

# SOURDOUGH FERMENTER



## SET YOURSELF UP FOR SOURDOUGH BAKING.

Prepare sourdough starter with Sourdough fermenter and bake naturally leavened bread with more flavour and fragrance.

# INCLUDES

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## CAPACITY

Kefirko jar has a volume of 900ml.



## VERSATILE CUP WITH A LID

It functions as the Sourdough Fermenter's lid, measurement cup, and storage cup. The markings on the sidewall of the cup (cups/grams and millilitres) will help you accurately measure the water and flour at each feeding of the starter. Cup covering the jar allows the airflow and helps boost the live cultures in your sourdough starter.

## STORING THE STARTER

When safely stored in a versatile cup with a lid, sourdough starter is always prepared for your upcoming baking. To ensure that the starter is never starved, use the fermentation clock to mark the time of the most recent feeding. If you store the starter at room temperature feed it once a day, if you store it in the fridge feed it once a week.

## MEASURING SPOON

Easy-to-use 5 ml spoon for weighing salt or water while feeding the starting. The shape makes it simple to wipe the spoon after mixing the starter.

## RUBBER BAND

Before rising, mark the sourdough starter's initial level. You will see when the starter has doubled and is ready for baking.









## STORAGE LID

Attach the closing disc to the ring of Sourdough Fermenter to cover the glass jar for storing sourdough levain or any other ferments you want to keep in the refrigerator.

## CARE FOR SOURDOUGH FERMENTER



-  Before first use, wash all parts with warm, soapy water. Thoroughly rinse the detergent out. The components of the fermenter should be washed by hand.
-  Use water and a gentle kitchen brush to clean the fermenter or cup if the dough has dried on the walls. Never use wire cleaning brushes or sharp equipment.
-  When fermenting, keep out of direct sunlight and keep away from heat sources in the kitchen.
-  The coloured ring has a sealing ring on the inside, remove it when you want to use the ring together with the closing disc to make the storage lid.
-  After use, take out the seal from underneath the ring and wash both parts in soapy water. Before reinserting it back to the jar, make sure both are dry.
-  Bioplastic is used to make every plastic component. This indicates that because they are made of organic material, their manufacturing is more environmentally friendly. The bioplastic components must be thrown out with the plastic refuse.

# HOW TO START

You will need an **active** sourdough starter to begin your sourdough baking journey. Active starter has a yeasty smell and bubbles. It quickly doubles in growth after being fed.

## HOW TO GET IT?

**Option 1:** You either have a dormant starter in your refrigerator or someone gives you a tiny portion of their starter. This provides you with a live starter that you can use in recipes after feeding it once or twice.

**Option 2:** Buy dried sourdough starter (check out Kefirko Organic range). You are given a powdered starter that must first be activated. This might take a couple of days (2-3).

**Option 3:** Make sourdough starter from scratch. This process takes the longest because a live starter needs to be created by feeding the flour's microorganisms for at least seven days.

## OPTION 2:

Activation of dried starter (Kefirko Organic sourdough starter):

1. Combine 15g dried sourdough starter + 25ml lukewarm water + 30g flour and let sit for 6 to 8 hours.
2. Add 25ml lukewarm water + 30g flour and let sit for 12 to 16 hours.
3. Add 60 ml lukewarm water + 60g flour. Let sit for 12 hrs.
4. Discard  $\frac{1}{2}$  of the mixture and repeat step 2 until the sourdough starter is active.

### OPTION 3:

Making starter from scratch:

#### Starter recipe:

1. Combine 30g flour + 30ml lukewarm water in a jar.
2. After 48 hrs feed with 30g flour + 30ml water. Let sit for 24hrs.
3. Discard half of the starter and feed with 30g flour + 30ml water. Let sit for 24 hrs.
4. Repeat step 3 every day for at least seven days until the starter is active.

