Hill's Mills & Mixers
BOSCH Kitchen Centre
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WILD YEAST (SOUR DOUGH STARTER) - Ruby and Friends

2 c flour, white
2 c warm water or 2 cups lukewarm potato water (water left from cooking potatoes)
1 T honey

Mix well and place in bottle or crock, uncovered. Allow mixture to ferment five days in a warm room. Stir several times a day with a non-metal spoon, thus aerating the batter and permitting the air to activate the mixture. It will smell yeasty, and small bubbles will come to the top.

Wild yeast is used in varying amounts in recipes for bread, rolls, hot cakes, etc. The fifth day, after using some, "feed" the starter (to replace the amount used in baking) using equal parts of flour and water or potato water. In another 24 hours the yeast will foam, and be ready for use again.

Store the unused portion of the yeast in the refrigerator in a glass or crockery container with a tight-fitting lid. Shake it often. To activate it before using it again, add 2-3 T. flour and the same amount of water; stir well. (Without refrigeration,start can be kept "fresh" by using often.)

Some say the yeast spores around the crusty top of the container are beneficial and that one should not keep emptying and washing it.

Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559