



SUSTAINABILITY IN ACTION: Make your own Sourdough Bread

It is best to find someone with a good starter and get a cup full from them to begin your bread. If this is not possible make your own. The bread will not rise very well at first until you have built the starter up by using it in a few loaves.

Making your own sourdough starter (often called the *mother*)

1. Take two cups of water and two cups of good quality rye flour (*I use all biodynamic or organic flours*), mix
2. Stand covered with a clean tea towel in a warm spot for 48 hours. You should be able to smell the beginnings of natural fermentation and bubbling on top of the starter.
3. Remove about a cup of this starter, put into a jar and refrigerate.

Use the recipe below to make your delicious bread!

Sourdough Bread recipe

First rise

1. Take your jar of starter from the fridge.
2. Mix with 4 cups rye flour and 4 cups water.
3. Sit covered with a tea towel overnight preferably.

Second rise

IMPORTANT: *Remove about a cup of this mixture as your starter, put into a jar and refrigerate.*

1. To the remainder of the mixture add:
 - 1 tablespoon olive oil
 - 1 tablespoon brown sugar
 - 1 teaspoon salt
 - 5 cups of mixed flour (white baking flour will give you a lighter loaf, rye, spelt or other grains will provide a heavier loaf)
 - Add condiments: I like 2 teaspoons of caraway seed, or 2 tablespoons of sunflower and other seeds, sometimes I line the bread tin with sunflower seeds (*seeds and nuts impede the rising and make for a very heavy but tasty loaf*).
2. Mix all ingredients into the mixture very well – should be stiff consistency.
3. Oil a large bread tin or two small tins, spoon the mixture into the bread tins. Press into the tin/s with oiled fingers until smooth. Add a little oil over the top of the loaf.
4. Stand the bread covered with a clean tea towel in a warm but not hot spot. In winter it will take about 6 hours to rise in summer about 3 hours. (*The more often you use the starter to make bread the faster the next loaf will rise*). You have to keep to eye on the rising process or end up with mixture dribbling down the side of the tin and onto the bench top!!
5. Bake for two hours in a moderate oven - 175C.

Best eaten the day after baking. Enjoy!