



• The easiest and fastest way to make sour dough bread •

HOW TO PREPARE YOUR BREAD

Before starting, fully read the recipe to anticipate quantities and timing. In summer, you can start the night before; and in winter, as the fermentation process is slower due to the cold, you will have to start the process a couple of hours before.

THE EVENING/AFTERNOON BEFORE:

1. In a bowl, add 1 small bag of Masa Mater, 500 g of flour, 10 g of fine salt and 400 ml of water (if it's very hot or you're not going to use whole wheat flour, reduce 50 ml of water to knead more easily). We suggest you that at least half of the flour you add should be strength flour; the rest, as you prefer: common, rye, whole wheat, etc. In winter, we recommend you heat up the water a little bit before starting the process.
2. Stir with a spoon. Optional: add a tablespoon of honey or brown sugar to counteract the natural acidity of the sourdough.
3. Let the sourdough sit still for 30 minutes.
4. Do short kneadings (2 minutes kneading + 15 minutes rest) and repeat 3 times. To avoid the dough getting sticky, dampen your hands, but do not add more flour. If your dough sticks too much and you can't handle it, you can check out or blog entries called: "Amasar o no amasar: cuestión de miga" or "El major amigo del Panadero casero es el amasado francés": we explain everything there in detail.



→ With this QR code you will gain access to some explanatory videos that will help you with the recipe.

5. Add some oil lightly to the bowl, roll the dough into a ball and put it inside. Then, cover the bowl with some plastic wrap.
6. **First fermentation: the dough grows.** In summer it takes up to 7-8 h, and in winter 13 h (this slower process makes the bread tastier). Let it ferment long enough for the dough to rise.

THE NEXT DAY:

7. Sprinkle flour on the counter and place the dough in the shape you would like. To explore some different modelling options, you can consult the QR code mentioned before.
8. **Second fermentation: no more kneading!** We cover the dough so that it rises. In summer we will leave it for 1 h, and in winter 3h.

9. Preheat the oven, with the tray inside, during 30 minutes at maximum temperature (250 °C).
10. Use a sharp knife or a box cutter to cut the bread before introducing it in the oven.
11. **BAKING:**
 - The oven must have the lower heating element on, without the fan. If your oven does not have this option, place a tray covering the heat from the upper heating element.
 - Introduce the bread with its paper base in the oven (you can help yourself with a cardboard) and pour half a glass of water directly on the lower part of the oven (NOT in the tray where the bread is), to generate humidity.
 - After 20 minutes have passed, turn down the temperature to 180 °C and select both the upper and lower heating elements (without fan). If your oven does not have this option, leave the lower element on.
 - Open the oven for some seconds to eliminate the excess of humidity, and leave it in the oven for 30 minutes more or until you see the crust golden (if you're making many pieces instead of only one, the time will be shorter).
12. Take the bread out of the oven and leave it to cool down on the oven rack so that the base does not get wet.

IT IS EVEN EASIER IN A BREAD MAKER:

1. Add 1 small bag of Masa Mater in the bread maker, 500 g of flour of your preference (preferably strength flour, although you can mix several types), 400 ml of water, 10 g of salt, and optional: 30 g of walnuts, 30 g of raisins and a tablespoon of honey. Select any program that kneads for 10-15 minutes.
2. Turn off the bread maker or, if possible, program 12-17 hours (extend or shorten the time depending on the temperature of your kitchen: if it is colder it will need more hours) for the dough to ferment. After this time, select a complete and basic program (it generally corresponds to Program 1*) that allows you to make 1 kg of bread. *This program should include a 10-20 minute kneading, a 1 hour rest (at least) and a 50 minute cooking time approximately.

Check out the video recipe of Masa Mater in a bread maker on our blog!



SPECIALTIES

If you want a bread with some extra ingredients, add them to the dough in step 7, just before shaping. And if you only prefer them as decoration on the crest, add them in step 11, just before cutting the bread.

You can find bread and dessert recipes with Masa Mater on our blog.

Do you have a special idea? We encourage you to create your own versions and to share pictures with the Masa Mater community. We would love to see them! Look for us on the Facebook page Masa Mater, on Instagram: @masa_mater; and on Twitter @masa_mater.

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