



We have put together some simple recipes for baking at home. They are all made by hand. You can also use a mixer or bread machine to make the basic white dough.

Basic White Bread

Freezing Fresh Yeast

Sour Dough Bread

How to make Sourdough Starter

Feeding the sourdough starter (mother)

Freezing Mother

Sour Dough Bread Basic Method

Sour Dough 123 Bread Method (for that chewy texture)

Sour Dough Tartine Bread Method (for that chewy texture)

Soda Bread

Basic White Bread

Ingredients

	Grams	% of flour weight
Bread Flour*	500	100
Salt	10	2
Fresh Yeast	10	2
Water	250	50

*Use Strong Bread (high protein) This recipe will work with all our bread flours (Six Seed, Mixed Grain etc)

N.B. 1g instant dried yeast = 1.25g active dried yeast = 2.5g fresh yeast

Finished dough temperature: - 28°c if possible

Method

Place all the ingredients into your mixing bowl and mix until you have a slightly sticky dough. Put onto your work surface and knead until the dough becomes soft and silky. Place back into your bowl and cover for 30 minutes bulk proof.

Turn the dough onto the work surface. Push the gas out without tearing the dough and then bring the sides of the dough into a tight ball. (This process is called "knocking back the dough".) Put to one side (covered with a plastic bag to avoid it skinning) and stand it for another 15 minutes, this is called intermediate proof.

Knock back the dough again and then mould it into your final shape. Place on your tray or into the tin and put it into your plastic bag to keep it nice and moist and stand at room temperature for about 30 minutes final proof.

Bake at about 220°c for 30 to 35 mins. The bread will be cooked when it sounds hollow when tapped on the bottom.

Freezing Fresh Yeast

Fresh yeast can be frozen and then used. Crumble 12g into about 30g of an ordinary bread flour and mix it up into a dry crumbly mix and then put into a small plastic bag and place in the freezer. When you want to use the yeast from the freezer, mix one bag 100ml of water and a very small pinch of sugar and set aside to start working. As it has been frozen it may take slightly longer.

Sour Dough Bread

Sour dough bread uses the natural yeasts in the air to create a batter (mother) that is continually fermenting by converting the starch in the flour to sugar then using the sugar to feed the yeast. The mother needs regular feeding with flour to keep it alive. If it runs out of starch from the flour it turns very acidic and dies.

There is no need to add dried or fresh yeast, just use the mother instead.

How to make Sourdough Starter (mother)

1. Begin with a clean jar or container. Blend one cup of warm water and a cup of flour to stir. Place in jar or container and cover with lid.
2. Store at room temperature, about 70-75 degrees
3. Every 24 hours, feed the starter. Do that by discarding half the mixture and adding 1/2 cup warm water and 1/2 cup flour. Re-cover the starter after each feeding and put back into its warm place.
4. Within 3-4 days, the starter will begin to bubble and ferment. There will be a distinctive (but not unpleasant) sour smell, sort of like a brewery. That means the yeast is working. This process may start a little sooner, or it may take up to a week. In any case, when it bubbles and smells like this, the starter is ready to use.



*A bowl of rye mother
and a bowl of white flour
mother*

Feeding the mother

Start by weighing the container so that you know how much mother is in the container. Weigh the mother and container, take away the weight of the container and then add flour to the container (the same weight of mother) and enough hand hot water (usually about the same weight of the mother) to make a stiff batter. As you are always adding the same amount of flour you can end up with vats of 'mother' so be prepared to throw some away before you feed it rather than increasing it too much.

Feed the mother after use and at least 12 hours before you need to use it again. If you do not feed the mother regularly it will die! It needs to be fed regularly every day to remain active. Store at room temperature.

If you do not want to use it every day you can feed it and then put it into the fridge with a lid on for about 3 weeks without feeding. When you want to use it again take it out of the fridge about 12 hours beforehand and feed. The mother needs to look active with lots of bubbles and a good batter like consistency.

Freezing Mother

The mother freezes well and it is worth freezing some in case you kill it. When you want to use the frozen mother, take it out of the freezer and stand it at room temperature until thawed. Feed it and then use it after 12 hours.

