

Kefir or Yogurt Sourdough Starter

1 cup of Spelt or plain, wheat or unbleached flour
1 cup of plain yogurt or kefir or (half a cup of whey and half a cup of yogurt or kefir)

Place ingredients in a tall glass jar and mix well with a wooden spoon to form a thick soup-like consistency. The jar needs to be tall enough so that the starter can double in size.

Place the lid on the jar

Leave the mixture to stand at room temperature until it is bubbly and frothy on top and has increased in size. This could take one to two days, depending on the weather.

Once the 'starter' has gone through the bubbly frothy stage and developed a pleasant, sour smell, it is ready to use.

This 'starter' may be used to make

One loaf of bread.

Use the Kefir Sourdough Pizza recipe and add an extra cup of flour and increase the water from ½ cup to 1 cup approximately. This will depend on the dryness of the flour that you are using.

Use 1 cup of 'starter' to 3 cups of flour.

Cook at 180 C for 30-35 mins. Use a skewer to test if cooked.

Or Two small Pizza Bases.

You may keep any unused starter in the fridge and 'feed' equal amounts of flour and milk kefir or yogurt every 1-2 days

To use, feed starter the night before, remove from fridge in morning, let sit at room temperature for 1-2 hours then make bread or pizza base

After use, feed again before returning to fridge to keep for your next batch of baking.

You can reduce the amount that you 'feed' it, so that you have a smaller starter.

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Kefir Sourdough Pizza

1 cup of kefir or yoghurt Sourdough Starter

Half a tspn good salt

¼ cup olive oil (keep a little aside to oil your hands before handling the dough)

2 cups of flour, spelt flour, plain flour or half of each

Half cup of warm water

Pizza tray

Large bowl

Wooden spoon with a strong handle or similar

Commence by greasing the pizza tray with a small amount of olive oil.

Place all ingredients in bowl, using a little less than the ¼ cup of olive oil.

Mix well for 2 minutes. If mixture is too thick add a little more water.

The dough should be moist and sticky with elasticity.

Wet your fingers and palms with olive oil to stop the dough from sticking to your hands.

Roll the dough in the palms of your hands, making it into a ball. *(one ball for thick base and 2 for thin base)*

I recommend the thick base for better rising of the dough. It should be no more than 1.5cm or half inch in thickness once stretched across the pan.

Place the ball of dough in centre of pizza tray and pat it flat. Continue to stretch it in an even layer over the bottom and out to the edges of the tray to the desired thickness.

Cover with plastic wrap and let sit at room temperature for 2 to 6 hours until it has risen and increased in size.

Tomato Puree Topping:

½ can tomatoes with juice removed or 3 fresh tomatoes

2 tablespoons fresh herbs of your choice

1 clove of garlic

Salt and pepper to taste

Blend all ingredients together in food processor until well combined.

This is now ready to spread thinly over pizza base, once it has risen.

To finish pizza prep:

After pizza has risen, smear with tomato puree and add further toppings of your choice eg. sliced grilled pumpkin, mushrooms, capsicum, sliced olives, very thin slices of zucchini, feta cheese etc.

Now bake pizza in hot oven, 200 C for 15 to 20 mins.

Don't overcook.