

## GOLDRUSH SOURDOUGH STARTER

*The authentic natural sourdough process remains one of the best breads produced anywhere in the world. In the United States, and even in areas around the world, San Francisco sourdough is regarded as the benchmark by which all other sourdough breads are judged. GoldRush has removed the mystery of creating traditional sourdough! With GoldRush Sourdough starter and recipes it is easy to create the sour flavor and hearty aroma of sourdough bread anywhere in the world!*

### To Start the Sourdough Starter (AKA: Sponge or Mother Sponge)

You will need:

- ❖ 3 cups warm water (85-95°F)
- ❖ 3 cups bread flour
- ❖ Culture (in plastic bag)
- ❖ One large plastic bowl
  1. Place water, flour and culture into mixing bowl.
  2. Mix with spatula or with a wooden or plastic spoon in mixing bowl. Mix until smooth.
  3. Cover the bowl with plastic wrap and place in a warm, draft free area (80-90°F) for 24 hours.
  4. The starter should be slightly bubbly and give off a sour, yeasty aroma. The consistency will be that of light pancake batter.
  5. You now have your mother sponge, which is your basic ingredient in all sourdough recipes.



### GUIDELINES:

- ❖ **To feed the sponge:** discard 1 cup of sponge replace with 1/2 cup of flour and 1/2 cup of warm water, stir then leave out at atmospheric temperature of 80°-90°F. The more often you feed your sponge, the more sour your sourdough bread will become.
- ❖ To achieve the 80-90°F atmosphere in cold temperature areas, place your bowl of batter on a cookie sheet, and place inside your oven, with only the oven light on.
- ❖ Note: There are no scientific laws to the sourdough process. If the texture is off, go ahead and add flour to make it thicker, or water to thin it out. If it has been 24 hours, and there is no bubbling, or is lacking a sour smell, or your loaf is not raising, give it more time. Things like weather, air quality, or other environmental variances can and will affect the process. If after four days, the sponge still looks inactive, it may need to be tossed.
- ❖ Think of the Mother Sponge as sort of a pet, you want to feed it, and let it acclimate to its environment.
- ❖ A large, plastic container with lid is the best and easiest way to keep the sour sponge. For a one cup recipe, use at least a three cup bowl to avoid overflow.
- ❖ The mother sponge will become more sour when held at room temperature and fed often. Often is once to twice a day. You will find that, by leaving your mother sponge out of the fridge, you will find it is always ready for a recipe, and the waiting time is reduced. It is also good to leave out, so you get to know your sponge and its tendencies. If it seems to be getting too acidic, then put it in the refrigerator, don't forget to feed it once a week while in the fridge.
- ❖ Never put your Mother Sponge in the microwave.
- ❖ The mother sponge can be held in the refrigerator. When the sponge is held in the refrigerator it is "on hold". It does not develop sourer flavor when it is dormant.
- ❖ Even when held in the refrigerator, the mother sponge needs to be fed at least once a week.
- ❖ A clear liquid on top of the sponge is normal. Stir it back into the sponge.

### Using Your Sourdough Sponge:

1. Remove your sourdough from the refrigerator, if there is separation, stir the Mother Sponge. Measure out the required amount of sponge according to your recipe into a warm, 2-quart mixing bowl (we will call this the "baby sponge").
2. Feed the mother sponge the same amount that was removed for the recipe and allow to sit in a warm area for 6-8 hours. Return the mother sponge to the refrigerator if you wish it to be dormant.
3. Now add 1 1/2 cups of flour, and approximately 1 cup of warm water (85°F) to the baby sponge, and mix well. Use only enough water to create a pancake batter texture. Cover the bowl lightly with plastic wrap to prevent drying, let your batter proof for 8-12 hours at 80-90°F.
4. The baby sponge is ready to use in a recipe when its surface is bubbly and it has a strong, pungent, sour odor. After measuring out the amount called for in the recipe again, return the remaining baby sponge to the mother sponge in the refrigerator.

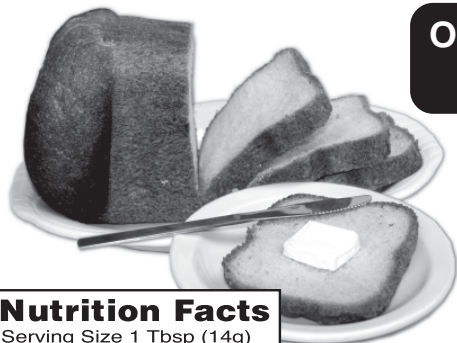
## GOLDRUSH SOURDOUGH PRODUCTS

**491 West San Carlos Street San Jose, CA 95110 1-800-729-5428**

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Visit our website at [www.mccornbread.com](http://www.mccornbread.com) to see more common questions and to buy "Adventures in Sourdough Baking" for more Sourdough Sponge recipes. For single recipes, send a self addressed stamped envelope to the above address with the recipe you would like.

