



Organic Sekowa baking ferment

The Sekowa baking ferment, based on Hugo Erbe's recipe, is a dough leavening agent with incomparable properties. Incomparable because, unlike other baking products, it is made from high-quality flower honey, organically grown peas and corn. Which is produced with spontaneous fermentation. The nectar yeasts and ferments contained in honey break down the grain in a very special way, resulting in a mild, incomparable taste of the baked products. With Sekowa baking ferment, any grain can be used to make many kinds of pastries and bread. Due to the use of corn, this ferment is gluten-free and therefore also suitable for people who want to eat gluten-free, for example people with celiac disease.

Sekowa baking ferment starter

1st Step

20 g Sekowa baking ferment
200 g Whole wheat flour
220 g Water approx. 40°C

Dissolve the Sekowa baking ferment in some of the weighed water, mix well, the dough should be quite soft, but no water should separate.

Accurately maintaining the temperature is very important for success. Check the temperature with a thermometer.

Temperature: 28 – 30° C
Rest time: 12-18 hours



2nd Step

Starter from the 1st step
300 g Whole wheat flour
70-100 g Water approx. 40°C

Mix well and cover the dough. The firmness of the dough should be like a medium to firm bread dough.

Temperature: 28-30° C
Rest time: 5-10 hours



The dough is ready when it has approximately doubled in volume. When the dough is ripe, it will collapse slightly when tapped. A good starter is essential for a good baking result

Storing the starter

The ripe starter can be stored in a glass jar with a screw lid (approx. 3/4 full) in the refrigerator at 4°C (shelf life approx. 1 month). A gray layer forms on the top of the starter when stored for a long time. This consists of its own yeasts, which can be processed without any problems.

Whole wheat bread (Basic recipe)

For 1kg of flour

Main dough

825 g Starter
600 g Whole wheat flour
18 g Salt dissolved in part of the weighed water
300 g Water approx. 40°C

Knead well and cover the dough.

Rest time: 30-50 minutes at 28-30°C

Then form the dough and place in a baking pan. Cover well and put in a warm place.

Rest time: 30-50 minutes

Bread with a rising time that is too short will crack, with the correct rising time the bread has a slightly bold top, and with a rising time that is too long the top has collapsed.

Baking

Place the baking pan in a preheated oven and steam.

Preheat the oven to 240°C
Baking temperature: approx. 220°C
Baking time: approx. 60 minutes

Gluten free Sekowa baking ferment starter

1st Step

20 g Sekowa baking ferment
200 g Corn flour
ca. 200 g Water approx. 40°C

Dissolve the baking ferment in some of the warm water. Add other ingredients and mix well. The firmness should be comparable to pancake batter. Cover the dough well.

Temperature: 30°C
Rest time: 12-16 hours

Accurately maintaining the temperature is very important for success. Check the temperature with a thermometer.

2nd Step

Starter from the 1st step
300 g Corn flour
ca. 200 g Water approx. 40° C

Mix well and cover the dough. The firmness of the dough should be like a medium to firm bread dough.

Temperature: 26-28° C
Rest time: 5-8 hours

The starter is ready when it has increased in volume by about 20-30%. When the starter is ripe, it will collapse slightly when tapped. A good starter is essential for a good baking result.

Storing the starter

The ripe starter can be stored in a glass jar with a screw lid (approx. 3/4 full) in the refrigerator at 4°C (shelf life approx. 1 month). A gray layer forms on the top of the starter when stored for a long time. This consists of its own yeasts, which can be processed without any problems.



Gluten-free cornbread (Basic recipe)

For 500 g of Corn flour

Pre-cook

200 g Corn flour
ca. 300 g boiling water

Pour over the cornmeal with the boiling water and mix well. The pre-cook should be quite firm, but not hard. Let stand covered for about 30 minutes. Allow to cool to 40°C.

Dough

333 g Starter
The pre-cook
150 g Corn flour
10 g Salt dissolved in part of the weighed water
approx. 100 g Water approx. 40°C

Carefully dose the water. Process the whole into a soft bread dough. Cover the dough well.

Rest time: 50 minutes at 28-30°C

Knead again. Shape the dough and place in a greased and cornflour-dusted baking pan. Brush the dough with water or fat and cover well.

Rest time: 40 minutes

Bake

Place the baking pan in a preheated oven and steam.

Preheat the oven to 240°C
Baking temperature: approx. 220°C
Baking time: approx. 50-60 minutes