

# SOUR DOUGH BREAD - BASIC RECIPE

## THE STARTER

Add 2 cups of flour (any type, wholemeal or unbleached) to a reasonably large bowl or jar.

Add 1 cup of water

Add 1 cup of milk

Stir to mix to a smooth paste. Cover the bowl or loosely lid the jar and leave in a warm room, out of the sun, for 4-7 days depending on the temperature.

*The first few days it may bubble up and even overflow, but will quieten down and become thinner after a few days.*

*Refrigerate it in a lidded jar after it smells definitely sour and has a clear layer on top.*

*Keep it free from contamination. A slight greyish colour is fine, but if it develops a nasty smell or changes colour, especially to pink or purple, throw it out and start again.*

*To use the starter, stir well and pour off what you need. Replace each cup used with a cup of water mixed with a cup of high grade flour. Leave the jar at room temperature for a day before using more starter or refrigerating it again.*

*If you do not use your starter regularly, throw out or give away a cupful of it once a week and add fresh flour and water as above.*

*Bread made with only a starter needs a long rising time. Extra yeast may be used to speed up the process, and the starter is used for the characteristic flavour it provides.*

## STAGE 1

Put 1 cup of "starter" in a large mixing bowl.

Add 1 cup of White Bakers Flour (Defiance brand) and 1 cup of warm water.

Cover and leave overnight

## STAGE 2

Add 1 cup of White Bakers Flour (Defiance brand) and 1.5 cups of warm water to above mix.

Cover and leave for 10 minutes.

Remove 1 cup of "starter" to a jar and store in fridge for next time.

*Note: If the starter is not used in a week, feed it with 1 tablespoon White Bakers Flour (Defiance brand) and 1 tablespoon of warm water each week.*

## STAGE 3

Add 6 cups of wholemeal flour and 1 cup of warm water. Add some salt if required.

Stir to mix, then knead, add more light wholemeal until the dough is not sticky. (You can also use the Dough Cycle of your Breadmaker if kneading is too hard)

Put into, 1 large or 2 small oiled pans.

Prove at room temp. for about 4 - 8 hours. (Or cover with T-Towel, place on window sill with sun, or put in oven at no more than 40 Celsius)

Place in hot oven (180-200 Celcius) for 20 - 30 minutes or till hollow to tap.

### Variations:

*Use different flours when adding the 6 cups of flour.*

*For fruit buns use some oil, honey and milk instead of water. i.e. 1 cup*

*Add seeds, fruit etc..*

*Use wholegrains soaked overnight.*

*Use oatmeal (or other meals) soaked overnight Experiment!!!!*

For more info/advice contact Kym at [kym@adobewebs.com](mailto:kym@adobewebs.com)

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