
Sourdough Starter How To

Cook Time: 5-10 min

prep Time: 5 min

total Time: 8-10 hours min servings: 4

Ingredients:

200g whole meal flour or Spelt Flour

150g cold water

4g fine sea salt

75g starter

Instructions:

DAY 1:

Lightly grease your bowl with the olive oil, then place the flour, water, salt and starter inside and mix together (as per the book and even in class the dough should be very loose/wet, but for sometimes it's like a normal dough, depends on the type of flour used).

Cover and leave to rest for 10 minutes.

Give your dough a fold by bringing one side of the dough up and over the other side.

Cover, place in the fridge and leave for 8-24 hours.

DAY 2:

Preheat it to 250°C/500°F or as hot as your oven will go.

Flour your work surface. The wetter the dough the more flour you will need.

Take your dough out of the bowl and divide it into two equal pieces.

Pull each piece out to form a rectangle or circle as you wish, if though is on the dry side then roll it out using a rolling pin. If it's loose and soft then place straight into a baking tray and spread out to form a medium sized flatbread.

Top with your choice of toppings such as zaater mixed with olive oil, different seeds, dukkah or leave it plain to have with a dip.

Bake for 5-10 minutes, the time will depend on how thick you rolled the dough. Then take out of the oven and serve.