

# Bertram Wegemer

## Natural sourdough with rye flour

In this recipe for natural sourdough with rye flour, the sour dough is created without yeast, only by the natural fermentation of rye flour with water.

This procedure extends over several days, but it is not much work, it can be done alongside other things.

### Ingredients: for 600 g sourdough

300 gr rye flour / Roggenmehl Type 1150

300 ml lukewarmwater

How to proceed:

For the preparation on the first day:

Mix 75 g rye flour and 75 ml of lukewarmwater in a baking bowl and mix it to a small amount of a thickish dough.

Cover the bowl with a damp kitchen towel or foil and leave it for 48 hours in the kitchen with a room temperature of approx. 20 °C. 24 hours are usually sufficient in warmer temperatures in the summer. .

Moisten the kitchen towel from time to time to prevent the dough from drying out.

After 24- 48 hours:

Mix 75 ml of lukewarm water with the prepared sourdough in the bowl, add 75 gr. rye flour and stir it in. Feeding

Cover it with a damp kitchen towel and leave it in the kitchen for another 24 hours.

After further 24 hours:

Add 150 ml lukewarm water and 150 ml rye flour to the sourdough and cover it one last time with the damp kitchen towel.

The sauerdough raises strongly in the beginning, but sags back again and ferments. Leave the rye sourdough rest for the last 24 hours.

Now we have in the bowl 600 g of natural sourdough, which can be used whenever sourdough is required in a recipe.

Dividing and reproducing the sourdough

Remove approx. 100 g from the finished sourdough, put it in a clean jam jar with lid and store it in the fridge until the next bread baking(it remains fresh for several weeks). Make sure not to screw the lid of the glass too tightly, only lay it on the glass.

To bake bread using the retained sourdough from the glass, pour the sourdough out of the glass into the baking dish, one day before baking.

Stir it with 125 ml (approx.15 tablespoons) lukewarm water to a smooth mass.

Add 150 g rye flour and, if required, some more lukewarm water. Stir until you get a porridge-like mass of sourdough. Cover the sourdough with a damp kitchen towel and leave it in the kitchen until the next day.

In turn take approximately 100 gr. of the sourdough and fill it into a jam jar and store it in the fridge for the next bread baking process (with loosely attached lid).

Knead the remaining sourdough into a bread dough, according to the chosen recipe.



The sauersough after its first rise



Feeding the dough after its first and second day



The dough after the last feeding and rising on the third day