

## BASIC SOURDOUGH - GINA'S TOP FIVE TIPS

### 1. USE (LIGHT) RYE FLOUR AND ROOM TEMPERATURE FILTERED WATER TO FEED AND MAINTAIN YOUR STARTER, OR CREATE YOUR OWN "STARTER"

- a) See Thermomix Baking Blogger for process on how to create your own starter (<http://thermomixbakingblogger.com/thermomix-sourdough-masterclass/>);
- b) or buy dried starter from All About Bread in Greenwood (comes from France, you get 50g and instructions on how to activate it, cost is \$5.95);
- c) or share some starter from a friend

### 2. USE BEST QUALITY FINE SEA SALT

Salt helps to "set" the gluten in the bread, and slow down the fermentation process allowing the dough to become more digestible and develop more flavour

### 3. USE COMMERCIAL QUALITY BAKING TINS (LIKE MACKIES)

You can buy Mackies tins from All About Bread in Greenwood, they give an even bake and beautiful crust to the bread, they allow the bread to pop out of the tin easily, and there is no need to wash them - just wipe out and store

### 4. BUY A GOOD SET OF DIGITAL SCALES

If you do a lot of baking, then it is worth the investment to get a decent set of digital scales as measurements for preparing sourdough starters and bread need to be precise

### 5. CLEANING YOUR TM BOWL AFTER MAKING A STICKY DOUGH

Cover blades with water, add a splash of detergent, then **heat 3 minutes / 60 degrees / speed 6**, remove bowl from carousel and allow to sit for at least an hour, pour out the water and you will have a clean bowl