



FOODWIFERY

SOURDOUGH BREAD

FEEDING THE STARTER:

Place one cup starter (that's at room temperature) in a large plastic container with a lid so you can keep it loosely covered.

Here is a table of suggested feeding amounts and times:

TIME	FLOUR	WATER
5:00 p.m.	2/3 cup	1/2 cup
11:00 p.m.	1-1/4 cup	1 cup
9:00 a.m.	2-1/2 cups	2 cups

- * Stir well and allow to sit until next feeding. Stir occasionally, if needed.
- * Only use High-Gluten flour to feed the starter. It makes the best rise.
- * Allow no more than 16 hours between feedings; minimum of four is ideal.
- * Put in refrigerator AT ANY TIME to retard fermentation. When ready to resume, bring to room temperature and continue with the process.

YIELD: 7 Cups of Starter

4 cups = three loaves bread or three pizza crusts

2 cups = 2 batches of biscuits

1 cup = **SAVE** in glass jar in the refrigerator as starter for your next batch.

NOTE: Always save at least a cup of starter for your next batch. It's good to keep several cups in your refrigerator just in case. If you use all of your starter, you won't be able to make your next batch. Believe me: it happens!

RECIPE FOR SOURDOUGH BREAD:

In a large bowl, mix (in order):

4 cups starter

1-1/2 cups water

3 cups fresh ground flour of choice (or King Arthur Unbleached Flour)

Then mix in:

3 cups more King Arthur unbleached flour

1 TBS salt

Optional ingredients: raisins, dried cranberries, seeds, nuts, herbs, cheeses

After above are all mixed together, begin to mix in about 1-1/2 cups more unbleached flour, a little at a time, kneading until smooth (about 5 to 10 minutes.)

Divide into three loaves and place in oiled pans.

Oil the top of the loaves with olive oil or coconut oil.

Allow to rise to desired height – at least 1/2 inch above the top of the pan.

Bake at 375 for 45 minutes.

It is done completely if loaf sounds hollow when tapped on bottom.

After removal from oven, brush loaf-tops with butter and remove from pans.

Allow to cool completely.

This bread freezes very well, and will still slice thinly after frozen. It will stay fresh on the counter top for about three days, and makes great toast!