



RECIPE CARD:

Looking after your starter

INGREDIENTS

- 45g starter (Sourdough levain)
- 55g water (room temperature)
- 55g bread Flour

EQUIPMENT

- A mixing bowl
- Measuring jug
- A clean tea towel and/or cling film

METHOD:

Once you have made your bread make sure you keep a little (approx. 50g) of the starter leftover to make your next loaf.

You can store the leftover starter in the fridge for up to two weeks and it will be fine to use.

When you want to use it, take it out and leave it to get to room temperature for a few hours.

Follow the recipe above to feed the starter to create your next loaf. Mix the ingredients the evening before you want to make the bread, cover and leave at room temperature overnight. The mixture should be bubbly and aerated in the morning and ready to use.

Again, keep any leftover starter in the fridge. You can keep feeding it every few days once it starts bubbling a lot. If you are going on holiday, or just don't feel like making bread for a few days, add in more flour to make a stiffer mixture and let it sit dormant in the fridge.

About us:

As a Social Enterprise, we focus on providing work skills training placements for those who have been distanced from employment due to mental ill-health, while providing quality products and services to the local community. All the revenue we generate is put back into the Centre for Better Health to support the organisation's work.

Useful links:

Better Health Bakery:

www.betterhealthbakery.org.uk

Centre for Better Health:

www.centreforbetterhealth.org.uk