



RECIPE CARD:

Making your starter from scratch

INGREDIENTS

- Warm water
- Strong bread flour - Rye or wholemeal preferable, but any strong bread flour will do

EQUIPMENT

- A jam jar (with lid) – cleaned and sterilised
- Measuring jug
- Teaspoon



METHOD:

Day 1

In a clean jam jar, mix together 1 teaspoon of bread flour and 2-3 teaspoons of luke-warm water with a spoon. Put the lid on and leave to stand overnight in a warm place.



Day 2

Add another 1 teaspoon of flour and 2-3 teaspoons of luke-warm water to the mixture. When you open the jar and smell the mixture it should just smell like flour and water mixed together. Depending on what flour you've used it should be a thick-ish batter - if the mixture is too soft/watery then use less water tomorrow. Leave in a warm place overnight.



Day 3

Repeat Day 2 instructions and leave in a warm place overnight.

Day 4

Repeat Day 2 instructions again and leave in a warm place overnight. Little bubbles should be forming and it should have a slightly vinegary smell.

Day 5

The mixture should now be bubbling nicely, so it's ready to use. If it's not bubbling, add another teaspoon of flour and 2 teaspoons of warm water and check the next day.

Put 45g of the starter into a large mixing bowl, and add 55g of bread flour and 55g of luke-warm water, and mix together. Cover the bowl with a clean tea towel or cling film and let it ferment overnight in a warm place.

Day 6

You are now ready to bake!

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

