

Natural Yeast a.k.a a mother/starter

What you need

A glass jar with a screw top lid

Measuring spoons/cups

Water

Plain flour

A warm, draught-free spot

What to do

1. **Day 1:** mix equal quantities of flour and water in the jar (recommend 125ml). Close the lid **without sealing** and place in a warm spot.
2. **Day 2:** add equal quantities of flour and water. Replace the lid and return to its spot.
3. **Day 3:** By this stage, there should be a couple of bubbles forming. Add equal quantities of flour and water.
4. Continue doing this for another two days, by which time, there should be quite a few bubbles and if the ambient temperature is cold, the jar will probably feel slightly warm to the touch.
5. **Day 5 or 6:** The starter should have a lovely sour, yeasty nose and is good to use.



Notes:

1. If it appears that your baby mother might be drowning (too much water/or there is a separation), adjust the ratio of water to flour.
2. Over time, as the mother matures, her flavour develops which enhances whatever product is baked.
3. Once established, the yeast can be stored in the fridge (and even frozen) to be “woken up” when needed.
4. Before using – usually several hours – “wake” her up by feeding her. The recipe used will guide you to the quantity of flour and water that you need. Place her in a warm spot until she bubbles happily.

