

Mother Dough

Day 1

90g rye flour

150g water (27C - 30C)

Day 2

90g rye flour

150g water (27C - 30C)

Day 3

90g rye flour

150g water (27C - 30C)

Day 4

90g rye flour

150g water (27C - 30C)

Procedure:

1. In day 1, mix the flour and water together and keep it in a glass bowl, must be cleaned. Wrap the bowl with plastic film. Poke some holes on the film so the dough can breath. Leave in room temperature for 24 hours.
2. Day 2, mix the flour and water. Then mix them into day 1's mixture. Keep wrapping the bowl with holes on top. Leave in room temperature for 24 hours.
3. Day 3 and day 4 will be the same as day 2.
4. After day 4, you can use the mother dough as the recipe called.

You can keep the mother dough in the fridge, but you have to feed it with flour and water everyday. Or you can freeze the mother dough in the freezer.