



Sekowa Special Baking Ferment

Instructions

Sekowa Special Baking Ferment is particularly popular in Denmark and Germany, many professional bakers use Sekowa Spezial Backferment or baking ferment exclusively for proofing their doughs. It is made from dried honey, organic wheat, corn and pea flour: it contains no commercially engineered yeast strains. The resultant bread has an excellent crust, mild flavour and good keeping qualities.

The baking ferment can be used directly in your bread recipe to replace conventional yeast, but it isn't as fast acting and so your dough will take much longer to prove. So, the best way to use it is to make up a batch of starter that can be kept in the fridge for a couple of months. Using the starter allows the dough to prove much more quickly.

Making a Batch of Sekowa Baking Ferment Starter

A batch of starter can be made in a 1L Kilner jar and then kept in the fridge until needed when a spoonful can be removed and the jar put back. It isn't a sourdough starter so doesn't need any attention to keep it going and will last for up to two months.

Method | Step 1

Pour the warm water into a 1L Kilner or similar container, add the Sekowa granules and stir to remove any lumps. Stir in the flour and again break up any lumps. Cover the top of the container lightly, either with a tea towel or cling film and leave in a warm place (about 30°C or 86°F) for 12-18 hours after which time some bubbles will be present.

Method | Step 2

Add all of the Step 2 ingredients into the bubbling mix from Step 1 and mix well.

Stand for another 5-10 hours again in a warm place (30°C or 86°F) after which time the mix will have doubled in volume and then will fall back. The starter is now ready to be stored in your fridge where it will keep for up to 2 months. You may see some grey liquid collect on the top of the starter - this is normal - just stir it back in.



Ingredients

Step 1:

| | |
|------|--------------------------------|
| 20g | Sekowa Baking Ferment granules |
| 220g | warm water |
| 100g | strong wholemeal flour |
| 100g | strong white flour |

Step 2:

| | |
|------|------------------------|
| 100g | warm water |
| 150g | strong wholemeal flour |
| 150g | strong white flour |

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Wholemeal Loaf

from Sekowa Special Baking Ferment

This recipe is for a straightforward wholemeal and white loaf that uses the Sekowa Baking Ferment starter as the leavening (rising) agent. Using the proportions in this recipe you should be able to create your own loaf using your choice of flour and by adding seeds etc.

Method:

Make the sponge the night before you want to make the bread and then on the day, it will form a bubbling batter that is then used as an ingredient to make the main dough. To make the sponge, add the lukewarm water to a large mixing bowl and to the water add the Sekowa Baking Ferment starter from your storage pot and the Sekowa Baking Ferment granules. Mix well with a dough whisk until the starter and granules are well dispersed. Next add the flour and mix with the dough whisk to form a batter. Cover the bowl and leave somewhere warm overnight, for at least 12 hours until the batter is bubbling vigorously.

Next day, or after at least 12 hours (longer will be fine, it will just make the dough more sour), add the Main Dough flour, salt and very warm water. Mix together with your dough whisk until all of the flour is made wet and then leave for 10 minutes to allow the flour to absorb the water. Then knead the dough for a minute or two, stretching and folding until the dough is smooth and elastic. Put the dough into your bowl, cover it with a damp cloth and put it back into the warm place for about an hour until well risen.

Divide the dough as you like: two equally-sized loaves works well with this quantity, then gently knead to form a ball and place into a rye-dusted 1kg proving basket. Cover again and leave in a warm place for a further hour until well risen.

Bake at 200°C for an hour using a La Cloche if you have one, removing the cover for the last 20 minutes and remove from the oven when golden brown.



Ingredients

Sponge:

| | |
|------|--|
| 10g | (or 1tbsp) Sekowa Baking Ferment Starter |
| 3g | (or 1tsp) Sekowa Baking Ferment Granules |
| 400g | strong white flour |
| 400g | lukewarm water |

Main Dough:

| | |
|------|-----------------------------------|
| 500g | strong white flour |
| 600g | strong wholemeal flour |
| 18g | seasalt |
| 500g | very warm water (about 55 ° C) |