



TRADITIONAL, HEALTHY, DIGESTIBLE, AMAZING BREAD STARTS WITH HOMEMADE YEAST OR SOURDOUGH STARTER

Why all leavened bread used to be sourdough. Homemade yeast or “sourdough starter” is simply fermented flour & water. In ancient times, there was no quick-rise yeast. Good thing too. When grains are fermented slowly, they become more flavorful & more nutrients have been released. These slow processes break down gluten & phytic acid that harm digestion, convert carbs into proteins & create beneficial bacteria & enzymes we need for good digestion.

Buying healthy grains If you have GMO wheat, it’s comforting to know that soaking & fermenting make it healthier! But with the internet, it’s now easy to order whole grains that are pesticide-free from sites like Amazon or VitaCost. Try non-GMO ancient grains like spelt, white wheat and rye for starters.

Tips & Equipment Flour, pure water, jar with fabric cover or a partially sealed lid that can “breathe.” A dough hook or wooden spatula is nice for no-knead recipes. A shower cap works best to cover bread pan (puffs up so dough can rise higher. A kitchen thermometer is helpful to test center of bread.

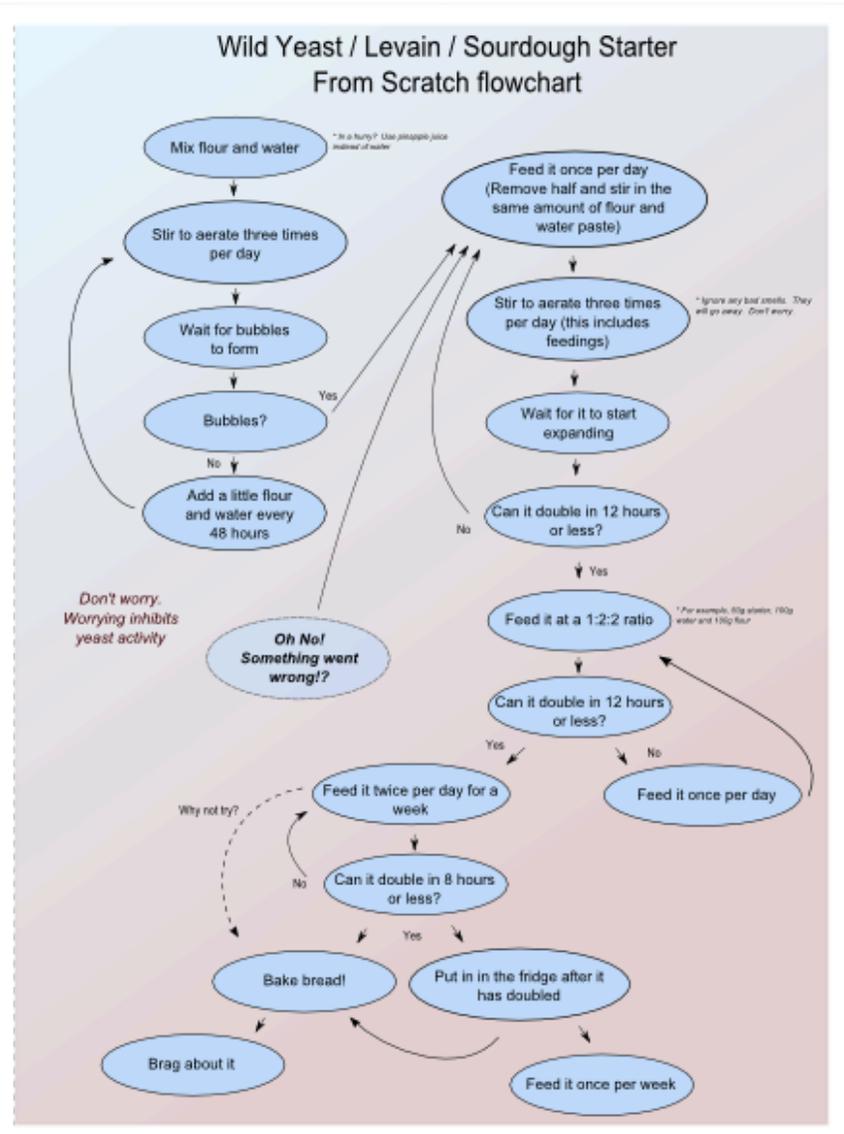


Make Your Own Starter by using flowchart. Use pure water! Warm water helps in the winter. Cool water slows things down in the summer. Be patient until it easily doubles in size. If you don’t want it to double quickly, store in fridge.

