

Joe Oppenheimer's great quick bread recipe

With thanks to Josh for the time saving hints and changes.

Time line: (assuming you have about 2.5 cups of the mother in the refrigerator)

It takes much less than 1/2 hr to **make sour from mother & make bread** (see recipe at bottom of this)

In a large bowl - take mother out of refrigerator, add 2 cups solids (your flour mix - I use **1 cup rye**, plus **1 cup made up of whole wheat, bread flour, w some corn meal and some instant mashed potatoes** [*without flavoring or butter*]), **2 cups water**. Stir quite well. Let rest covered, room temperature, for 8 - 12 hours. **THIS IS YOUR SOUR AND YOUR MOTHER SO...**

Stir thoroughly and then split sour to save 1/2 in a ventilated container in the refrigerator (it is your mother for next time) and leave rest in bowl to make bread.

(This recipe is for a 1 gallon heavy pot - adjust to make smaller loaves)

Add 4 1/2 cups solids and about 1 1/4 to 1 3/4 cups water (less is better) and 1 Tbsp oil. Stir quite well:

Solids: some **salt** (- about 1 Tblspn - I use Kosher), about 1 Tblspn **pepper** if you want (I use coarse ground) and then your mix of flours (I tend to use 2c **bread flour**, and then **2 c whole wheat** (or that with some mix of **rye**) flour, **oat** flour (maybe 1/4-1/3 cup), some **wheat germ** (1/4 c); above and beyond those (not counted in the volume, I use such things as pumpkin seeds, cranberries, apricot, pecans or I do things like sundry tomatoes, caramelized onions, olives, fresh corn kernels)

Stir well. Cover and let stand.(I put it in a plastic bag.)

then 14-20 h later bake bread. It takes 2 hr then till you have bread.

1. Preheat oven (500F) with 1 gallon heavy pot and cover of pot in it for 1 hour.
2. Pour batter into hot pot, leaving top in oven, cover and put pot in oven
3. Turn down oven to 450
4. Cover and bake bread (check after about 40 minutes and it should be ready to take out of pot. If you want it more done leave in oven on shelf, or on stone for up to 15 min more.

START HERE IF YOU DON'T HAVE ANY MOTHER / STARTER:

Mother (time is 5 days) (Josh says you just do step one and leave it 5 days and it works too)

If you need to restart the starter. Ingredients: rye flour, corn meal, water, large plastic tub that you can close (needn't be tightly)

Day 1: Take 1 c rye, 1/4 c corn meal, 1+c water mix to thin paste consistency in large plastic tub uncovered for 1/2 day and then cover.

Day 2: leave covered -you'll get a hint of activity, and can taste the difference.

Day 3: add 3/4 cup (50% bread or whole wheat 50% rye) flour + 1/2 cup water mix and mark level, you'll get some visible activity, and can taste the difference.

Day 4: add 3/4 cup (50% bread or whole wheat 50% rye) flour + 1/2 cup water mix and mark level, you'll get some bubbles, a bit of a rise, and can taste the difference.

Day 5: add 3/4 cup (50% bread or whole wheat 50% rye) flour + 1/2 cup water mix and mark level - after a few hours, put in refrig. This will be your 'mother' or 'sour' from which to make your starter.