

# Easy Street Bread

## Whole Sonora Wheat Barm Bread

| Ingredients   | Bakers percent | Grams | Ounces    | Cups & Spoons |
|---|----------------|-------|-----------|---------------|
| Whole Sonora Wheat Flour  | 100%           | 500g  | 16oz      | 3 cups        |
| Malted wheat flour<br>(or double weight of chopped freshly sprouted Sonora wheat grain) | 2%             | 10g   | 0.3oz     | 1 tablespoon  |
| Salt  | 1%             | 5g    | 0.2oz     | 1 teaspoon    |
| Water at 60°C (140°F)<br>Add more water for softer dough                                | 65%            | 325g  | 10 - 11oz | 1 ¼ cups      |
| Barm (sourdough starter)  | 20%            | 100g  | 3oz       | 3 tablespoons |

### Step 1 Mash

- [] To a mixing bowl: Add flour and malt
- [] In a saucepan: Dissolve salt in water, and heat to required temperature
- [] Add hot salty water to flour and malt in mixing bowl, and mix just until combined. Cover bowl and wait until dough has cooled at least to blood heat (1-3 hours).

### Step 2 Ferment

- [] Add barm to dough and mix only until fairly smooth.
- [] Form dough into a ball and then gently punch it into a parchment lined bread pan. Make a quarter-inch-deep cut along the center of the loaf, lightly cover with a cloth and allow to rise until full loaf size (up to 4 hours in Summer and 8 hours in Winter).

### Step 3 Bake

- [] Preheat oven at 425°F
- [] Bake loaf at 375°F for 45 minutes

## Barm refreshment

### How to maintain a supply of your own **Sonora whole wheat barm**

| Ingredients   | Bakers percent | Grams | Ounces | Cups & Spoons |
|---|----------------|-------|--------|---------------|
| Whole Sonora Wheat Flour  | 100%           | 500g  | 16oz   | 3 cups        |
| Malted wheat flour<br>(or double weight of chopped freshly sprouted Sonora wheat grain) | 4%             | 20g   | 0.6oz  | 2 tablespoons |
| Salt  | 1%             | 5g    | 0.2oz  | 1 teaspoon    |
| Water at 60°C (140°F)   | 125%           | 625g  | 20oz   | 2 ½ cups      |
| Barm (sourdough starter) preferably less than 7 days old                                | 20%            | 100g  | 3oz    | 3 tablespoons |

#### Step 1 Mash

- [] To a mixing bowl: Add flour and malt
- [] In a saucepan: Dissolve salt in water, and heat to required temperature
- [] Add hot salty water to flour and malt in mixing bowl, and mix just until combined. Cover bowl, optionally wrap in blanket for 1 hour to slow cooling, and wait until batter has cooled at least to blood heat (1-3 hours).

#### Step 2 Ferment

- [] Add barm to dough and mix only until fairly smooth.
- [] Leave covered bowl containing fermenting barm, at moderate room temperature (70°F; 20°C) preferably. Allow to ferment for up to 2 days. Stir well at least twice a day. Notice that at this temperature it usually takes 8-12 hours for the pH to drop to 3.5, measured with acidity test paper on a sample removed from the bowl. **Note:** At warmer temperatures the fermentation finishes much sooner, perhaps in only 18 hours at 86°F; 30°C

#### Step 3 Store

- [] After 24 - 48 hours the barm is somewhat liquefied, it should then be refrigerated and stored at 40°F; 4°C.
- [] This is your **refreshed barm** ready to use in your bread and pancake recipes. Preferably use within a week, although some activity is retained for 4 weeks. Refresh the barm again each week.