WHAT IS SOURDOUGH?

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SUMMARY

Sourdough is a mixture of water and wheat flour in which lacto-bacteria and wild yeast like to live and perform their magic (flavor, flavor and more flavors!). This soupy mixture is used for both flavor and leavening of various bread products. This environment, this starter mixture, is actually a symbiotic blend of microorganisms. Wild yeast is able to metabolize complex sugars and starches and helps produce the food supply that the Lactobacillus needs, and the Lactobacillus produces an environment that prevents mold growth. Microorganisms in sourdough cultures grow, interact, ferment and die, producing fermentation products during this cycle. In bread dough, they create taste precursors, CO₂ for rising, transform sugars and starches to be more digestible for humans, change dough structure, bread crumb, generate amino acids, alcohol, several organic acids and antibiotics. Unless the microorganisms are supplied continuously with food and waste products eliminated, a culture will stop growing, and organisms will eventually die.

You can make your own sourdough at home following these steps: select a container; blend a cup of warm water and a cup of flour, and pour it into the jar; every 24 hours, feed the starter in a warm place (21-26°C is perfect), when your starter develops a bubbly froth it is done; refrigerate the starter.

Benefits of sourdough and sourdough bread:
- In an acidic environment, the enzyme phytase from the wheat is very active and breaks down phytates, so they cannot reduce mineral absorption by the body;
- The acidic environment of sourdough bread has the advantage of reducing the loss of vitamin B₁ due to heat;
- Sourdough bread has a better digestibility than yeast-fermented and non-fermented breads;
- It’s very hard for mold to attack this bread;
- Sourdough softens the crust of the bread;
- Sourdough bread is a probiotic food;
- Using sourdough the bake of the rye bread is stabilized.

BIBLIOGRAPHY

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