

SOURDOUGH BAKING: *Made Easy*

VIDEO NOTES

Important Points

- Sourdough baked goods have been around for centuries.
- Countries around the world have their own types of sourdough breads.
- The sourdough process allows you to tame the issues of grains.

What is Sourdough Starter?

“A sourdough starter is a symbiotic culture of “wild” yeasts and lactic acid-producing bacteria living in a mixture of flour and water. The yeast and bacteria share available nutrients rather than compete for them.”



Sourdough Foods Have 4 Important Benefits

Lactic acid produced during the culturing period allows 4 great benefits to happen in the foods.

1. Softening of tough cellular wall of carbohydrates (grains) allowing for more nutrients to be digested. Usually 2 times as much as un-cultured grains.
2. Great reduction or elimination of gluten in the grain, the sourdough culture eats gluten as food - can be gluten free if cultured long enough.
3. Great reduction in phytic acid found in all grains which acts as an anti-nutrient blocking the absorption of many minerals.
4. Culturing process of sourdough creates natural CO₂ which acts as a rising agent for the bread product.

Tools

- NO metal bowls, YES to glass or ceramic, metal tools ok.
- Dough Whisk can make short work of mixing doughs, easy clean-up.
- Electric mixers can be a great aid in kneading breads.

- Dough scrapers can help get dough out of bowls.
- Dough slasher cuts surface of rising breads controlling direction of expansion.
- Proofing basket can aid in the forming rising breads.
- Dutch ovens and clay bakers - specialty items for no knead and traditional kneaded breads.

Storage

- Lactic acid produced during culturing acts as a natural preservative.
- Keep in mind these homemade sourdough products contain no artificial preservatives so they will go stale faster than commercial bread.
- Bread box can help sourdough items last longer.
- Most sourdough products can be frozen for increased storage time.

Tips

- Spelt has a low amount of gluten, using it in recipes will help achieve even lower gluten levels.
- Filtered, clean Water (non-chlorinated, no tap water)
- Quality Ingredients (organic when possible)
- Consistent feeding of sourdough starters keeps them performing consistently.
- Clean Utensils & Work Surfaces (free of dirt)
- Sourdough can be a way to enjoy grains in a diet when properly balanced.

Questions?

We all have questions from time to time. Here are our suggestions for finding your answers.

- Watch the video again carefully.
- Check the recipe you are working on and be sure you are following it.
- Look at FAQs section of the eCourse to see if your question is addressed there.
- If you have not discovered your answer please contact us by email.

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