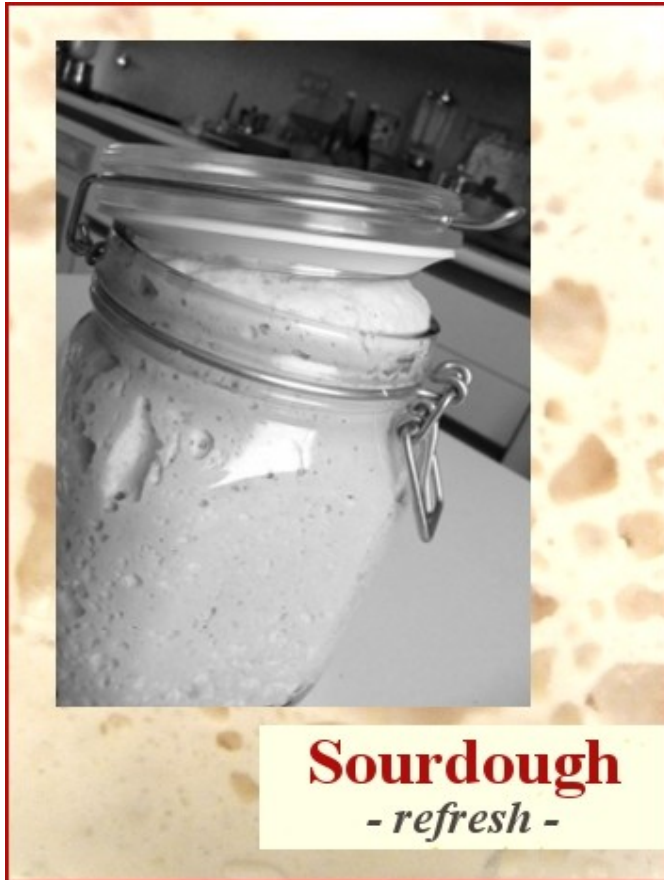


Sourdough - Refresh -



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I do the refresh once a week, when I am going to make bread (usually the night before) and soon after, before putting it back in the refrigerator where it is kept for up to one week.



1. Take 200 grams of sourdough from the jar taking care to remove the hard crust on the top if it had formed, weigh the same amount of flour "0" , that is 200 grams, and half of the amount of warm water non-calcareous (better boil before), that is 100 gr. The proportions will always be those no matter the weight of your sourdough refreshing, that is, the flour will be the same weight of the yeast and water will be half of its weight.

2. Pour over sourdough warm water and with the help of a fork mix well until all is dissolved and there are no more lumps.



3. Add the flour and, with a fork, make a first mixed to form

a mixture as homogeneous as possible.

4. Continue to knead again for a bit with your hands and form a ball.



5. Cut a cross on the surface, put the ball in the jar clean and dry, cover with a damp towel and store in cupboard, away from drafts, at a temperature between 18 and 25 degrees.

6. Spent 3-4 hours, the sourdough has doubled in volume and will be presented as a compound sticky and full of bubbles. Now it has reached a weight of about 500 gr.

At this point the sourdough can be used for making bread. Take the amount necessary (as I said above, I will use 400 grams) and the remaining 100 grams repeat the refresh as described above, before storing in refrigerator for baking later.

Note

- Every so often, to give the strength to sourdough, you can dissolve a teaspoon of cane sugar or honey in water you use to make your refresh.

- If you need a more effective remedy, carry over to Clare of which I did not need until now: "Take 50 g of the sourdough, add 50 gr of water and a egg yolk. Mix everything together and add 100 gr of flour and knead. The sourdough will return as new!"