## OVEN BAKING AND BREAD MACHINE VARIATION FOR SOURDOUGH BREAD



### Nutrition Facts

Serving Size 1 Tbsp (14g)  
Servings Per Container 1

Amount Per Serving  
Calories 45 Calories from Fat 0

		% Daily Value*
<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	0mg	0%
<b>Total Carbohydrate</b>	9g	3%
Dietary Fiber	0g	0%
Sugars	0g	
<b>Protein</b>	2g	

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### INGREDIENTS:

Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water.

### Sourdough Bread

Sourdough Sponge  
Water, warm  
Salt  
Bread flour  
Active dry yeast  
Loaf Pan

### 1 pound

3/4 cup  
1/3 cup  
1 tsp.  
2 cups  
1/2 tsp.  
7 1/2" x 3 3/4" x 2 1/4"

### 2 pound

1 1/2 cups  
2/3 cups  
2 tsp.  
4 cups  
1 tsp.  
9" x 4 1/2" x 2 1/2"

### FOR THE BREAD MACHINE:

There are no set rules for bread, be flexible, and check on your loaf throughout the process

1. Feed the baby sponge and leave at room temperature for 6-8 hours before using in the recipe.
2. Combine all ingredients in your bread machine, and program the machine to run for 12 hours.
3. Press "Start". When machine is finished, and turns off, remove your bread loaf to cool. Cut and serve hot for best results.

### FOR OVEN BAKING:

1. Feed the baby sponge and leave at room temperature for 6-8 hours before using in the recipe.
2. Combine all ingredients in bowl, mix or knead until well mixed and a smooth ball forms.
3. Cover and rest 6-8 hours. The longer the dough rests the sourer the bread will be.
4. On floured surface shape into desired shapes (round, loaves, rolls, baguette). Place dough on parchment lined sheet pan or in greased pans.
5. Cover dough with plastic wrap and proof (rise) for approximately 4-5 hours. The dough is done proofing when it has doubled in size and when poked with index finger the hole stays indented.
6. Preheat oven 450°F.
7. Place shallow pan with 1-2 inches of water on bottom shelf of oven.
8. When water in the pan is visibly steaming, oven is ready.
9. With razor blade cut designs into top of bread. The cut enables the bread to rise evenly in the oven and for the crumb to open.
10. Place the dough into the oven and reduce heat to 425°F.
11. Bake 30-45 Minutes.

Cool on rack before cutting.

### MOST FREQUENTLY ASKED QUESTIONS - For more, please visit our website at [www.mccornbread.com](http://www.mccornbread.com)

**Question:** I am having trouble following the instructions for baking sourdough bread. It is in the fridge now; do I take it all out and feed all of it? Only take out the amount asked for in the recipe and feed that?

**Answer:** The basic idea is to keep your starter well fed, ready for use and uncontaminated with other recipe ingredients. Here is a good way to accomplish this goal.

(Be careful to not add any ingredients other than flour and water before returning the mixture back to the master sourdough container.)

1) Take your master container with the Gold Rush Sourdough Starter from the Fridge and place it on the kitchen counter. Loosen the lid or cover so it can breathe fresh air. 2) Let the starter warm up on its own to room temperature. 3) Dump the entire contents of the starter into a large bowl. (This gives you an opportunity to clean and dry the original starter container) 4) Add three cups of water and flour to the large bowl with the sourdough starter. Stir thoroughly. 5) Allow starter to proof. Wait until bubbles appear and you begin to smell that yeasty aroma 6) Stir thoroughly and pour some of this mixture back into the master sourdough container. Return the master sourdough container back into the fridge. 7) Use what you need for your recipe from the large bowl.

**Question:** I followed my directions exactly, and to my disappointment, after 24 hours, the starter failed to react. It looks and smells like flour and water.

**Answer:** Our starter does not stick to any sort of exact schedule. If the weather outside is changing, or cold, or humid, the starter may react differently than predicted. Continue twice-daily feedings for up to four days. If at this time, there is still no action, and the sponge has been in a constantly warm environment, contact GoldRush to buy a fresh starter packet.

**Question:** I just started your sourdough starter and it does not smell very sour. I baked a loaf of bread, and it lacked "tang". Should I toss it and start fresh? Can I add something to help it along?

**Answer:** Some companies add a sour flavor to their starter to carry it through during the beginning feedings as the sour develops through vigilant feedings. GoldRush however, does not add any such flavorings. The sour will develop nicely with care and time. The more time you spend with your starter, leaving at room temperature and twice-daily feedings, the faster it moves to the sour stage. Do not toss it, the loaf was successful, so the sponge is active, just keep with it and it will pay off.