

Lievito Madre – Mother Yeast

Ingredients	Preparation
<p>2 kg All Purpose Flour (divided in 500g batches)</p> <p>680-800 grams Water (in 170-200g batches)</p> <p>1 spoon activator (Honey or Sugar)</p>	<ol style="list-style-type: none"> 1. Mix 500 grams of flour, 170-200 grams water and the spoonful of activator together and leave covered in a warm dark place. 2. After 24 hours, add another 500 grams flour and 170-200 grams water and mix well. Repeat this a total of three times. 3. After 24 hours of your last addition, wait to see if it has grown in size since the last addition. If so, it is ready to be used. Use it in doughs replacing 2-7% of the total dough weight with the yeast, depending on desired flavor and rising power needed (i.e. if you are making 1kg of dough or batter, use 50 grams for 5%). 4. Storage: It can be frozen, or if left in the fridge it will need to be ‘refreshed’ or ‘fed’ every 24-48 hours, by adding half of its weight in equal parts flour and water, mixing well and replacing in a well washed sealed jar. It can be used about 4-6 hours (or after doubling in size) after the feeding. (i.e. if you have 1 kg starter yeast, add 250 grams flour and 250 grams water).