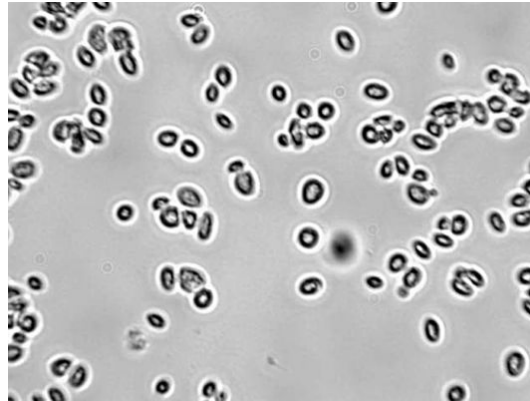


Sourdough Bread



What is sourdough bread?

Most commercial bread products are made with yeast that is commercially produced to behave a certain way. This is what we normally use in class.



Sourdough is a bit different because it is made with a sourdough starter that traps natural yeast in the air and uses it to make bread rise.

What is sourdough bread?

Sourdough bread can look like anything, but most often looks like a beautiful artisan bread. Sometimes it has a tighter crumb and is denser because wild yeast is not as predictable.

Artisan means it is not mass produced. It takes time and effort to create.



What is sourdough bread?

If you haven't tasted sourdough bread, it has a much more complex flavor than typical bread. And the flavor is different depending on where you trap your yeast.

San Francisco has the most famous sourdough bread. This video has lots of great information about the flavor of sourdough.



What is sourdough?

Sourdough is a bread made from the natural occurring yeast and bacteria in flour and the air. In traditional sourdough recipes, you'll find three ingredients: sourdough starter (which consists of flour and water), salt and flour. There is no yeast, no milk, no oils and no sweeteners. It's about as natural as you get when it comes to bread.

Health Benefits of Sourdough bread

LACTOBACILLUS

Lactobacillus is the good bacteria in yogurt, kefir, sour cream, buttermilk, etc. It ferments the flour/water mixture and creates lactic acid. In simple terms – all the nutrients in your bread are bigger and badder, and now your body is better able to USE them too.

The fermentation process alone is great for your digestive system. The Lactobacillus helps feed the good bacteria found in your digestive system so they can continue to fight off the bad guys. And remember that a healthy gut means healthy body. Most of your immune system is found in your digestive system.

Health Benefits of Sourdough bread

PHYTATES

One neat thing to the long soaking required of sourdough is that it breaks down much of the phytates that bind the minerals in grains. With the phytates gone, our bodies can grab those nutrients and actually use them!

With those nutrients readily available, digestion of the starch is MUCH easier on your body. In fact, the natural bacteria working with the natural yeast predigests the starch a little bit for you. The benefits of sourdough will make your tummy happy.

Health Benefits of Sourdough bread

GLUCOSE

The natural yeast eats the glucose found in the flour. With a large portion of the glucose devoured in the fermentation process, sourdough **doesn't cause a spike in your blood sugars** like processed white breads often do. The long process also breaks down many of the gluten proteins into amino acids, possibly making sourdough bread tolerable for those who are sensitive to gluten!

Health Benefits of Sourdough bread

This one may not be a health benefit, but ...

sourdough bread is less likely to stale, it keeps much of its moisture as it ages, and its acidity helps prevent the growth of mold!

Now this doesn't mean your sourdough won't EVER go stale and will NEVER grow mold. But it's nice to know that the artisan loaf you worked so hard to make will keep.

What we'll be doing today

We need to get our starter going now so that we can work with it soon.

Here are the steps to creating a sourdough starter:

Mix flour and water.

Wait.

Repeat.

That's it. It takes about a week, but it's that simple.



How to make a sourdough starter

Many recipes for sourdough starters call for whole wheat or rye flour because they have been less processed and are more likely to have yeast already in them or using fruits like grapes because they often have yeast on them.

Here's the Tasty Video we watched about [Sourdough Starter](#): Your kit comes with the 50 grams of bread flour and 50 grams of whole wheat flour to begin the process.

For future sourdough starter you can use the recipe found on theKitchen.com using regular All Purpose flour.

Here's a link to the recipe if you want to see what the whole process will look like, but we'll be working through it step by step:

<https://www.thekitchn.com/how-to-make-your-own-sourdough-starter-cooking-lessons-from-the-kitchn-47337>

Let's start our sourdough starter!

Day 1:

INGREDIENTS

- All-purpose flour (or a mix of bread flour and whole grain flour)
- Water, preferably filtered

EQUIPMENT

- 2-quart glass or plastic container (not metal)
- Measuring cups
- Mixing spoon
- Plastic wrap or clean kitchen towel

Let's start our sourdough starter!

Day 1:

INSTRUCTIONS

Instructions (Overview)

1. *Making sourdough starter takes about 5 days. Each day you "feed" the starter with equal amounts of fresh flour and water. As the wild yeast grows stronger, the starter will become more frothy and sour-smelling. On average, this process takes about 5 days, but it can take longer depending on the conditions in your kitchen. As long as you see bubbles and signs of yeast activity, continue feeding it regularly. If you see zero signs of bubbles after three days, take a look at the Troubleshooting section below.*

Let's start our sourdough starter!

Day 1:

Process

1. **Day 1: Make the Initial Starter**

4 ounces all-purpose flour (3/4 cup plus 2 tablespoons)

4 ounces water (1/2 cup)

2. Measure the flour and water, and combine them in a 2-quart glass or plastic container (not metal). Stir vigorously until combined into a smooth batter. It will look like a sticky, thick dough. Scrape down the sides and loosely cover the container with plastic wrap or a clean kitchen towel secured with a rubber band.
3. Place the container somewhere with a consistent room temperature of 70°F to 75°F (like the top of the refrigerator) and let sit for 24 hours.

Brenda's Sourdough

Our featured guest baker for this Unit is our very own Campus Supervisor, Ms. Brenda Coronel-Pizano. In this presentation, Brenda shows us how she makes sourdough starter and a beautiful sourdough boule.



The Starter



Mixing it Up



Let it Cool



That's it!

If you have any questions, contact me in NEO

Post a photo of your starter, it's name, and it's progress on your Portfolio slide deck.

Tomorrow we're going to officially introduce the Baking Unit by making focaccia and monitoring our sourdough starter, Yay!