

Sour Dough

- Mix 1 cup of flour and 1 cup of warm water really vigorously in a big bowl so lots of air is incorporated. You could use starchy pasta or spud water for extra nutrients to feed the yeast!
- Pour the batter into your fermenting crock (big enough!) and cover. Keep on the side in the kitchen.
- Keep checking and when bubbles start to appear, feed the starter with 1 cup flour and 1 cup of warm water, whisked into the batter.
- Check the next day, sniff it!
- Each day feed your starter by adding in a couple of tbsp of flour and extra cold water if it gets thick.
- After about a week it's ready to use. If you bake at least once a week you can leave it on the side and keep it wet. If you bake less often you could make it drier and keep it in the fridge.
- To bake a loaf, make a sponge with about a cupful of starter, 250g flour and 300ml of water. Cover with a plastic bag and leave out overnight.
- Next day, squish in 250g flour and knead.
- Leave to rise. Might need longer than bought yeast bread.
- Shape and prove and bake!

Resources

Bread: River Cottage Handbook No.3, Daniel Stevens

http://www.amazon.co.uk/Bread-River-Cottage-Handbook-No/dp/074759533X/ref=sr_1_1?s=books&ie=UTF8&qid=1351117549&sr=1-1

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, Sandor Ellix Katz

http://www.amazon.co.uk/Wild-Fermentation-Flavor-Nutrition-Live-Culture/dp/1931498237/ref=sr_1_cc_1?s=aps&ie=UTF8&qid=1351115502&sr=1-1-catcorr