

How to make Sourdough bread

Overnight place in medium size bowl:

2 cups sourdough starter *

2 cups flour (spelt)

½ cup water, warm

Mix, cover, let sit. Next morning add:

2 cups water, warm

1 tablespoon salt

Mix into above sourdough mix.

Then add 2 cups flour, stir thoroughly

Add 2 cups more — stir until all flour is absorbed.

Add 2 cups. more flour. Stir.

Should be able at this point to coat dough with a liberal dusting of flour.

Turn onto floured table and knead until you can shape a loaf.

Divide into 2 loaves.

Place in oiled pans, let rise in warm spot until about double. Bake in a oven that has not been preheated (gives it an extra jump as oven heats.)

Bake for 45 min. or until golden brown. Remove from pans, cool and can enjoy right away as opposed to yeast breads which should let the fresh yeast dissipate for a day. This helps to control excess candida build up in the gut.