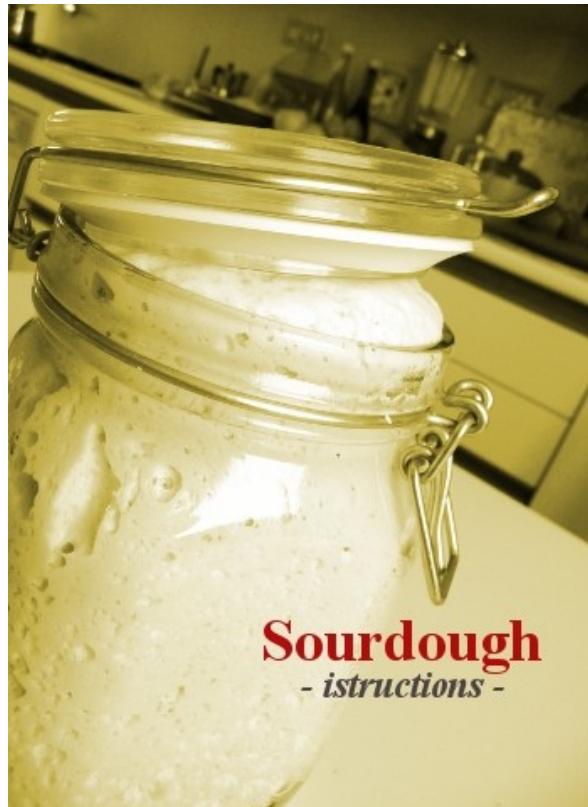


Sourdough - The Genesis -



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 We start from:

200 gr of flour "0" | 100 gr warm water | 1 teaspoon of honey

First, I must say that what we are going to create is a Sourdough to 50% hydration, which means that in the combination of flour and water, this last one is equivalent to 50% by weight of flour.

Another important thing to say is that the flour plays a key role, so to facilitate the process of development of bacteria necessary for the formation of yeast is preferable to use organic flour milled not much time before. For this purpose it is better to buy the flour directly from the manufacturer if possible, this does not mean that we Achieve good results even with the flour bought at the supermarket. The quality will be different, but you will realize by practices that ingredients are very very important. But now let's go!



1. Take 200 grams of flour "0" and put it in a bowl, add 100 grams of warm water non-calcareous (in this regard would be better to boil first) and a teaspoon of honey (it helps the fermentation) . With the help of a

fork mix the compound, when the flour has absorbed the water knead a bit with your hands and form a ball.

2. Cut a cross on the surface and place the ball into a glass jar covered with a damp cloth. Keep the jar in the pantry for 48 hours away from drafts and at a temperature between 18 and 25 degrees.



3. After 48 hours you will notice that the ball has doubled its volume and is inflated and that irregular bubbles are formed inside. Good thing, The Sourdough is forming!



4. If on the surface will have formed a crust with a spoon must take off and throw it away. Then take 200 grams of the compound (the rest is thrown away) and

put it in a bowl, add 100g of warm water and stir well with a fork until there are no lumps.

5. Add 200 grams of flour "0", stirring with a fork first and then again a bit with your hands. Form a ball again, cut on the surface a cross and put again into the jar (as described above) that in the meantime you have thoroughly washed. Cover with a damp cloth and store in the pantry for another 48 hours.



6. You will notice that with the passing of the hours the sourdough doubled in volume, this is a great satisfaction because it means that everything is going the right way and that inside the jar are forming all the good bacteria that make active our yeast. But we must have patience and do not want to go fast.

7. Take the sourdough, and if the surface has formed a crust, remove with a spoon, then take 200 grams (the rest is thrown away), add 100 grams of warm water and 200 grams of flour "0" and repeat the steps described in paragraphs 5 and 6! In practice we are always with 200 grams of sourdough to which we add the same weight of flour (200g) and half the weight of water (100 g). If we do not do so we would at some

point to have pounds and pounds of sourdough and we would be forced to abandon our kitchen:-)



8. From the previous time, apparently nothing happened, but you may notice that the sourdough begins to present bigger bubbles, but is not yet mature. You can undertake it by the fact that it is still very sticky and quite liquid. Sourdough is mature when doubled in volume in 3-4 hours and this level is reached after a couple of months, because most sourdough is old and most are good.



9. But back to us! Now we make the refresh at sourdough as described in paragraph 7, for 7 times, once a day. Take

always 200 gr of sourdough, add 100 grams of warm water and 200 grams of flour "0", mix it all, form the ball, cut a cross on the surface, place into a glass jar, cover with damp cloth, store in the pantry! After this, sourdough should be stored in refrigerator, but you must refresh it at least one time per week.

Over time you realize that your sourdough will become more elastic, with large bubbles (see photo), the smell should you also remember that of champagne.

Well, when you realize you have reached this result you can begin to put the hands in dough !!!!!