

TO:
FROM: Frank Gadek

SOURDOUGH DIRECTIONS

F. GADEK, 07/18/2004

FROM BERANBAUM = PAGE #426

1] P# 427 - USE **15 – 40%** OF BREAD DOUGH MIXTURE

ME:

SO FOR A 1.5 LB LOAF, IT TAKES 360 GRAMS OF FLOUR OR 3 CUPS [120 GRAMS / CUP – THUS NEED FOR:

15% NEED 54 GRAMS OR 0.45 CUPS OR 3.6 TABLESPOONS

27.5% NEED 99 GRAMS OR 0.825 CUPS OR 6.6 TABLESPOONS

40% NEED 144 GRAMS OR 1.2 CUPS OR 9.6 TABLESPOONS

[IF 1 TABLESPOON = 15 GRAMS]

2] P# 429 - OVER 40% AND ACIDITY WILL COMPROMISE GLUTEN FUNCTION

3] WILL GET **SLOWER RISE** THAN WITH COMMERCIAL YEAST

4] EXPAND STARTER 8 TIMES BEFORE USE

TAKE HALF AND FEED
WAIT UNTIL DOUBLE = ABOUT 8 HOURS – IT THEN COLLAPSES

5] MIX STARTER INTO FLOUR/ETC. AND LET RISE = ABOUT **6 HOURS**

P#440 ADD SALT AFTER ALL STARTER AND KNEED FOR 3 MINUTES

6] SHAPE IT AND LET RISE ANOTHER **3 HOURS**

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URDOUGH/SOURDOUGHDIRECTIONS3.doc/08/23/2002] 10/31/2013

TO:
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- 7] **BAKE 30 MINUTES** AT XXX DEG F?? [P#444, 475 DEG F, THEN 450 DEG F.] – BUT I AM USING THE **BREAD MACHINE** TO MIX DOUGH CYCLE AND THEN BAKE CYCLE - ALSO CAN EXPERIMENT WITH BASIC AND OTHER SETTINGS

AND COOL 1 HOUR

- 8] BEFORE EATING NEXT DAY AND AFTER STORING IN PAPER BAG CLOSED OVER - CAN “**CRISP THE CRUST**” BY PUTTING IN OVEN ON OPEN RACK AT PREHEATED 350 DEG F FOR ABOUT 10 MINUTES, SLIDE AND EAT WARM
- 9] CAN **RETARD** PROCESS BY CHILLING DOUGH – IS MORE COMPLEX / SOUR AND SLIGHT INCREASE IN VOLUME

REFRIGERATE UP TO **24 HOURS**
LET STAND AT ROOM T **3 HOURS** AND ALMOST
DOUBLED IN SIZE

CAN **SPEED UP** PROCESS BY USING SOME COMMERCIAL YEAST

CAN SPEED UP RISING PROCESS BY ABOUT 25%
WITHOUT SACRIFICING FLAVOR / ACIDITY

ADD NO MORE THAN **1/16 TEASPOON OR 0.2 GRAMS**
OF COMMERCIAL INSTANT YEAST FOR A 1.5 LB
LOAF

NOTE: ADD COMMERCIAL YEAST **AFTER FIRST
3 MINUTES OF KEADING** – IF TOO
SOON, ACIDITY OF STARTER WILL
KILL IT

IF ADD **TOO MUCH** COMMERCIAL YEAST,
THE PH IS RAISED AND GET A LESS
SOUR BREAD

- 10] STARTER IS ACTIVE AND READY TO USE IF **DOUBLES IN 12 HOURS**
- 11] COULD ALSO JUST FEED STARTER EVERY 12 HOURS FOR 5 DAYS, POURING OFF SOME WHEN JAR GETS TOO FULL – IF CANNOT DO THE MORE INTENSE SCHEDULE OF BUILDING UP THE STARTER

TO:
FROM: Frank Gadek

- 12] P#442 USING A BREAD MACHINE
- 13] PAGE #470 – MENTIONS KA CATALOG POWDERED FORMS

1039 PAIN DE CAMPAGNE \$6.95, FREE SHIPPING
1040 FRENCH SOURDOUGH \$6.95, FREE SHIPPING

ALREADY GOT 3400 10 OZ SOURDOUGH BREAD ENHANCER, ¾ LB,
\$11.50

FROM KA = P#271

- 1] P#274 – **BUILD UP** ESTABLISHED STARTER:

TAKE ½ **CUP STARTER** IN **2 – 4 QUART** WIDE MOUTH
CONTAINER
ADD **1 CUP WARM WATER** AND **2 CUPS UNBLEACHED ALL
PURPOSE FLOUR**

LET FERMENT 6-8 HOURS

DO **TWICE IN ONE DAY** BEFORE USING
- 2] P#285 – TOO MUCH ACETIC ACID BREAKS DOWN GLUTEN AND GET
“HOCKEY PUCK” INEDIBLE DENSE LOAF – ME: - BUT NOT LACTIC
ACID – SO DON'T TRY TO GET LOAF TOO SOUR WITH STARTERS
THAT MAKE ACETIC ACID
- 3] CAN FREEZE STARTER IF TAKE A BREAK FROM SOURDOUGH
BREAD MAKING
- 4] P#290 – CAN USE STARTER IN PANCAKES, WAFFLES, ETC. [P#20]
- 5] P#21 FRENCH TOAST TRY WITH MY BREAD!!!