

Rye Sourdough Starter

This makes 1 & a half to 2 cups of starter

Adapted from Sally Fallon's 'Nourishing Traditions' recipe

You will need

1 ½ to 2 cups good quality organic Rye flour

From Maple St Co-op Maleny or other health food store

1 ½ cups pure non-chlorinated water

Small to Med mixing bowl (*preferably glass or ceramic or glass jar*)

Cheesecloth or large T Towel to cover the starter

Wooden Spoon or similar

Place ¼ cup of rye flour into the bowl and add ¼ cup of water and mix well with a whisk or wooden spoon

Sit on the bench at room temperature

Every day for 4 days, add ¼ cup of rye flour and a ¼ cup of water

Each day after adding the flour and water transfer the mixture to a clean bowl or tall wide mouthed glass jar (cover with muslin or lid)

The mixture should be a thick spongy soup-like consistency, not too runny. Use less water if consistency is too runny

After 4 days the mixture should develop tiny bubbles, this means that the starter is getting 'active'. This will depend on the temperature in the room. The ideal is 25C to 28C. If the temperature is cooler it may take longer to activate.

Continue to feed the starter for 2-3 more days, this time place starter in refrigerator after each feed

On the 6th or 7th day the starter should be light and fluffy with lots of tiny air bubbles in the mixture and ready to make bread

On the 6th or 7th day feed the starter before you go to bed, place in the refrigerator and make the bread first thing in the morning. Let starter sit at room temperature 1-2 hours before using

You need to use the starter when it is at peak activity around 8 hours after you have fed it

If you are not ready to use the starter store it in the refrigerator, feeding it once every couple of days. When ready to use it, remove from the refrigerator and feed it by adding ¼ to ½ cup rye flour and water.

Sourdough Rye Bread

Before starting you will need to grease and line bread tin with baking paper

You will need

1 ½ cups of Rye Starter

Large Mixing Bowl

A strong handled wooden spoon or similar

2 ½ cups flour, half spelt or plain flour

1 ½ level tsp sea salt

Half to one cup of luke warm, pure, non-chlorinated water.

I use rainwater because additives in treated water may kill the beneficial bacteria in the sourdough.

You may need a little more water depending on the flour that you use.

Place the Rye Starter, half the water and the salt in a large bowl and mix together with a wooden spoon until the salt has dissolved.

Slowly mix in the flour. Toward the end you will find it easier to mix with your hands.

You may add extra water if the dough becomes too thick. It should be soft and easy to knead

Knead the dough in the bowl by pulling the dough toward you and folding over. You can sprinkle a little flour around the edge of the bowl as you knead if the mixture becomes too sticky.

Knead for 8-10 minutes. Then form into a loaf shape and place in the loaf tin or other container or tray. I find baking in a clay or ceramic casserole dish very effective.

Let sit at room temperature for 4 to 10 hours (overnight in cooler weather) until loaf has doubled in size.

Then bake at 180deg C for 30 to 35 minutes.

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