Adopting Starter Easiest way to get a strong starter. Find someone in your community or order online. CulturesForHealth.com is a popular source. Google Oregon Trail Sourdough Starter if you’d like an extra sour starter. If dry, follow directions to rehydrate. If wet, mix 1/4 C starter with 1 C pure water, then add heaping cup flour & mix well. When you see some bubbles, can store in the fridge to double slowly. Feed twice a week. Refer to chart if it is weak.

Reserving & Feeding Starter Pour off excess starter if not baking, but always reserve **at least 1/4 cup to feed**. Feed 1 part starter with 1 part water & 1 heaping part flour. Stir quickly. Some bubbles? Store in the fridge. Feed twice a week.

Preparing to Bake Take starter out of fridge when it has doubled (24 hrs - 3 days). It is ready for baking. Stir before measuring. If flat, then feed in in a warm place (Next to steamy pot in microwave?) If it doesn’t double, follow chart. Feed in AM for PM baking. Feed at night to bake in AM



Storage: Freeze for 1 month. Or, save dried bits in spice jar.

Give us this day our daily bread



*All grain is ordained for the
use of man and of beasts,
to be the staff of life*

WHOLE SPELT LOAF Spelt, an ancient form of wheat, is the perfect way to start baking because it requires no kneading & tastes amazing. Can use other forms of wheat after you get good at this, but kneading will be required. Rise times will also vary with different ingredients and climate.

Prep Early in the day, take your Sourdough Starter out of the fridge and feed it. Leave it on the counter so it gets bubbly and hopefully doubles by afternoon, when you want to mix the dough. Then....

Mix wet ingredients

- 1 C water (Use a glass or stainless bowl)
- 1 Tbs agave syrup or 1 1/2 Tbs honey (Use pure or filtered water)
- 3 Tbs bubbly starter (Perhaps more in cooler climates, or if starter is not performing well)

Add dry ingredients

- 2 1/2 C spelt flour (Can experiment with different flour, but kneading may be required)
- 3/4 tsp raw salt (Raw salt helps the fermentation process. Sprinkle around to prevent clumping)
- 1 1/2 Tbs nuts or seeds (Whole or slightly ground in spice grinder. Try sunflower, sesame, flax, etc)

Stir with dough whisk for 1 min or so until you have a wet, shaggy dough that is not really kneadable (add water if too dry). **Cover for 1-2 hrs** until more pliable. Oil your hands generously & pull dough out of bowl. **Stretch & Fold** in 2 directions, then let sit. **Repeat 2 more times - 30 minute intervals.** Cover & **let sit overnight** in the fridge for extra slow fermentation (more the better). Want it more sour? Add 1/4-1/2 tsp pickling lime.

Next Morning: Set bowl on counter. For more warmth, place above a pan of steaming water in the stove. Check often, refreshing hot water from a tea pot. Let it rise until double. Be patient if it takes hours (all day in some climates). Punch down. For the second rising, grease a bread pan with olive oil. Use oily hands to form dough into a nice shape to fit into your pan. Cover with shower cap or plastic bag, which allows dough to rise above pan. Let rise until almost double in size. Bake at 350° F for up to an hour. In a convection oven, try 320° F for 35 min. Most importantly, bake to an internal temp of 200°. Check internal temp after 30 minutes.

