



## Sacha's sour dough bread

Sourdough starter available at the PURE booth – to order

### **Bread recipe for one small loaf of bread:**

100 gr starter  
260 gr water (lukewarm)  
200 gr white flour  
200 gr spelt, whole wheat or?  
herbs  
1 tbs. olive oil  
10 gr sea salt

### **Brood recipe for one large loaf of bread**

125 gr starter  
325 gr water (lukewarm)  
250 gr white flour  
250 gr spelt of whole wheat (or half / half combined with seeds, nuts, soybeans)  
herbs  
1 tbs. olive oil  
15 gr sea salt

### ***Feeding the starter (once every week or the day before you want to make bread)***

*50 gr starter  
50 gr flour (depending on what you want to make: white or whole wheat flour)  
50 gr water (lukewarm)  
(or: one part starter, one part flour, one part lukewarm water)*

1. Take the starter out of the fridge 1 day before you make the bread, feed it (see above) and leave it sitting out of the fridge for approximately 10 – 12 hours. Leave the lid ajar so air can get in and out and make sure there's enough room for the starter to rise.
2. Feed the starter again and leave it for approximately 10 – 12 hours, then you can finally start making the bread.
3. Mix ingredients in a bowl and knead it. Let it sit for 5 minutes to let the gluten rest. Then flatten the dough, stretch it, fold it to let air out. (1 or 2 times).  
Leave the dough overnight in an oil greased bowl, covered with a wet tea towel for a night.
4. Next morning knead, stretch and fold the dough a few times.
5. Put a dry tea towel in a basket and sprinkle some flour on it and put the dough in the basket. Sprinkle some flour over the dough, cover it with a towel and leave it for 2 hours or until the dough has risen).
6. Preheat the oven on 500 F with the pizza stone or cookie sheet in it. Put the dough on the stone and notch (?) it 4 or five times with a sharp knife and reduce the temperature to 475 F for 20 minutes.

7. Reduce the temperature to 400 F for 30 minutes. Tap the bottom of the loaf to check if it is done. It should sound hollow. I leave the bread in the oven for 10 minutes longer, but that probably has to do with the altitude?
8. I found that putting water in a small bowl or baking tin in the oven while baking makes the crust crustier.

You can flush the leftover starter through the toilet. I was told that it's good for the septic tank (don't forget to leave some for the next time 😊). If you do not plan to make bread for a while you can freeze the starter. I found though, that if you leave the starter in the fridge for 2 weeks, it's still good.