

Why Sourdough?

Many dietary and nutritional health challenges are caused by commercial bread making techniques and the use of modern yeast “cultures.”

Using the traditional sourdough method of making bread enhances the quality and nutritional availability of this staple food.

Sourdough breads are leavened by a starter that contains natural yeasts and acids. The airborne yeast creates the enzymes needed to eat up or predigest some of the toughest parts of the grain. This action creates carbon dioxide, which gets trapped in tiny pockets of dough, resulting in a natural rising of the bread.

Breaks Down Gluten

The longer soaking/rising time breaks the proteins (gluten) down into amino acids, making it more easily digested. This is why some who have gluten sensitivity can tolerate sourdough wheat breads.

Better Nutrient Content

Like all other fermentation processes, the bacteria present in the sourdough starter eat the starch and sugars present in the grain. This results in a lowering of the starch or carbohydrate content of the bread, which is helpful for keeping blood sugar levels regulated. It also increases some of the vitamin and mineral content of the grain.

Naturally Preserves the Bread

The lactic acid in the bread creates a lovely tang and predigests the grain for you. The acetic acid produced in the souring process helps the bread to store longer, inhibiting the growth of molds.

Neutralizes Anti-Nutrients

Finally, the bacteria present in the sourdough help to activate phytase, an enzyme that breaks down an anti-nutrient present in all grains, beans, and seeds – [phytic acid](#). phytic acid is known to strip your body of minerals and can be hard on your digestion.

Sourdough rye is considered to be the most nutritious of them all, because it has more phytase activity and thus even fewer phytates in the finished product to bind to your minerals. Our bodies have a problem breaking down the phytates in grains that is why the sourdough method of baking is so beneficial to our health.

As you can see from the basic recipes provided, regular sourdough bread making can be a simple process and can be mastered reasonably easily by the beginner.

Unfortunately not everyone can tolerate gluten so I have put together a workshop on gluten free sourdough bread making. This workshop is excellent for people with multiple food sensitivities. The breads are lactose, yeast and gluten free, easy to digest and the full nutrition of the food is maintained and enhanced.

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