

# Baking Bread

If you want to bake bread and your Mother is in the fridge, take her out & bring her to room temperature (takes about 3-4 hours, depending on the warmth of your kitchen).

1. **Pour** some Mother into a pint jar, about 1 inch up from the bottom of the jar (1/4 cup). This is now your Start.
2. **Feed BOTH** your Start, and your Mother 1/4 cup flour and 1/4 cup water. Stir both to a consistency of thick pancake batter. Leave your Mother on the counter to be fed daily (if you are making several loaves/week or put her back in the fridge to be fed once every week or so. This Mother is strong and can go several months without feeding, (if in the fridge), which is amazing!
3. **WAIT** about 90 minutes for your start to rise and fall. Take a little spoonful of start and put it in water, if you want to do the "float" test. If your start floats, she is ready to bake. (FYI, even if it doesn't float but it has risen and fallen, it does fine).
4. **Pour** your "start" into your a large mixing bowl, then fill your pint jar (2 cups) with water and swirl around so you get all the mother out of the jar. You don't want to waste a drop! Add 1 TBSP salt, 4 cups flour (sifted after measured) and add-ins. Mix together with a large spoon or Dutch Whisk.
5. **"Tug and Tuck"** dough 6-8 times around the bowl. The more you "work" the dough, the spongier and lighter your bread will be. Working less will give a more dense bread. Tug and tuck 4-5 separate times before baking for traditional sourdough.
6. **Cover** with a damp tea towel and let rise for about 12 hours. Continue to Tug and Tuck over the next several hours to make a fluffier more tangy bread. The longer you let your bread ferment, the better it is for your gut.
7. After your last "tug and tuck", put your dough in an oven-safe crock or dutch oven lined with parchment paper. If you are using a loaf pan, use a spray oil and place loaf in pan.
8. **Sprinkle** the loaf with water three times (think non-submersion baptism) and put lid on crock, Dutch oven, loaf pan or baking sheet.
9. **Baking:** Put in cold (or pre-heated) oven at 450, and bake for 45-60 minutes.
10. **Storage:** Store in a non-airtight container at room temp. Sourdough is alive and therefore molds quickly if left on the counter in an airtight container. If stored in the fridge or freezer, storing in a sealed ziplock bag is just fine.

**\*NOTE:** Every oven is a little different. The oven temperature and the baking time can vary from oven to oven. Just keep an eye on it the first few times and then make adjustments. The **ONLY** way to mess this bread up is to over or under bake it!

**Tips:** If you are using a loaf pan, set the timer for 20-25 minutes, once timer goes off, lightly place a piece of aluminum foil on top and set timer to bake another 20-25 minutes. Baguettes bake for a total 20 mins. (1 recipe makes 2 to 3 Baguettes)

**ENJOY the process and give yourself GRACE!!!**