

THE TECHNIQUE THAT REINVENTS SOURDOUGH

Creating a wild-yeast starter or “mother” to give rise to breads naturally has never been easier. Rather than using store-bought yeast with only one variety of yeast singled out, naturally fermented bread uses the biodiverse yeasts and probiotic-friendly bacteria familiar to your body from the air that surrounds you. In wild-yeast breads, carbohydrates are broken down and vital nutrients are freed up, unlike breads made from packaged yeast. Rather than a source of “carb-loaded” guilt, bagels become a healthy indulgence.

If you’ve sworn off healthier-for-you fermented sourdough bread making as too much work or you think it means sour-tasting, artisan-style-only loaves, this book is for you. Using my method, any style of bread you choose to make will loft with wild abandon!

BREAKTHROUGH SINGLE-FLOUR BREADS

Heirloom Wheat
Sprouted Grains
Classic White
Whole Wheat
Brown Rice ^{GF}
White Rice ^{GF}
Quinoa ^{GF}

FIRST
MONTH
1 minute 2 x day

BAKE
1 x week

ONGOING
1 minute 1 x week

BAKE (at least)
1 x month

Jacketless Hardcover
8 x 10.875 in, 224 Pages
475 color photographs
Pub Date: 3/13/2018

Baking like it’s 1890, using heirloom grains
and healthier-for-you airborne yeasts.



Barron Flour Mill

The bread on the front
cover was made using 100%
heirloom wheat flour.

\$24.99 U.S.

ISBN-13: 978-1-4236-4818-5



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WILD BREAD

SOURDOUGH REINVENTED

MaryJane Butters



GIBBS
SMITH

SOURDOUGH REINVENTED

WILD BREAD

FLOUR + WATER + AIR

MARYJANE BUTTERS

Owner of the 1890
Historic Barron Flour Mill

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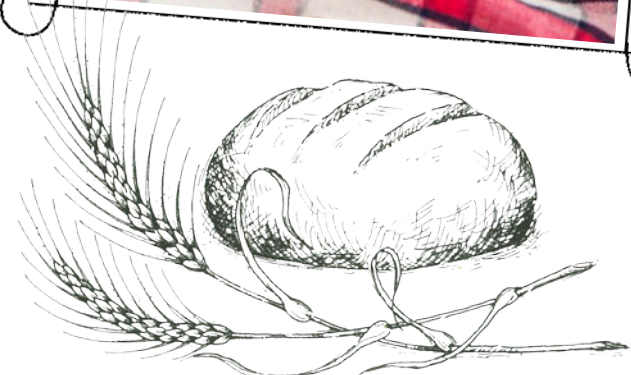
Quick-and-easy treats, everything from panbread bites to muffins to pancakes to doughnuts.



Einkorn (heirloom wheat)



Bread-Machine Kamut
(heirloom whole wheat)



White Wheat



White Rice (gluten free)



Quinoa (gluten free)

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Find it, buy it! Not all equipment, cookware, and tools are created equal. Lean in for the lowdown. Also, gift ideas.

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Quinoa (gluten free)

It's the night BEFORE Bake Day (p. 58). As usual, you're going to pull 1/2 cup mother from your Refrigerator Mother, feed her 3/8 cup flour and 1/4 cup water, stir/cover, and put her back until next week.

To the 1/2 cup mother now in your *Glass/ock* bowl that's about to become "activated batter," you'll add 3/8 cup flour and 1/4 cup water; stir/cover.

It's Bake Day. Rise and shine! Feed your activated batter 3/8 cup flour and 1/4 cup water; stir/cover. Two to three hours later, it's ready to go to work for you.

Depending on the type of flour you're using, follow the amounts in the chart below.

	Activated Batter	Water	Salt	Flour (same type as mother)	Ice Cubes
White	1 1/2 cups	1 cup	1 1/2 t	2 3/4–3 1/4 cups	1 cup
Kamut	1 1/2 cups	1 cup	1 1/2 t	2 1/4–2 3/4 cups	1 cup
Sprouted	1 1/2 cups	1 cup	1 1/2 t	2 1/2–3 cups	1 cup
Einkorn	1 1/2 cups	1 cup	1 1/2 t	4 3/4–5 1/4 cups	1 cup
Einka	1 1/2 cups	1 cup	1 1/2 t	4–4 1/2 cups	1 cup

1. To the batter in your bowl, add water and salt; mix well. Starting with the smallest amount of flour in the chart, reserve 1 cup of it for kneading and add the rest of it to the bowl with the batter; mix until a stiff, tacky dough forms. Let rest 5 minutes.
2. Dust a clean work surface with reserved flour and scoop dough out of bowl. As you begin to work in the reserved flour, resist the urge to add more flour, as it will produce a dense loaf. Instead, very lightly coat your hands with cooking oil to prevent dough from sticking to your hands. If dough is still too sticky after reserved flour has been worked in, begin working in another 1/2 cup of flour. Continue to knead until dough is smooth, pliable, and slightly tacky (about 8 minutes).
3. Wash and dry bowl and coat with safflower oil. Shape dough into a ball and add to bowl. Cover bowl with its lid and let rest in a warm place (70–73°F) for 30 minutes.
4. After 30 minutes, remove lid. Starting at the edge of the bowl, lift a portion of the dough toward the center of the bowl using a bowl scraper. Rotate the bowl, lift another portion, and fold it toward the center. Repeat until all edges have been folded toward the center (6–8 total folds). Cover bowl with lid and let rest again in a warm place (70–73°F) for 30 minutes. Repeat fold/rest two more times. Now, you're done with the folding process that conditions the dough so it rises well (step 8).
5. After the last 30 minutes, lightly dust a clean work surface with flour and scoop dough from bowl using the bowl scraper. Divide dough into 3 equal portions and stretch each portion into a 4" x 16" rectangle. Starting from the 16" edge, roll the dough into a rope and pinch the bottom seam closed. Tuck ends of the rope under to create a uniform rope; pinch seams to seal.
- 6–8. (facing page)
9. Before bread finishes its 45-minute rise, move an oven rack to the center of the oven and another to the bottom. Place an enameled cast-iron Dutch oven on the bottom rack. Preheat oven to 425°F.
10. Put epi loaves into oven. Add ice cubes to enameled cast-iron Dutch oven. (Why? See p. 216.)
11. Bake for 25 minutes, or until internal temperature reaches 190°F. Remove from oven and transfer to a cooling rack.



6. Line an inverted baker's sheet with parchment paper. Roll a single rope onto a baguette board and transfer to prepared baking sheet, seam side facing down. Straighten rope on baking sheet. Repeat this process with remaining portions of dough.



7. Using kitchen shears, make a 45° angled cut at the top of a rope, leaving the back of the rope intact (about 1/2" up from the bottom). Turn cut piece to the left and make another 45° cut, but this time, turn cut piece to the right.



8. Continue making cuts and turning cut pieces in alternating directions. Once all ropes have been cut, cover epi loaves with a flour-sack cotton towel and let rise for 45 minutes.

CIABATTA

Einka



To make ciabatta sandwich rolls, divide dough into 8 equal portions. Shape each portion into a 3 1/2" x 4" rectangle and place on an inverted baker's sheet lined with parchment paper. Cover with a flour-sack cotton towel and let rest for 30 minutes. Follow steps 8–9 of ciabatta recipe. Bake for 15–18 minutes, or until internal temperature reaches 200–205°F. Remove from oven and transfer to a cooling rack.



Einka

Kamut



Sprouted



White

