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Wild Yeast Bread

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Introduction:

I took a short course on fermentation at the Northern Plains Sustainable Agriculture Society Winter Conference. I do Kombacha, sauerkraut, pickles, etc. but have never done wild capture yeast. It was awesome.

Preparation:

Mix flour, salt and water; add starter. Put in covered container for a minimum of eight hours. Spatula out onto floured counter, knead or stretch until not so sticky. Place in container, cover and allow to rest two more hours.

Using a cast iron pot with cover to bake, place the pot in the oven and heat to 500-degrees for about 30 minutes. Take dusted dough ball and drop in and cover. Bake 10 minutes, reduce heat to 400, bake 10-15 minutes longer, uncover bake until brown - dump out (hopefully your pot is seasoned enough) and enjoy...

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Crops:

[wheat](#) [2]

Cuisine:

[German](#) [3]

Preparation:

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Recipe Type:

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Ingredients:

STARTER

- Flour
- Water
- Mix equal parts and allow to steep on your counter in a Mason jar until bubbly.

BREAD

- 4 cups flour
- Tsp. salt
- 2 cups water (or slightly less)
- 1/2 cup starter
- Dough will be very sticky and wet. That's important.

Group content visibility:

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Links:

[1] <http://www.dasguteessen.com>

[2] <http://kgi.org/crops/wheat>

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