

Basic Sourdough Loaf (1 large or two regular loaf pans... or 2 Baguettes or)

$\frac{2}{3}$ cup of starter

2 $\frac{1}{2}$ cups Organic Bread Flour (if you have it, actually very important)

1 $\frac{1}{2}$ cup Organic sprouted Whole grain flour -I usually use sprouted spelt but you can use whatever

(NOTE-Total 4 cups flour You can use 4 cups of Bread flour... Just be sure to use Organic.)

2 tsp Salt

1 $\frac{1}{2}$ cup water (filtered or spring, just make sure there is no "chlorine") 12 oz but I have been adding a bit more... like 13 oz or so

(You can add all kinds of things to the basic bread... rosemary, garlic, olives, oatmeal, nuts, sprouted grain, mashed potatoes... approx $\frac{2}{3}$ cup &/or 1 TB each of flax seeds, chia seeds,)

Procedure:

1. Mix all ingredients.
2. Let set for 30 min
3. Knead dough in bowl about 30 seconds, cover and set timer for 30 minutes
(Knead by pulling dough from bottom of bowl making 4 turns)
4. Knead 3 additional turns every 30 minutes for a total of 4 times
5. Let bulk ferment at room temp for 3-6 hours (leave on counter covered)
6. Shape (use a little flour to dust outside of bread so it doesn't stick, I like rice flour) and proof in refrigerator in proofing bowl or buttered bread pan, covered for 8-24 hours.

When you are ready to bake, take the dough out of the refrigerator and let set at room temperature for 1-5 hours.

Preheat oven to 450-470... **Put a small tin or pan of water in the bottom of oven**

If you have a stone or clay pot pre heat and turn the loaf on to it to bake.

If you have dutch oven you can do that as well...

If you use a loaf pan you already "proofed" it in that...

Put in oven 10 minutes and reduce heat to 430-450. Watch your oven and bake for an additional 20-40 min. (if doing two small loaves everything with heat and time is lower number).

Take out and turn onto a rack to cool.

Feeding Starter

I feed my starter with Organic All-Purpose flour. Feed it every few days if wanting to make bread often. Add amount of flour no more than amount of starter available . I usually feed with about $\frac{3}{4}$ cup flour and a little less than $\frac{3}{4}$ cup water. Stir and watch for bubbles. Keep in fridge to slow it down and keep on counter to speed up activity. Text or call with questions! 😊 619-993-9291

Crumpets

1 cup starter (heaping)

Dash of salt

Stir...

You can add in 2 TBS of soaked chia, flax, or chopped nuts, choc chips, raisins etc

Stir.... Heat griddle and place buttered muffin rings on top of griddle

Right before putting batter into each ring $\frac{1}{4}$ cup...put a pinch of baking soda in batter and stir...just a pinch. Add Salt... maybe $\frac{1}{4}$ tsp or to taste.... I don't measure

Scoop $\frac{1}{4}$ cup into each ring, Lightly cover with baking tray or foil . Set timer for 4 minutes... remove tray and flip crumpets... if rings come off first great but no big deal either way. Cover and bake 4 more minutes. (you can tell if they are done)

Put on cooling rack and cool 5 minutes then fork split cool another 2 minutes to split or slice and toast!!!