Sour Dough Bread Basic Method

Ingredients

	Grams	% of flour weight
Bread Flour*	500	100
Salt	10	2
Mother	250	50
Water	300	60

*Use Strong Bread (high protein) This recipe will work with all our bread flours (Six Seed, Mixed Grain etc) Adjust the amount of water to produce a slack dough. It depends on how runny your mother is. You might try 200 g to start.

(If you wish to produce an overnight sour dough then just reduce the mother to 100 grams in the recipe and allow it to stand at room temperature for at least 14 hours then process.)

Finished dough temperature: - 25 to 30°C if possible

Method

Weigh all the ingredients into the mixing bowl and bring together. When it has started to form a dough, turn it out onto your work surface. It will be very sticky and your fingers will get glued together.

Then tear down (literally tearing and moulding) to form a soft silky dough.

Dust the dough with flour and place it in a bowl covered with plastic to avoid it skinning, and then allow it to stand for 5 hours. After this time, put the dough on your work surface and knock it back by gently folding and moulding the dough taking care not to rip it.

Place back into the bowl and cover. Stand for 2 hours.

Take out of the bowl and knock it back again and then give it the final mould.

Place onto a well floured baking tray. The final prove will be about one and a half hours.

Bake at about 220°C for 30 to 35 minutes.

If you want a nice crispy crust, put a cast iron pan in the bottom of the oven. Allow to heat up and then put 2 ice cubes in after putting the bread in the oven. The steam gelatinises on the crust to make it crispy.

123 Sour Dough Bread Method

Basic ratio of ingredients:

1 Sourdough, 2 x the water, 3 x the flour plus 1.5-2% salt.

1. Mix the sourdough with the water and then add the flour, then Autolyse (rest) the mixture for 30 mins.
2. Add the salt and mix in.
3. Now do 4 Stretch and Folds with a 30 min rest between. These are done in the bowl and involve pulling up the dough, stretching and folding over onto itself. So pull dough top to bottom, rotate bowl 90 degrees and repeat.
4. After the Stretch & Folds leave to rest for 2 hrs. Then turn out onto a well-floured surface, gently flatten the dough and pull in the corners and form a tight round to get the surface tension in.
5. Put into a banneton and then into fridge overnight.
6. Bake at 230 deg for 35 mins, score before going into oven.

Tartine Method (uses a preheated Le Creuset baking dish)



Makes 2 x 500g Loaves or use the 123 recipe for working out weights.

Ingredients

1. 200g Sour dough starter.
2. 700g water + 50g
3. 1000g flour
4. 25g salt , I use 20g and seems fine.

Metod

1. Add Sour Dough and water (700g) mix well and then add the flour, Autolyse for 30 mins.
2. Add the remaining 50g of water and salt, mix in.
3. Four Stretch and Folds with 30 mins between.
4. Rest for 2 hrs
5. Onto well-floured surface, divide into two and rest for 30 mins.
6. Flatten and form into tight rounds and into banneton or bowl, then into fridge overnight.



7. Oven at 230 deg, preheat a Le Creuset and then put loaf in,cooked covered for 20 mins and then uncovered for 30 mins



Soda Bread

This is a very quick way of making a delicious lunch by adding feta cheese and olives.

Ingredients

	Grams	% of flour weight
Plain Flour	250	100
Salt	5	2
Bicarbonate of Soda	7.5	3
Buttermilk	250	100
Mixed Seeds	50	20

Method

Place the flour, salt and bicarb into the bowl and rub together. Add the seeds and stir in, then add the buttermilk and fold together gently until all the dry flour is incorporated. It will be very sticky. (I have also added a mix of feta cheese, olives and mixed herbs to the soda mix.)

Once it is all together, take out of the bowl and roll it around in some dry flour to make it easier to handle, then place on to a tray cut into 4 and set into the oven as soon as it is finished - this will not require any proving.

Bake at 240°C if possible for about 17 mins.



Recommended books:-

Dough by Richard Bertinet, ISBN 978-1-85626-762-5

Crust by Richard Bertinet, ISBN 978-1-85626-720-5

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