Did You know? Ezekiel 4:9 teaches us how to make a “whole protein” bread:
*But as for you, take wheat, barley, beans, lentils, millet, and spelt, put them
into one vessel and make them into bread for yourself.*



SOURDOUGH ENGLISH MUFFINS: (8) In the morning, mix 1/2 C sourdough starter & 1 C coconut milk (milk, kefir, or water). Stir & add 2 C whole grain flours. Optional to add 2 Tbs ground flax & 1/4 tsp pickling lime (more sour flavor). Ferments slower without salt, so cover & let sit all day, then in fridge overnight. **Next day**, when room temp & bubbly, sprinkle in 1 tsp raw salt, 1 tsp baking soda, 1 Tbs honey. Stir, let sit & stir until salt makes dough less sticky. Then, if needed, add sprouted flour until the dough can be handled. Knead 3 min & slice into 8 sections. With floured hands, shape each muffin (about 1 finger thick and 2 1/2 inches round). Set each muffin on lightly floured parchment paper. Cover with towel for 1 hour. Heat griddle to 300. Cut paper around each muffin; drop on griddle for 5 min each side. **Tip:** They freeze great. Toast to thaw, slice in half, toast again.



PUMPKIN SPICE MUFFINS (12, grain-free) In a bowl, combine 1 C Almond Butter or similar, 1/2 C pumpkin puree, 2 eggs, 1/2 tsp baking soda, 1/4 tsp raw salt, 1 T pumpkin pie spice (cinnamon, ginger, nutmeg), 1/3 C maple syrup, 1/3 C chocolate chips. Bake at 350 for 15 to 20 minutes or until centers are firm and starting to crack.



BREAD CRUMBS Simply lay slices of your homemade bread in a dehydrator, dry at 125 for 3-4 hours until completely dry. Throw in a food processor (works great even with crusts) or in plastic bags, then use a rolling pin to turn into crumbs (works best without crusts). Get creative & add finely ground nuts or masa harina, herbs & spices.
Oven Method: Bake small chunks of bread at 250 for about 30 min.



HEALTHIER CORN BREAD Soak 1/3 C raw cashews overnight in 2x water & 1 tsp raw salt. Next day, rinse & blend with 1 1/3 C corn kernels (or 3/4+ C cream corn), 1/3 C coconut sugar, 1/4 C vegan butter, 1 1/2 C non-dairy milk & 1 Tbs fresh lemon juice. Blend until smooth - a thick liquid consistency. In a bowl, whisk 1 1/2 C masa harina, 1/2 C flour (sprouted or rice?), 2 tsp baking powder, 1/2 tsp salt & 1/8 tsp pepper. Whisk together. Add wet batter slowly, whisking by hand until thick & smooth. Fold in 2 Tbs corn kernels. Pour into greased muffin pan or 8x8 pan. Bake at 350 for 20+ min until a toothpick in the center comes out dry. Cool 10 min before serving with soft honey butter. (Add aquafaba?)
***Masa harina**, traditional corn flour, soaked in lime to make it more digestible.



ANCIENT FLAT BREAD (Dead Sea Scroll Recipe, modified) In Qt jar, soak 1 1/2 C blend of whole dry grains like spelt & rye berries (& maybe some nuts) with water and 1/2 tsp hydrogen peroxide to encourage sprouts. Set overnight. Then, with sprouting lid on jar, rinse & tilt jar on side to drain, propping on a rolled towel. Rinse 2 or 3 times a day until grains are slightly sprouted. Rinse grains & put in heavy duty processor or blender (like Vitamix). Add 1/2 tsp sea salt and 1 T honey or dates. Blend until a ball of dough forms, scraping sides as needed. Cover & let rest for more souring if desired. Spread 1/4 inch (no thicker) into well oiled pan. Bake at 325 for 30 min or until not doughy in center.



WHOLE GRAIN SOURDOUGH TORTILLAS or FLATBREAD In med bowl, mix 1/2 C homemade yeast (fully activated or not) with 3/4 C of any milk, 3 Tbs olive oil (can use part bacon grease) & 1 tsp raw salt. Can add 1 tsp lemon juice (or a pinch of ginger spice & citric acid) as conditioner. Slowly add 2+ C whole wheat flour until slightly sticky but okay for kneading. Knead 2-3 minutes on floured countertop. Roll around in greased bowl, cover with cloth & allow to sour at room temp for 8-10 hours or overnight. Refrigerate to make dough less sticky. Divide into 6-8 round balls. Using oiled hands, on a piece of parchment paper, flatten each tortilla, dropping into heated pan one at a time. Cook on each side until bubbles appear. Can refrigerate in plastic bag for 2 days or freeze.
NO HOMEMADE YEAST? Use sprouted wheat that is more digestible. Mix 2 C sprouted wheat, 1/2 tsp salt, 2 Tbs olive oil & up to 3/4 C heated water, added slowly. Divide into balls, then cover and let sit at least 15 minutes. Can also refrigerate dough for a while.

