



special food ingredients

Organic rye sourdough starter

Organically revitalizable dried rye sourdough. To be used as an extra addition to all your types of bread. This sourdough powder is produced by gently drying a fermented dough from grains and water with active and naturally occurring micro-organisms. Can be used as: solid, liquid or added directly.

Dosage: 1-10% based on the flour weight, depending on the type of bread, added directly to the recipe

Rye sourdough preparation I :

Rye sourdough powder	1.000 g
Rye flour	1.000 g
Water (28°C.)	3.000 g
Salt	20 g
Yeast	2 g
Total	5.022 g

Process:

- Mix all ingredients ± 4 minutes to a homogeneous mass.
- Allow to ripen at bakery temperature (28°C) for 8 hours.
- Keep in the refrigerator for at least 12 hours after ripening.
- The sourdough is ready for use

Storage: Shelf life up to 5 days in the refrigerator

Addition: Variable up to 40% based on flour weight. (except 100% rye recipe)

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Rye sourdough preparation II & sourdough starter

(without added yeast):

Step 1:

Rye sourdough powder	100 g
Whole wheat rye flour	100 g
Water (30°C.)	200 g
Total	400 g

Process:

- Mix all raw materials well until a homogeneous mass.
- Allow to mature for 5 hours at 34°C.
- After ripening, keep in the refrigerator for at least 12 hours at a maximum of 4°C (maximum 14 days)
- Restart the sourdough (Step 2)

Step 2 (restart/refresh):

Rye sourdough from step 1	250 g
Whole wheat rye flour	125 g
Water (30°C.)	125 g
Total	500 g

Process:

- Mix all raw materials well until a homogeneous mass.
- Allow to mature for 5 hours at 34°C.
- After ripening, keep in the refrigerator for at least 12 hours at a maximum of 4°C (maximum 14 days)
- Restart the sourdough (Step 3)

Step 3 (restart/refresh):

Repeat step 2 three to five times until the sourdough has doubled in volume as it matures. Then the dough is ready for use.

Storage: Shelf life approx. 14 days in the refrigerator at a maximum of 4°C.

Addition: Variable up to 40% of the flour weight. (except 100% rye recipe, then up to 100% rye sourdough can be added.)



Example of a whole wheat sourdough. Volume doubling after 4 hours of maturing at 34°C.

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Sourdough starter:

For making any random sourdough. Use the ripe sourdough from the above "Rye Sourdough Preparation II" after completing step 3.

When restarting (refreshing) you will in future use a flour of your choice: whole-wheat wheat flour, whole-wheat spelt flour, white flour, etc. After restarting (refreshing) several times, you have a new sourdough of your desired grain type.

Restarting / refreshing

Ripe sourdough	250 g
Flour of your choice	125 g
Water (30°C)	125 g
Total	500 g

This recipe doubles the ripe sourdough, from 250g to 500g. You can also make the ripe sourdough larger. Up to a quadrupling, from 250g to 1,000g. You add equal parts flour and water. As a result, the maturation can take longer.

Process:

- Mix all raw materials well into a homogeneous mass.
- 4-5 hours at 34°C. let it ripen. During ripening, the volume increases considerably, up to a doubling is possible (with the exception of a white flour dough). If the sourdough collapses, the ripening has taken too long and the maximum volume has been exceeded. This is no problem. The sourdough can be used, stored or restarted.
- After ripening, keep in the refrigerator at a maximum of 4°C. (maximum 14 days) or use directly in a bread dough.
- If a dark top layer develops during storage in the refrigerator, or moisture separation, then you should drain or skim off this before use. There should be no mold on the sourdough. If this happens, the entire sourdough must be discarded.
- Important points of attention when storing the ripe sourdough in the refrigerator:
 - maximum 4°C, standard household cooling is just below 7°C
 - store the sourdough in a clean glass jar with a loose lid.
 - if you do not have time to bake bread, refresh the sourdough at least once every fourteen days (restart).
- When you calculate how much sourdough you need for a loaf of bread, don't forget that you should also have 250g of sourdough left over for the next time.
- Ripening the sourdough at lower temperatures is possible. For example between 24-28°C. Although this will lead to a higher acidity and a bit more sour taste.