## START BAKING

Once you have an active sourdough starter you need to make levain for baking. This is the amount of sourdough starter needed for the recipe you want to prepare. Levain is prepared with the same kind of flour that is also required in the recipe. The steps are always the same:



**1.**  
**FEED THE  
STARTER**



**2.**  
**LEAVE TO  
FERMENT**



**3.**  
**START  
BAKING**

# FERMENTATION TIMELINE

A general description of the steps needed to prepare the finest sourdough bread. There may be some modifications for various kinds of baking, like sweet sourdough or pastry baking. This timetable relates to bread preparation.

ACTION	TIME NEEDED
Make levain	7-10 hours
Autolysis	1 hour
Add levain	-
Stretch & fold, bulk rise	2-3 hours (every 30 minutes)
Shaping	-
Final proof	3-4 hours
Scoring & baking	1 hour

The baking schedule should be adjusted based on when you want your baked goods to be ready. If you want your bread to be baked at 4pm on Saturday, for instance, begin preparing the levain with active sourdough on Friday evening. Activate your starter on Friday morning if it has been inactive in the refrigerator.

## SIMPLE WHITE BREAD RECIPE

### Ingredients:

1. 500g wheat flour + 30g for levain
2. 350ml water + 25ml for levain
3. 10g sourdough starter
4. 10g salt

**Make levain:** Combine 10g of sourdough starter, 30ml of water, and 30g of flour in the Sourdough Fermenter glass jar. Let it ferment at room temperature until it doubles in size (7-10 hrs).

**Autolysis:** In a large kneading bowl combine 350ml lukewarm water and 500g of flour. Leave for about an hour to rest. Enzymes in the flour break down starches and proteins during rest, resulting in a better crumb and hydration in the bread. This process is called autolysis.

**Add levain:** After autolysis mix in the levain and 10g of salt.

**Stretch & Fold:** Stretching and folding will now take place for the next two to three hours. With your hands, expand and fold the dough every 30 minutes.

**Shaping:** After the final stretch and fold, form the bread with your hands into the desired shape (boule, baguette, batard) and cover it to continue the final proofing.

**Final proofing:** This can be done at room temperature (3-4 hours) or in the refrigerator (overnight). The dough should at least double in size.

**Scoring and Baking:** Take out the bread and cut it with a scoring knife before baking. Scoring is crucial because the bread will rise in the oven and scoring will prevent breaking of the crust. Put it into a preheated pan (dutch oven) and bake it in the oven (about 1 hour). First 45 minutes at 240 °C covered, followed by 15 min at 220 °C uncovered. Bake until golden brown.

## TIPS



Screw on the cup on the ring if you want it locked. This will prevent airflow in the jar during fermentation. If left unscrewed the airflow will be enabled.



Silicone is used to make the cup lid and closing disc, allowing them to adapt to gas buildup in the container during fermentation. Your ferment is very active when you see the lid beginning to rise up or blow up.



Use the markings on the cup's sidewalls to help you measure, or the measuring spoon for smaller amounts.



Versatile cup is perfect for storing the starter in your fridge. Cover it with the small silicone cup lid and set it on the refrigerator shelf. It will safely wait for your next baking.

# CHOOSING THE FLOUR

Ingredient quality is important when baking with sourdough. The primary component, flour, is where the active microbes for fermentation are found.

## **How to choose the flour used for sourdough making?**

Because treated and bleached wheat is devoid of living microorganisms, it is important to refrain from using it. We advise using high-quality local organic flour. The best choice would be to grind your own grain, but organic flour from the grocery store should also work.

## **What type of flour is the best?**

For best results, you can always select different types. Every type of flour should work with sourdough, but if you're starting from scratch with the starter, wholegrain or rye flour can speed up the process. Different kinds of flour can always be used once your starter is active. What matters is that you feed the starter with the same type of flour that you want to bake with.

## **Does gluten free flour work?**

Many people with gluten intolerance are enjoying homemade sourdough bread. There are lots of tips and tricks online on how to succeed with this type of flour. The bread made with gluten free flour is more dense and crumbly. Usually additives in the form of xanthan gum or psyllium husk are required too.