

Sourdough Bread

FEED: Every 4 – 8 days feed starter with

1/3 cup sugar

3 Tbsp. instant potato flakes

1 cup warm water

Stir into starter and let stand uncovered at least 8 hours at room temperature.

MAKE: 8 – 12 hours after feeding starter

6 cups bread flour

1 cup + 1/2 cup warm water, divided

1/2 cup sugar

1/2 cup oil

1 Tbsp. salt

1 cup starter

1 tsp. yeast

Combine dry ingredients in large mixing bowl. Dissolve yeast in 1 cup warm water; add to dry mixture. Add reserved 1/2 cup warm water, oil, and starter. Stir until well mixed. Cover remaining starter and return to fridge. Place bread dough in lightly greased bowl and turn to coat. Cover lightly and let rise 8 – 12 hours.

KNEAD: Punch down dough and knead 1 – 2 minutes on floured surface. Add additional flour as necessary. Divide dough into 3 parts. Knead each part 10

times. Form into ball and place in greased loaf pans. Lightly oil top of each loaf. Let rise uncovered for roughly 8 hours.

BAKE: Bake bread at 350°F for 25 minutes. Tops of loaves will be dark brown and bottoms will be lightly browned. Remove from pans immediately, place on wire rack, and butter top of each loaf. Allow bread to cool completely.

— Additional Tips —

Mix bread in large Tupperware bowl. Tupperware does not need to be greased as bread dough will not stick.

When kneading, start by adding roughly $\frac{3}{4}$ – 1 cup additional bread flour to top of dough. Work flour into dough. When dough begins to stick to hands, either add more flour or stop kneading. (All of the added flour should be absorbed at the end of kneading.) After dividing dough into thirds, add additional flour to each section – the dough will be very sticky where cut.

To increase rising time of loaves, add additional sugar (e.g., heaping $\frac{1}{2}$ cup).

Heavily grease loaf pans so bread will not stick. If bread will not turn out, slide a knife around the outer edge of loaf to minimize damage.

Sourdough Starter

Ingredients

1 package yeast¹

$\frac{3}{4}$ cup sugar

3 Tbsp. instant potato flakes

1 cup warm water

Stir together in plastic or glass container. Let stand at least 8 hours at room temperature. Cover and refrigerate 1 week.

— Additional Tips —

Store starter in 12 or 16 ounce Cool Whip container. A 16 ounce container is best, for starter will gradually grow over time.

Measurements of potato flakes and sugar need not be exact – both should be slightly heaped (including when making bread). Including additional sugar when mixing bread mildly retards the rising action of the yeast. Do *not* increase the amounts of liquid ingredients. The dough will be wet (sticky) enough already.

¹ 1 package yeast = 2 $\frac{1}{4}$ tsp. yeast