

HOW TO COOK SOURDOUGH BREAD

IF YOU WANT TO MAKE DOUGH AND YOUR MOTHER IS IN THE FRIDGE, TAKE HER OUT AND LET HER GET TO ROOM TEMPERATURE

STEP 1

FIRST (1-2 HOURS OR OVERNIGHT)

FEED your MOTHER $\frac{1}{4}$ cup of water and $\frac{1}{4}$ cup of bread flour. Stir so it is the consistency of thick pancake batter.

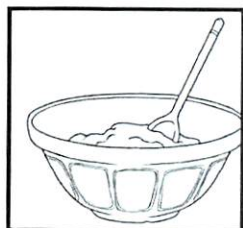
(you can use a second jar here if you want to pour $\frac{1}{4}$ c of your mother into it and work with 2 jars)



STEP 2

RISE: she will need to rise for usually 3-4 hours, but can take longer if your house is cold. You can go up to 6-8 hours as long as it's still very "active" = bubbly & thick

STEP 3



DOUGH: Once it has risen and is happy and bubbly, mix $\frac{1}{4}$ c of her with 2 cups of water, 1 TBSP of salt and 4 cups of flour using a large spoon. You may need more or less water. Expect it to still be sticky to touch. This will decrease each time you stretch and fold. Mix in any seasoning if you'd like. See info on "add-ins" below.

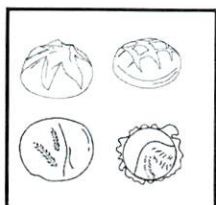
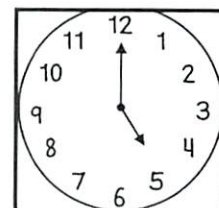


STEP 4

STRETCH AND FOLD: use this technique to fold in your dough with your hands or spoon. You can also use any mixer. Do this 3-4x before baking.

STEP 5

COVER with a damp tea towel and let sit overnight. It needs a minimum of 10-12 hours before you bake, so plan accordingly. For gluten sensitivity/intolerance, let it ferment >24 hours. Do not go >36 hours or it will get slimy.



STEP 6

BAKE: Pre-heat the oven 450°. Stretch and fold one last time. Add parchment paper to oven-safe dish and set dough inside.

SPRINKLE A LITTLE WATER OVER THE TOP OF THE LOAF AND ADD ANY LAST TOPPINGS. PUT THE LID ON AND BAKE ON THE CENTER RACK FOR ABOUT 50 MINUTES (TIME VARIES BASED ON OVEN) REMOVE LID AND BAKE 3-5 MORE MINUTES FOR A HARDER CRUST.

REMOVE LOAF, LET COOL 5 MINUTES IN DISH AND REST ON WIRE RACK (OPTIONAL)

STORE IN OVEN-SAFE PAN YOU USED, BROWN PAPER BAG OR WRAP IN TEA TOWEL. YOU CAN FREEZE SOME OF IT TOO!

SOURDOUGH

INSTRUCTIONS

INGREDIENTS

2 CUPS WATER
1/4 CUP ACTIVE/BUBBLY STARTER
4 CUPS BREAD FLOUR (ORGANIC PREFERRED)
1 TBSP SALT

ADDITIONAL ITEMS

THIN TEA TOWEL
BIG SPOON OR DANISH WHISK
PARCHMENT PAPER
ADD-IN INGREDIENTS (OPTIONAL)
OVEN SAFE CONTAINER WITH LID
COFFEE FILTER/CHEESE CLOTH

TERMINOLOGY

MOTHER:

NAME HER, LOVE HER :) WHEN YOU TAKE HER HOME, PUT HER IN THE FRIDGE IF YOU ARE NOT GOING TO BAKE AGAIN RIGHT AWAY. IF YOU WILL BE BAKING AGAIN, YOU CAN KEEP HER ON THE COUNTER AND FEED HER DAILY. FEEDING = IF SHE IS 1/4 CUP, FEED HER EQUAL PARTS 1/4 CUP WATER AND 1/4 CUP OF FLOUR. STIR. IF SHE'S 1/2 CUP, DO 1/2 AND 1/2, ETC. YOU CAN ALWAYS POUR OUT IF IT'S GETTING TOO BIG, OR SEE DISCARD. NEVER USE THE LAST OF YOUR MOTHER. ALWAYS KEEP AT LEAST 1/4 CUP IN YOUR JAR.

WHILE IN THE FRIDGE, IT IS NORMAL TO GET SOME SEPARATION AND COLOR CHANGE. IT IS CALLED HOOCH. THIS COULD EVEN BE BLACK/GRAY LIQUID. JUST STIR HER UP, THIS IS NORMAL.

NEVER COVER YOUR MOTHER WITH A LID. SHE HAS TO BREATHE. ONLY USE A COFFEE FILTER, CHEESE CLOTH, PAPER TOWEL.

START:

TO BAKE AGAIN, YOU CAN EITHER USE THE JAR OF YOUR MOTHER OR POUR OUT 1/4 CUP INTO A NEW JAR. LET EITHER GET TO ROOM TEMPERATURE AND THEN YOU FEED YOUR MOTHER OR FEED BOTH IF YOU'RE USING A NEW JAR. LET HER RISE FOR 2-4 HOURS. SHE SHOULD BE "BUBBLY".

FEEDING:

WE COVERED THIS ABOVE, BUT IF YOU LEAVE HER ON THE COUNTER, FEED HER DAILY. IF YOU LEAVE HER IN THE FRIDGE, YOU DON'T HAVE TO FEED HER UNTIL YOU TAKE HER OUT TO BAKE. YOU CAN FEED HER 2-3X A DAY TO GIVE HER EXTRA LOVE OR IF YOU WANT TO BUILD HER UP QUICKLY. SHE CAN HANDLE UP TO 1 CUP OF FLOUR AND WATER.

DISCARD:

"POUR OFF" FROM YOUR MOTHER. MANY RECIPES CALL FOR "DISCARD". THIS IS WHEN YOUR MOTHER OR START GETS TOO BIG AND YOU WANT TO DO AWAY WITH SOME. DISREGARD THIS IF YOU DON'T PLAN ON MAKING DIFFERENT ITEMS LIKE: PANCAKES, CRACKERS, COOKIES, ETC. REACH OUT WHEN YOU ARE READY TO LEARN ABOUT THIS!

ADD-INS:

INGREDIENTS YOU MIX INTO DOUGH PRIOR TO BAKING. YOU CAN ADD THEM RIGHT AWAY WHEN INITIALLY MIXING YOUR LOAF, OR WAIT UNTIL THE VERY END. IF YOU ARE ADDING FRESH FRUIT, HONEY OR OTHER INGREDIENTS WITH SUGAR, WAIT UNTIL RIGHT BEFORE BAKING. EXAMPLES OF ADD-INS: ROSEMARY, CINNAMON, RAISINS, CHOCOLATE CHIPS, ROASTED GARLIC, JALAPEÑO/CHEDDAR, EVERYTHING BAGEL SEASONING, ETC.