

Sour-Dough Starter

(John R. Braué)

6 good potatoes

2 quarts boiling water

1 cake compressed yeast, Uncle John's yeast, or bakers yeast

1 cup lukewarm water

1/3 cup sugar

3 tablespoons salt

Be sure you cook the potatoes in boiling water until they are very tender. Drain & save the water. Set the potatoes aside to be mashed or pureéd. Dissolve the yeast in lukewarm water. Mash the potatoes; add them to the remaining ingredients, including the potato water. Stir until creamy and place in a large bowl or crock. Cover and place in a warm spot to ferment for about 48 hours. Then store in a cold place in jars and use as needed.

(Starter may be kept in freezer for a month - carefully covered) and may be used from the refrigerator for a week; remember, it must be warmed to room temperature before using).

Rahn-Braue's Sour Dough Bread

Le Boulangers Bread

1 cup starter

1 cup lukewarm water

1 tablespoon shortening, soft, melted (or oil, butter, etc)

1 1/2 teaspoon salt

4 cups all purpose flour (or unbleached)

plus a pinch of soda

In large mixing bowl, combine first 4 ingredients. Stir until dissolved & blended. Add flour, mix well. Knead on board gently and place in greased bowl. Cover and let rise - 2 hours.

Punch dough down and knead 20 times until air is removed from the dough. Use a rolling pin to press out air. Roll dough into an oblong shape - 12 x 16" or 9 x 14". Take the long

side and *jelly roll* the dough, sealing edges. Seal well and gently stretch dough into desired length.

Place on greased baking sheet. Sprinkle with corn meal or bran. Brush the top of loaf with water and slash it diagonally several times. Let rise in warm place 90 minutes. Bake at 450 for 10 minutes, then lower temperature to 375 for 20 more minutes. Remove to cooling rack.