

All About Sourdough!

Brief History

- Documented production and consumption of sourdough bread can be traced back to several millennia BC.
- Bread loaf residues have been found in ancient Egyptian tombs.
- Wheat has been found in pits where humans settled more than 8000 years ago.



Sourdough Facts

- Sourdoughs are so called because the bread is leavened with a mixture of yeast(s) and lactic acid bacteria.
- It usually has a mildly sour taste because of the lactic acid produced during anaerobic fermentation by the lactobacilli.
- Sourdough breads are made with a sourdough starter. The starter cultivates yeast and lactobacilli in a mixture of flour and water.
- Sourdough bread is similar to white hearth bread except for its characteristic sour, acidic flavor and extra chewy texture.



- Instant Yeast
- Salt
- Sugar
- Flour
- Sourdough Starter
- Water

