

Make Sourdough

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1. Mix the Sourdough Starter Kit with water (100ml for Spelt Starter Kit / 110ml for Rye Starter Kit). Make sure your bowl is big enough as the culture will at least double its volume and you have to add some water and flour). Mix well and cover with plastic wrap. Store at room temperature (18 to 30°C, 26°C would be perfect for the yeast culture). A great place is the top of your fridge.

2. Stir vigorously every 12 hours (make sure you get enough air into your sourdough).

3. Day 2: feed with the amount of flour and water to get as much sourdough as you need for your recipe. If you need 300g sourdough, feed 150g flour & 150g water. Let rest ~15-18h at 26°.

4. Your sourdough should have bubbles and a 'spongy' texture by now. It has at least doubled in size and smells sour. Use the amount of sourdough needed for your recipe and take the rest as your new starter culture. Rye Sourdough (fed with rye flour) should have changed its colour from greyish brown to reddish brown.

5. If you won't use the starter for several days, feed and put it in the refrigerator. The starter can be kept in the refrigerator for at least one month between feedings. If you are going to use the starter the next day, stir it and let rest for a few hours then start again with step 3.

The amount of water you need depends on the flour you use. Wholegrain flour needs more water than light flour, rye flour needs more water than wheat flour.

General

In a soft and warm sourdough (about 32°) mainly lactic acids are formed whereas in a solid and cool (about 24-26 °) mainly acetic acids are formed (yeast is growing optimally at about 26°).

- ⇒ Sourdough yeast proliferates better in soft dough as in a solid one.
- ⇒ The ratio of lactic and acetic acids determines the bread flavour.
- ⇒ Lactic acids produce a delicate sour flavour.
- ⇒ Acetic acids produce a strong sour taste and a strong aroma.
- ⇒ Your Sourdough is ready for baking when it doubles in size within 5 hours.

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