

# Natural Bread Recipes

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The Way of the Most High

“Exalting belief in Our Father, the Most High יהוה (YaHUAH), through His TaNaK (falsely called ‘Old Testament’).”

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## Natural Bread Recipes

**Do not mix in a metal bowl, either the starter or bread mix.  
Use glass, which we prefer, or plastic.**

### Sourdough Starter

1/4 cup water

3/8 cup flour

Mix in a glass jar. Scrape down sides. Cover jar loosely and have the jar in a warm place. After 12 hours you should see a few bubbles. Add 1/4 cup water and 3/8 cup flour. Mix vigorously, scrape down sides. Cover jar loosely and have the jar in a warm place for 12 hours.

Remove half the batter and place it in compost or give it to someone or use it as a second starter.

Add 1/4 cup water and 3/8 cup flour. Mix vigorously and repeat step above.

If after 3 feedings the starter doubles in size, filling up the jar, then it is ready to be used in your baking. This may happen in 24 hours in warm weather. In the winter you may have to wait 7 days. Whenever it is bubbly and doubled in size, it is ready. You must not place it in the fridge until 3 weeks though, because cold temperature will kill it. But after 3 weeks it is fully mature and can be refrigerated.

Keep starter at room temperature and feed twice daily (3/8 cup flour) until the 3 week mark.

If refrigerated, make sure you take it out 24 hours ahead and feed it 3/8 cup flour.

### Whole Wheat Sourdough Bread

Instead of feeding your starter the night before as usual, prepare a stiff sponge by thoroughly mixing until smooth with the following ingredients:

1 cup sourdough starter

1 cup water

2<sup>1/4</sup> cup whole wheat flour

Cover with a sheer cloth and allow to sit at room temperature overnight.

In the morning, add to the mix:

All the sponge.

1 cup water

1/2 cup milk

1/4 cup melted butter or oil

1/4 cup honey

4<sup>1/2</sup> cups whole wheat flour

Mix the ingredients for a couple of minutes till they are all together. Then allow the dough to sit for 20 mins. With oil on your hands, it will not stick if you are kneading by

hand. Add  $3^{1/3}$  teaspoons of salt, then knead by hand or use mixer on low for 4-5 minutes. Cover it with a towel at room temperature or warm place. Let the dough sit for 75 mins. Remove towel. Knead or mix again. Recover it. After 75 minutes, knead or mix again. Recover it for 75 minutes for a total rise of 3 hours and 45 minutes.

Place dough out on lightly floured surface and divide in two. Roll out each into a rectangle the width and length of the bread tin. Tightly roll it up like a jelly roll, pinching the bottom seam that forms as you roll it. Pinch the ends in, tucking under. Pat it nicely into a loaf shape and place it in a well-buttered/oiled tin. Repeat for other dough.

Cover with a towel and place in warm, draft free place until it is doubled in size. Don't get too impatient and place it in the oven too soon or it will become dense. Preheat oven to 350F.

Use a sharp knife and go all around the border of the tin to separate dough from the sides, and then brush the top of the loaf with butter/oil and bake for 35-40 mins until the loaf sounds hollow when you tap on it. Don't inspect it often or open the oven often. Try and look through the glass of the oven to check on it and tap on it between 35-40 mins. Then remove the bread and place loaves on a rack to cool.

### Alternate Sourdough Starter Rye or Spelt and Wheat

Place 1 cup water and 1 cup flour into a bowl, 50% rye and 50% wheat. Leave the bowl out on the table. Every morning pour in 1/2 cup water and 1/2 cup flour mix. You do this until it becomes light and foamy. Again, this can be 24 hours to 7 days depending on room temperature and so forth. In warm weather, usually 24 hours is enough. If it tastes and smells bad it means you have to throw it out. Perfect is like the smell of beer.

### Sourdough Spelt Bread Recipe

Pour about  $1^{1/2}$  cups starter into a bowl. Add 1 cup rye flour and 1 cup water. Knead/stir well. Cover with towel and let it stay out for the night. Then feed the starter that remains from your original starter with 1 cup rye flour and 1 cup water. Mix well and place your starter in the fridge.

Next morning you should have about 3 cups of sourdough sponge. Should be active, bubbly and smell great.

Pour into mixing bowl. Mix and add 5 cups spelt flour.

1 tbsp salt and honey into a large glass. Pour on this a half cup boiling water. Stir well to dissolve. Once dissolved, add 1/2 cup cold water. Pour this into mixing bowl. Knead mixture. Scrape down the bowl when needed.

Place on a surface with some rye or wheat flour (or 50/50 mix) and knead on surface. When finished, the dough should be sticky but holds together well. Add a 6th cup of flour as needed to achieve this. Some batches may need more or less. Always add only enough to simply hold it together. Should remain sticky.

Transfer back to mixing bowl. Cover with towel and leave it for 5 hours at least to rise.

Line 2 bread tins with parchment paper. Lightly flour your work surface. Scoop dough out and lightly flour on top. Divide into 2 equal parts. Gently fold dough over into a long shape about the size of your tin. Cover with towel and let rise for at least 2 hours. Bake in preheated oven at 350F for 1 hour.