour/water. Cover loosely but well for gnats.

Mature. It is mature, smells sour and ready to be used for baking when it doubles in 5-10 days.
Fail. If after 10 days it's not doubling, restart. If it fails again, add 1/8 tsp dry yeast at start and wildfy it for 5 days.
Discards. Fry, bake or use in waffles, muffins, scones, etc.

To avoid daily feeding after it is mature. Feed, cover well and then put in the fridge. Every week or before baking, get it out for 3 hours, then feed and return to the fridge.
Alcohol: if you notice a liquid on top, that's alcohol. Simply remove as much as you can and feed normally.

First rise



Prep liquids. In 1 1/4 cup room-temp water completely dissolve 1 1/2 tsp salt. Mix VERY well 2 tsp dry yeast or 2 tbsp **RISEN** sourdough yeast in the water.



Mix ingredients. In a large tupper add 3 cups of unbleached flour, make a hole, add the water (and 1 cup raisins, nuts, choco, etc). Start mixing with a spoon. Keep folding and scraping by hand until all flour is mixed. No kneading. It will be sticky but in extreme cases, add a tsp of water or flour based on need and retry.



Ready for first rise. Cover the tupper with the lid locked. Leave it at room temp for 12-18 hrs or until it doubles.



Feed the colony.

Look at the yummy toasted disgards.

Second rise



Folding. Scrape the dough onto a floured surface. Stretch the dough gently to about twice its length, flatten, flour and fold it in half at least 8 times to create later the bread holes, or until it's not sticky. No kneading.



Ball it and prep the bed. Shape it with both hands into a ball, 5-6 inches in diameter, by folding toward the bottom's center. Gently shape a 12x12 parchment in a large tupper. Place dough in the center.



Second rise/proofing. Cover the tupper with the lid locked. Rest it in a quiet place at room temp for 2-3 hrs or until it doubles. The dough is ready when you gently push it with your finger and the dent returns.



Sourdough loaf (1200 calories each)

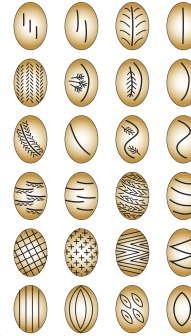
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Preheat. Place a baking sheet on the bottom rack to prevent the blackening of the crust. Preheat the oven at 475 first and then put the covered dutch oven in the second from the bottom rack for 30 mins.

Transfer. Gently uncover the tupper. With a sharaded knife gently cut 1-4 small surface lines. These are some traditional designs. Take the dutch oven out and close the oven door. From the corners, lift the parchment. Gently put it in the dutch oven trying hard not to squeeze the dough. Cover the dutch oven.

Bake for 30 mins. Uncover. Bake for 15 more mins.



Rosemary puffs (175 calories each)

11	12	13	14	16	17
					
Complete the first and second rising. Divide. Divide the dough into 8 equal portions.	Ball it. Shape them with both hands into balls, by folding towards the center of the bottom.	Oil it. Slather in a bowl with (rosemary or olive) oil.	Rise. Rest the loaves in a baking dish, 2 inches apart, lined with parchment. Cover them well with a towel. Let them rise until doubled and more. Preheat. Preheat the oven at 425.	Bake. Gently uncover the dough. Using the baking dish, bake them for 15 mins. Brush more oil (rosemary or olive), garnish with chopped rosemary needles (and/or a little salt) and bake for 5-7 more mins or until desired color. Don't overbrown or overcook.	Cool. Cool them on a rack for at least 30 mins.

Crunchy french baguettes (300 calories each)

11	15	13	14	15
				
Complete the first and second rising. Divide. Divide the dough into 4 equal portions.	Ball it. Shape them with both hands into balls. Shape then into long logs, about 10-15 inches long and twist the ends.	Rise. Rest the loaves in a baking dish, 2 inches apart, lined with parchment. Cover them well with a towel. Let them rise until doubled. Preheat. Preheat the oven at 475.	Bake. Gently uncover the dough. With a sharaded knife gently cut 1-4 small surface lines on top of each loaf. Cover the dish with aluminum or other cover, tightly. Bake them for 15mins. Uncover. Bake for 10 more mins or until deeply golden brown.	Cool. Cool them on a rack for at least 30 mins.



Ciabatta rolls (150 calories each)

11	12	13	14	15
				
Complete the first and second rising. Divide. Divide the dough into 8 equal portions.	Ball it. Shape them with both hands into balls. Pushing, shape them into rectangles.	Rise. Rest the loaves in a baking dish, 2 inches apart, lined with parchment. Cover them well with a towel. Let them rise until doubled. Preheat. Preheat the oven at 475.	Bake. Gently uncover the dough. Cover the dish with aluminum or other cover, tightly. Bake them for 15 mins. Uncover. Bake for 10 more mins or until desired color.	Cooling. Cool them on a rack for at least 30 mins.

Salt-rising bread

• ½ cup/120 milliliters whole milk • 1 tablespoon fine cornmeal • 4 cups/510 grams all-purpose flour • ⅛ teaspoon baking soda • 2 tablespoons unsalted butter, at room temperature, plus more for greasing the loaf tin • 1 teaspoon kosher salt 	1. Heat the milk in a small saucepan over medium just until the edges start to bubble. Let the milk cool for 5 minutes. Meanwhile, set the cornmeal and 1 teaspoon flour in a medium bowl. Once the milk has cooled, pour it over the cornmeal mixture, and whisk it well. Cover with plastic wrap, and keep warm — 104 to 110 degrees — for about 8 hours. You could use a water bath, a crockpot or an oven that has been turned off, but if the starter isn't consistently kept warm, it won't take. When the top of the starter is foamy and it smells a little like cheese, it's ready for Step 2. 2. Using a wooden spoon, mix 1 cup/240 milliliters hot water with 1 ½ cups/190 grams flour and the baking soda, then add the starter to it, and mix well. Cover, and keep warm in the same way you did for Step 1, for 2 to 4 hours, until the dough is bubbly and has nearly doubled in size. 3. Scrape into the bowl of a stand mixer. Using the beater attachment, with the speed on medium, add butter and salt, then add remaining flour in ½-cup increments — you may not need to add it all for the dough to come together. The dough should be smooth and a little soft and sticky after about 5 minutes of beating in the stand mixer on medium speed. 4. Transfer dough to a buttered 9-inch loaf tin, cover again and let it rest somewhere warm in the pan for 2 to 3 hours, until the top is slightly puffed and rounded. 5. Heat the oven to 350 degrees. Once the dough is ready, uncover it and bake for 40 to 50 minutes, or until the top is deeply golden and the loaf sounds hollow when tapped. Let cool completely in the pan before turning out and slicing
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