Morsels of Wisdom

Did you know? The Old Testament gives some healthy advice on how to make bread that happens to be a complete protein. **Ezekiel 4:9** says to **“take wheat, barley, beans, lentils, millet, and spelt, put them into one vessel and make them into bread for yourself.”** Want to get creative with with your bread? Use a spice grinder to grind up any of these ingredients, then add to your sourdough. Sprout grains or beans, then dehydrate & grind the sprouts to make sprouted flour. Blend live sprouts in a food processor & freeze small portions to add to your bread dough. Soak & dehydrate nuts like some ancient cultures did, to make them more digestible, then grind them into flour.



What should I add to my bread today?

SOAK + SPROUT

Seeds, nuts, grains and beans are covered in chemicals called enzyme inhibitors which prevent premature germination and store nutrients for plant growth. When humans consume these chemicals, they reduce the absorption of important minerals and proteins causing nutrient deficiencies and other health issues. Soaking and sprouting bypasses this issue as it activates the seed and neutralises the inhibitors.

Ingredient	Soaking	Sprouting
MACADAMIA	Do Not Soak	Does Not Sprout
CASHEW	2-21/2hrs Soaking	Does Not Sprout
PECAN	4-6hrs Soaking	Does Not Sprout
ALMOND	8-12hrs Soaking	12hrs Sprouting
WALNUT	4hrs Soaking	Does Not Sprout
BRAZILNUT	Do Not Soak	Does Not Sprout
ADZUKI	8hrs Soaking	3-5Days Sprouting
CHICKPEA	12hrs Soaking	12hrs Sprouting
LENTIL	8hrs Soaking	12hrs Sprouting
MUNG	1Day Soaking	2-5Days Sprouting
KAMUT	7hrs Soaking	2-3Days Sprouting
WHEAT	7hrs Soaking	2-3Days Sprouting
OATS	8hrs Soaking	2-3Days Sprouting
SPELT + RYE	8hrs Soaking	2-3Days Sprouting
BARLEY	6-8hrs Soaking	2Days Sprouting
BUCKWHEAT	15mins Soaking	1-2Days Sprouting
QUINOA	2hrs Soaking	1-2Days Sprouting
MILLET	8hrs Soaking	2-3Days Sprouting
RICE	9hrs Soaking	3-5Days Sprouting
CORN	12hrs Soaking	2-3Days Sprouting
PEPITA	8hrs Soaking	1-2Days Sprouting
HEMP	Do Not Soak	Does Not Sprout
SUNFLOWER	2hrs Soaking	2-3Days Sprouting
FLAX	8hrs Soaking	Does Not Sprout
FENUGREEK	8hrs Soaking	3-5Days Sprouting
ALFALFA	8hrs Soaking	2-5Days Sprouting
SESAME	8hrs Soaking	1-2Days Sprouting
PINENUT	Do Not Soak	Does Not Sprout
PISTACHIO	Do Not Soak	Does Not Sprout

Make a tasty bread that's better for your body, any way you slice it!



SPROUTED & DEHYDRATED SEEDS For beginners, start with **Sesame Seeds** because they sprout quickly. Put up to 4 cups seeds in 1/2 gallon (64 oz) mason jar. Cover well with water (in cold climate, use warm water). Stir in 1 Tbs raw salt & 1/2 tsp hydrogen peroxide to prevent mold & increase sprouting. Cover & let sit overnight. In the morning. Use spouting lid or fine strainer to rinse & drain well. Let sit at an angle for 1 or 2 days, rinsing a couple times a day. When sprouts are starting to emerge, you can blend them in a food processor & save small portions to use in bread recipes. Or dehydrate on lowest setting for 12-24 hours or until crunchy but not burnt (taste-test every 6 hours). Your sprouts are easier to digest than raw seeds and are ready to throw onto salads or blend into flour. Use the same method for other seeds. Some may take a few days to sprout.