

Sourdough Bread

—Alice Divers from Martinsville Bulletin

Sourdough Starter:

2-cups flour

1-package, dry yeast

1-tablespoon sugar

2-cups warm water

3-tablespoons instant potatoes

Combine flour, yeast, and sugar in non- metal mixing bowl.

Combine potatoes, with water and stir into mixture.

Cover with loose aluminum foil and let stand in warm place 48 hours.

Take out one cup and store in refrigerator and discard the rest or share it. Keep starter covered with foil 3-5 days.

Remove from refrigerator and feed.

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Starter Feed:

$\frac{3}{4}$ -cup sugar

3-tablespoons instant potatoes

1-cup warm water

Mix well and add to starter. Let stand in warm place 8-12 hours. (Mixture will be Bubbly.)

Take out one cup to make bread and return rest to the refrigerator and feed every five days if making bread regularly. If not, discard.

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Sourdough Bread:

1/2-cup Sugar

1-teaspoon salt

1 1/2-cups warm water

1/2-cup oil

1-cup starter

6-cups flour

Combine all ingredients in a large mixing bowl to make Stiff dough*.

Place the dough in another greased bowl, turning to coat the dough with oil.

Cover with foil and let stand in a warm place overnight.

Punch down and divide into three equal parts and knead on a floured surface.

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Place dough in greased loaf pans and brush tops with oil

Cover with greased waxed paper and let sit 4-5 hours.

Bake at 350°, 35-45 minutes.

Brush with butter immediately after removing from oven

Cool.

Store in Plastic Freezer bags, until Served.

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*Mother's notes:

For those not familiar with bread making, use a Mixer with a bread dough hook, at this point.

Flour should be sifted. Use Bread Flour.

Mother put each of the ingredients for making the bread in separate bowls to start.

Place all dry ingredient in mixing bowl and turn on as slow as you can make it go. Then add each of the wet ingredients. Keep mixer at as low as speed as possible. Mix until just stiff (don't beat more than necessary.)

[**Home**](#)