

SOURDOUGH SPONGE

for making slow rise sourdough recipes

Step One: The Sponge:

Dissolve 1 T. dry yeast and 1 tsp. raw sugar (or honey) with 3 C. of room temperature Kefir, in glass jar. Mix in 3 C. fresh ground whole wheat flour. Cover with cheese cloth and keep at warm temperature for 3 days. This is your sponge. Keep it in refrigerator. Every time you want to use it, let it sit out to bring it back to room temperature.

Step Two: The Sourdough Starter:

Take a cup of your sponge and add 2¼ cups of fresh ground whole wheat flour and 1 cup of Kefir. Cover and let sit for a day or night.

Step Three: The Dough:

Take out 1 C. starter and put it back with the sponge (to replenish your sponge). With the rest of it, add all ingredients the same as for your challah recipe or any other bread, except for yeast. Add 1 generous Tbsp. baking soda. Knead, let rise overnight, and bake the next day.