

RECIPE

SOURDOUGH BREAD

RAISIN YEAST

350 gram lukewarm water

125 gram raisins preferably
organic and not oil coated.

20 gram sugar

1. Heat water to approx. 35 °C. Mix sugar, water, and raisins into a large glass jar with air-tight lid, and shake until sugar has dissolved. Place the jar in a warm place, preferably at 25-30 °C, if possible. Otherwise, it is good anywhere at ordinary room temperature. It will work. It will just take a little bit longer to start the fermentation process.
2. Let it ferment for 6-7 days. Open the jar once a day and make sure there is no mold forming on the top. Give the jar a little shake once a day. The yeast is ready when all the raisins are floating and releasing lots of bubbles. Pour everything through a strainer, but take care not to spill the liquid. It's the liquid that is the actual yeast.
3. The yeast water can be kept for up to 2 weeks in the fridge.

RECIPE

RAISIN YEAST STARTER DOUGH

100 gram raisin yeast

100 gram Strong white Bread Flour

Mix raisin yeast with flour in a 2ltr glass jar or plastic container. When you have a smooth paste, clean the sides of the container and wrap tightly with cling film. Poke 6 small holes through the top of the cling film and place in a warm place and let it ferment for 3 days

DAY 3 Add another 100g flour and 100g water, mix well and re-wrap with cling film & poke 6 small holes through the top. Place in a warm place and leave overnight.

DAY 4 Remove half of the starter and discard, add 150g flour and 150g water. Mix well and re-wrap with cling film & poke 6 small holes through through the top. Place in a warm place and leave overnight.

DAY 5 Remove 200g of the starter and discard, add 150g flour and 150g water, mix well and re-wrap with cling film & poke 6 small holes through the top. Place in a warm place and leave overnight.

DAY 6 Remove 300g of the starter and discard add 150g flour and 150g water. mix well and re-wrap with cling film & poke 6 small holes through the top. Place in a warm place and leave overnight.

DAY 7 Repeat day 6 and place into a clean 2ltr plastic container with a air tight lid. Place into the fridge if you don't plan on using it straight away.

**THIS IS THE STARTER
AND YOU CAN NOW START
MAKING BREAD**

KEEPING YOUR STARTER IN THE FRIDGE

If you keep your starter in the fridge you will have to feed it every 5-7 days.

This is how you feed your starter Take it out of the fridge & then discard 400g of the starter. You will then need to feed the starter with 200g flour & 200g water, make sure to mix it well and clean the sides of the container. Once you have done this pop the lid back on & leave at room temp for 4hrs to get stronger.

After 4hrs the starter will be ready to use to make sourdough bread.

KEEPING YOUR STARTER AT ROOM TEMPERATURE

f you plan on using your starter every day like in a commercial kitchen, you will need to feed it when you take out the starter to make your sourdough bread.

To do this take 300g starter out to make your bread & discard another 100g. This will leave you with 200g starter in the container, you will then need to feed the starter 200g flour & 200g water. Mix it well, clean the sides of container, place the lid on & then place it on the kitchen side till the next day. You will need to do this every day to keep the starter alive.

RECIPE

SOURDOUGH BREAD

300g starter dough

700g strong white bread flour

350g water

18g salt

1. Mix all ingredients except salt in a dough mixer for 10 minutes on the slow setting. Add the salt the last minutes. If you prefer to knead by hand you can use a stretch and fold technique. This is where you stretch the dough and fold it over its self. When the dough is elastic it is ready, again about 10-15 minutes of working by hand will be plenty.
2. Shape into a tight ball and place in a lightly floured large bowl. Cover with a damp cloth and place in a warm place. Leave to prove for 1 hour.
3. After an hour take the damp cloth off and wash your hands.
4. Place the dough onto a lightly oiled work surface and shape into a rectangle shape. Taking each side at a time pull and fold it to the other side until you have folded all the sides. Place back into the bowl with the damp cloth covering the top. Leave in a warm place to prove for 1 hour.
5. When the bread is proved again place the dough onto a lightly oiled work surface and shape into a rectangle shape. Taking each side at a time pull and fold it to the other side until you have folded all the sides. Place back into the bowl with the damp cloth covering the top. Leave in a warm place to prove for 1 hour.
6. Now it's ready to be shaped, it's quite a wet dough so needs shaping in a floured bowl or shaped using floured kitchen clothes. Leave in a warm place cover with damp cloths for 3/4 hours.
7. When the dough is doubled in size turn onto a baking tray lined with grease proof paper or baking mat. Score the top of the bread with a sharp knife or razor blade and bake in a preheated oven at 225 for 40/50 minutes. Pour half a cup of water onto the oven floor to create initial steam.
8. When the bread is fully baked take out and let cool on wire racks

RECIPE NOTES

You can also prove overnight in the fridge. To do this you would shape the dough & then place into the fridge. Remove from fridge and leave to come to room temperature for 1-2 hours before baking.