

# WI. Simple Sour Dough.

## Final dough

Production sour dough	150g (75g Rye,75g water)
White flour, strong or plain	50 g
(you can use all wholemeal but increase the water qty a bit)	
Wholemeal flour	375 g
Salt	10 g
Warm water	300g

Mix all for 5-10 mins, WET THE SURFACE AND HANDS AND DO NOT GET THE DOUGH TOO DRY. For that lovely rubbery texture it needs to be a moist dough that only wet hands can easily handle!

(Save a small egg sized piece from the dough for next time,(approx.25 gram) this is now your '**sour dough starter**'),

This saved piece of **sour dough starter** can be allowed to ferment in its container but in the next 24 hours refresh it with 25 grams of **100% Wholemeal Rye flour** and the same qty of warm water to keep it 'fed.' Keep in kitchen. Feed it every 3 days if you are not regularly using it to keep it active and throw away half before you refresh so it does not get overly acidic. If you keep it in the fridge, allow it to recover to ambient temp and refresh over night before using again.

Put the rest of the dough into a tin half way up, cover with oiled cling film, Let the main dough prove for 8-12 hours (over night?) till fully risen and the surface is 'holey'.

Bake in a hot oven at gas 7, fairly hot for the first 15 mins then drop it down a touch to bake through till done. Times will vary.

Adjust salt to taste and quantity of production sour added to reduce or increase flavour. The above levels do for me but I like it to taste.

Your palette may want it less pronounced so reduce the level of production sour by 10% and compensate for the flour levels in the main mix by the same amount. Ie; 15 grams less production sour = 7g extra flour and 8 g more water in the main mix quantities, approx.

## Production sour dough. (Make this 24 hours before you need it.)

Sour dough starter	25 g
100% wholemeal Rye flour	75 g
Warm water	75 g

Mix it all, cover and leave a min of 12 hours in an warm/ambient environment. If very warm it will work quicker.

DON'T FORGET TO SAVE A SMALL PIECE (25 GRAMS) TO BE YOUR SOUR DOUGH STARTER AND KEEP IT REFRESHED AS ABOVE.

David Francis

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