

# SOURDOUGH BREAD STARTERS

F HARD

Last Modified: 02/10/2016

PREP: 4 To 10 Days  
COOK: N/A

BREADS

MAKES 1 STARTER EACH

QUA	MEASURE	INGREDIENT	PROCESS
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## NATURAL YEAST STARTER

1/4	Cup	Water	
1/4	Cup	All Purpose Flour	
		Sometimes, Add Plain Yogurt To "Fix"	

## QUICK COMMERCIAL YEAST STARTER

2	Cups	Warm Water	
1	Tsp	Mild Flavored Honey (Plus a little extra)	
2	Tbsp	Dry Active Yeast	
4	Cups	All Purpose Flour	

## PREPARATION

<b>FACTOID</b>	This is not truly "hard", but it is indeed, a continuing and time consuming process. If you are willing to invest the time and effort to create a natural starter, the end result will be an UNBELIEVABLE loaf of Bread. Something you have NEVER tasted in your life before! Welcome back to the late 19th Century. According to Mom, this is VERY close to Grandma Katie's starter that she used when she was a Baker in the Commune where they lived in the Steppes of Russia during the middle to late 1800's.
<b>TOOLS</b>	1) Pint Jar & Lid 2) Small Glass Mixing Bowl 3) Large Mixing Bowl
<b>CAUTION</b>	<b>NEVER, EVER, NEVER</b> breathe directly onto the mixture - the Natural Yeasts that are alive in your lungs are BAD, BAD, BAD - So DON'T cultivate them by accident!

## OLD NATURAL YEAST STARTER

<b>1</b>	The Natural Yeasts are much "healthier and stronger" than any of today's Commercial Yeasts. Start with a small glass bowl on your counter. Mix together 1/4 cup of Water and 1/4 cup of All Purpose Flour. Stir well to mix and cover loosely with plastic wrap.
<b>2</b>	Each day, discard 1/2 cup of the Starter and "feed" the mix by adding in another mixed together 1/4 cup of Water and 1/4 cup of Flour - stir, reseal the jar and let set. Repeat daily until the starter begins to "smell" sour. It will take around 3 to 5 days for "good" bubbles to appear - continue on with the process for an additional 5 days longer. The longer the starter reacts, the better the Bread it makes - the MINIMUM amount of time required is 10 days.
<b>3</b>	After it reaches the level of "sourness" you want (YES - smell and <u>taste</u> a tiny amount daily), seal it in a glass jar and store it in the refrigerator and feed it once each week. NEVER use more than half of your starter for baking each week.
<b>HINTS</b>	<b>FOR BOTH STARTERS:</b> If it gets too thick, you can add more water. If a film of water appears on top, pour off each time you feed as part of the discard amount. If it starts to smell like nail polish, on that day, add in plain Yogurt instead of the usual Water and Flour mix. If the starter turns pink (MOLDY), discard it and start over.

# SOURDOUGH BREAD STARTERS

QUICK NEW COMMERCIAL YEAST STARTER	
<b>1</b>	In a large mixing bowl, combine the Water, Honey and Yeast. When the Yeast is bubbly, stir in 2 cups of Flour until smooth. Add the rest of the Flour 1/2 cup at a time, mixing until smooth. Cover tightly with plastic wrap and set on the counter.
<b>2</b>	It will balloon up hugely and then settle down. Once it settles, you can move it to a glass jar that you can seal. Let it set and ferment in a warm spot for 4 days. Uncover and stir well, reseal and move into the refrigerator.
<b>3</b>	Weekly: Remove 1 cup of Starter and mix 1/2 cup of Water and 1/2 cup of Flour. Stir in to feed until you use some of the starter in a Bread recipe. At that point, you can remove for Bread baking as much as you feed each week. NEVER use more than half of your starter each week.
<b>HINTS</b>	<b>FOR BOTH STARTERS:</b> If it gets too thick, you can add in more water. If a film of water appears on top, pour off each time you feed as part of the discard amount. If it starts to smell like nail polish, on that day, add in Plain Yogurt instead of the usual Water and Flour mix. If the starter turns pink (MOLDY), discard it and start over.