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*My 2 Sour Dough bread recipes...
...according to how I feel on the day. ;-)*

~ The Mother ~

To start with you need a BIG jar (mine holds 2.5 litres but if you want to make more than 1 loaf at a time you'll need a bigger one), and it must be glass, plastic or ceramic - **never, ever use metal bowls or utensils when making sour dough** or you will kill your 'mother' and have to start all over again.

Rye flour seems to be the best flour for getting a 'mother' growing beautifully, and quickly. I live in the tropics so my starter ferments very quickly (by the end of day 1 I have it bubbling high in the jar!), but if you live in a cooler climate you will find it takes longer - perhaps even 3 days before the bubbles appear.

Begin with 1 cup of rye flour, 1 cup of water, and 1/2 teaspoon sugar (sometimes I use sugar, sometimes I leave it out - it's up to you, but it makes the fermenting happen quicker if you use it). Mix these together in your large jar with a wooden or plastic spoon - remember, never metal.

Put a damp (not wet!) cloth over the top - this can be a dampened paper towel, a piece of damp muslin - and leave a small opening before you secure with a rubber band or string, so that spores in the air can get at your 'mother' and start the souring. My weather here is hot and my damp paper towel dries out very quickly so I add a piece of thin plastic across the top before I add the band.

Every day add 1/2 cup of rye flour and 1/2 cup water...stir it well with a large wooden or plastic spoon, then re-cover the same way as before.

NOTE: I make one loaf at a time, but if you want to make a few loaves add 1 cup of flour and water each day. There are only 4 of us here at home now so I only make enough mix for a couple of smaller loaves or 1 large, therefore only adding 1/2 cup measures each day.

Between days 5-7 you will really smell the sweet sourness in your 'mother'! Now is the time to use it in your bread. Always leave 1 cup of your 'mother' alive and begin the process again of adding more flour and water each day. It's a good idea to put your 1 cup of remaining 'mother' into a clean jar before beginning again. You can keep your 'mother' in the fridge from day 5 if you're not going to use it straight away.

~~Sour Dough 1~~

This is my super healthy sour dough bread, the one I absolutely devour, especially with lentil patties and homemade hummus!

My family don't like this one because it's a heavy bread (and healthy!)...but I don't mind because I don't have to share.

Mix 200g sour dough starter with 400ml water – blend until lump free
Add 1 cup sunflower kernels (or seeds of choice)
Add 600g flour mix (rye/spelt/white/brown...whatever you like – you can use just one flour if you prefer)
Sprinkle with 1 tablespoon sea salt
(sometimes I add a cup of chopped raisins and apricots if I want a sweet sour dough breakfast bread to toast)

Mix thoroughly

Use only WOODEN, PLASTIC or GLASS utensils

Pour into greased glass or ceramic bread/loaf pan.
Sprinkle with sesame seeds.
Cover with a damp tea-towel and leave to rise for 7 - 12 **hours**.
(I put mine in the oven because the enclosed space causes more humidity and more rising)

Bake at 180C for 45 minutes.

And as a bonus for those who love lentil patties...

Lentil Patties

1 cup lentils
2 cups water to boil
1 tablespoon brown miso

Bring it all to the boil and simmer until soft – about 15 minutes.
Cool slightly.

Add :

1 tablespoon soya sauce
1 egg
1 teaspoon mixed herbs
1 tablespoon curry powder
1 tablespoon honey
1 clove crushed garlic

4 tablespoons breadcrumbs (I use my left over sour dough bread crusts to make the breadcrumbs!)

- 1 grated carrot
- 1 grated potato
- 1 grated onion
- ¼ cup sesame seeds
- ¼ cup sunflower kernels

Mix well, and flatten into 8 patties. Fry in a bit of olive oil until golden. Serve with a fresh salad, hummus, and of course – sour dough bread!

I suppose you'll want the hummus recipe too??

- 1 x 400g can chickpeas
- ½ cup natural yoghurt
- ½ clove grated garlic
- Juice of ½ lemon
- 1 teaspoon sesame oil
- Good handful of parsley
- Salt to taste

Put everything *except the parsley* into a blender. Mix until smooth, then add the parsley and pulse until you have the lovely green flecks through the hummus. Serve with the lentil patties and sour dough bread, or use as a dip for toasted thin slices of sour dough – yum!!

~~Sour Dough 2~~

This sour dough I have to share...the family like it because it's made with yeast so it is very light and spongy like regular bread, but it has an incredible flavour!! Great for sandwiches. You can make rolls instead of bread if you prefer.

Using 200g sour dough starter, mix in 2 teaspoons dried yeast, 2 cups of flour (your choice what kind), 1 teaspoon salt, and as much water as you need to get a good bread dough consistency.

Knead by hand for about 8 minutes, then put into an oiled bowl and cover with a damp towel to rise until doubled in size (about 1 ½ - 2 hours).

****Alternatively, before you start kneading you could put it all in a breadmaker on the 'dough' setting.****

Once the dough has risen, punch it down, and mould into a bread tin (or break into balls for bread rolls).

Cover with a damp towel and wait another hour for it to rise again.

Sprinkle with sesame seeds and bake in moderate oven 180C (375F) for about 30-40 minutes depending on your oven. It should be golden brown and have a hollow sound when you tap the bottom of the loaf.
Rolls only need about 10-15 minutes to bake.

~~~A lot of this is trial and error...sour dough behaves differently to regular bread dough and I only learnt to 'read' my sour dough baking after many attempts. Give it a go, and don't be afraid to experiment along the way...it's fun, tasty, and very addictive!~~

Happy baking,

Hugs

Jenny

Xxxx

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