

Natural leaven

For 1 natural leaven, you will need:

- Flour organic, rye, brown or wholemeal
- Water spring or filtered, and warm



Ready in: 25 min.

- Day 1: In a small pot, such as a jam jar, mix thoroughly 30 g flour with 30 g warm water. You can increase your chances of success by adding the point of a teaspoonful of honey or brown sugar. It should look pasty. You have just made the "Leaven chef", put the lid on the pot lightly so the air passes, and keep in a warm place.

- Day 3 or 4: The contents of the pot might be starting to bubble, which is a very good sign! Add to the pot 30 g warm water, mix well, then add 30 g flour. Mix thoroughly. It should look pasty again. You have just done the "1st refreshing". Store it, lid loosely on the pot to allow air to pass.

- Day 6 or 7: The contents of the pot should start to inflate, make bubbles, be alive! Transfer the contents of the pot into a larger container (if not it will overflow). Weigh the existing leaven and add the same weight of warm water, mix well, then the same weight in flour, and mix thoroughly. You have just done the "2nd refreshing", store it with the lid on loosely to let air to pass, or covered with a damp cloth.

- Day 9 or 10: The leaven is started, it should start to smell and to be fizzing or frothing. From now on you can start to use it for all your recipes like the new leavened bread. When you have used some, refresh it to compensate and so on... From now on, for a feed, weigh the existing leaven and always add its weight in water, mix well, then its weight in flour and mix again (as for day 6).

- To resume the leaven cycle, you can see this small video (made with about 300 photos) which show you how a leaven act after a refresh. You will note that it is super active after about 12 hours, that's an important data for you when you will start your first leavened bread.