



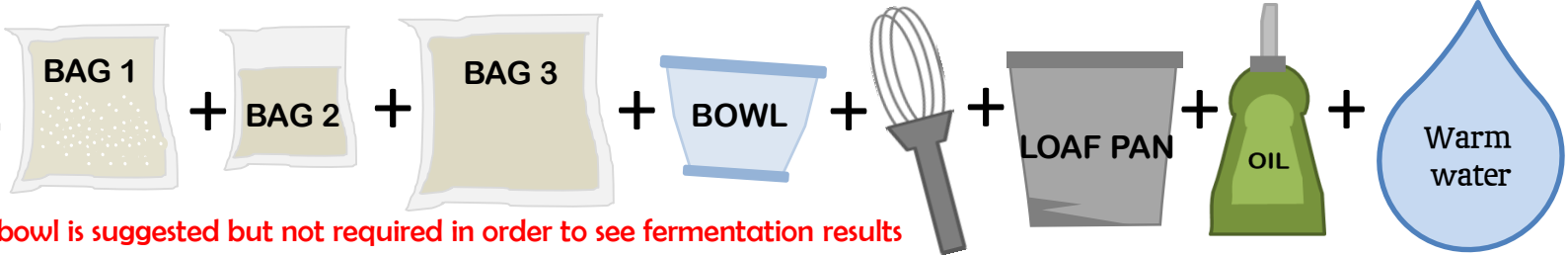
DIY SOURDOUGH

REAL FERMENTED BREAD mix

GUARANTEE

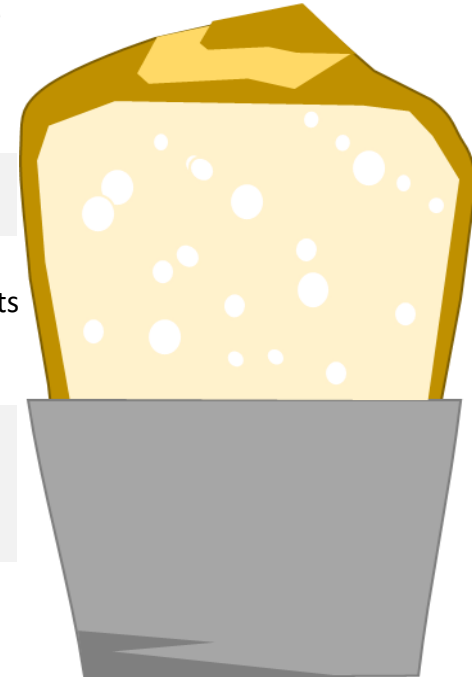
Starter is guaranteed to rehydrate.
Please take a photo of your bread
and send it to us for help
holykrauthelp@gmail.com

WHAT YOU WILL NEED



A Glass bowl is suggested but not required in order to see fermentation results

1. Clean and sanitize a Bowl and work area with hot soapy water, Air Dry
2. Add the contents of Bag 1 to a glass bowl and add **1 ¼ cups of very warm water**. Mix well with a whisk until there are no remaining clumps. Cover the bowl with a lid or a towel or plastic wrap. Place the bowl in a warm place in order to proof around **80-90°F**. Allow to ferment overnight for 10-12 hours up to a max of **24 hours**.
TIP: Turn on your oven to 200° for just a minute or so until the temp inside is warmer than room temperature. Then place the bowl inside the oven. Leave the oven light on if possible. Then place a tray of boiling water below the bowl of sourdough and close the oven door.
3. Uncover the bowl. You should be able to see lots of bubbles forming and now visible on the surface of the batter. Add the contents of **bag 2** and **2 tablespoons of hot water** to the batter and stir well until no clumps remain. Cover the bowl as before and place back in a warm area to proof as you did in step 2. Allow to ferment for 6 hours up to a max of 12.
4. After 6 hours. Check the batter for a visible rise and lots of bubble formation on the surface. You should see obvious signs of bubbles. If not continue for 2 hours and check again up to a max total of **12 hours**.
5. Line a bread loaf pan with parchment paper or grease and flour very well. Uncover the bowl and add **2 tablespoons of oil** and **1 ¼ cup of very warm water**. Stir with a whisk until well combined. Add the contents of **bag 3** to the batter and mix thoroughly until all the liquid is absorbed and the batter is shaggy. Mix for an additional minute.
6. Scoop the batter into a loaf pan and smooth out the top with a wet spatula or wet hands. Shape into a smooth rounded loaf top. Cover the loaf with oiled plastic wrap. Place the covered loaf pan in a warm place for 3 hours to proof or until the loaf has risen several inches and visible bubbles and cracking on the top has developed. Up to a max of **6 hours**.
7. Remove the plastic wrap and bake at **450° F for 45-55 minutes** until 200° center. Let cool completely.
TIP: Sprinkle loaf with seeds or oats before baking





For best results use a regular size bread pan approx. 4 x 8 inches. A large loaf pan will yield a short loaf.

A Naturally leavened bread with real fermented sourdough without the hassle of creating and maintaining a sourdough starter. Skip the hard work and eat the delicious result. This bread takes 18 hours let it ferment over night and let bacteria work while you sleep!

- Proofing in your oven is recommended or using an appliance with a proof setting. A heating mat, or placing the sourdough beside (not on) a furnace vent.
- The natural occurring probiotics during fermentation will be killed in the heat used to cook or bake. Sourdough is still a source of beneficial enzymes, pre-biotics, vitamins and taste!
- Try baking this bread in a large oven proof glass bowl instead of a loaf pan for a more free form style loaf
- The first fermentation step can be left up to a max of 24 hours. If your plans change or if you want a stronger tasting loaf let it sit for the max amount of time. The second and third fermentation must be watched in order to have a proper rise on your bread. If left too long the bacteria can start to die and result in bread that will be dense or over risen where it will collapse when removed from the oven.
- Try using different oils such as butter or lard for more taste. You can replace the ½ cup of water in step 5 for warm milk for a more enriched dough.
- You can use a stand mixer or food processor to mix this dough as well in step 5. A dough hook is not recommended.

After 12 hours in step 2, I do not see any visible bubbles?

- The batter is likely too cold. Try increasing the temperature of the proofing area (not over 100° F) and continue up to 24 hours.

I do not have a glass bowl..

- The bowl is only recommended because then you can confirm successful fermentation. Without glass you will need to look for fermentation on the surface. This will be visible at step 4

I am not ready to make the bread yet..

- If you are not planning on making bread right away store this unprepared mix in the freezer. It will slow down the bacteria hanging out in the package until you are ready

Can I freeze the bread?

- Yes, but only after it has been baked.

My sourdough is bubbling out of the jar?

- Sourdough bread benefits from the acids created during fermentation and it typically allows your bread to stay longer out on the counter after being made before it begins to mold. Eat within a week and store on the counter in a bread box if possible. For a crunchy crust store the bread in a breathable container or linen bag. Place into a sealed container or bag for a softer bread.

My bread seems gummy

- Gluten free bread may seem wet or gummy until it has completely cooled before slicing from the combination of starches used in the flour blend. Or your bread may be under baked. It is done when it reaches 200° F