



SCOTLAND  
THE **BREAD**  
Home-grown bread for a healthy future

# The People's Bread

*real bread for everybody*

All the evidence tells us that **the best bread** is made with **organic wholemeal flour, slowly fermented with natural yeasts and beneficial bacteria (sourdough)**. This recipe explains how to do it. The dough can be baked in a tin or in many other shapes – flatbread, pita, pizza etc. It can be enriched with fat, seeds, nuts, fruits etc. Start with the basic recipe; once you've got the hang of it, get creative.

We suggest using Fife-grown **Scotland The Bread flour** which has a softer (and arguably less indigestible) gluten than commercial flour. For a slightly bolder loaf – especially if you are a sourdough bread beginner – you may choose to replace up to 25% of the wholemeal flour with 'strong organic white' (we recommend Mungoswells flour from East Lothian). The greater the proportion of wholemeal, the fuller the flavour, the higher the percentage of fibre and the more nutritious the loaf will be.

## Stage 1 The 'Starter'

If you don't already have a **sourdough starter**, you can get an original dried Bread Matters culture from the Scotland The Bread [online shop](#). Or ask a baking friend. It's also easy to **make your own**, like this:

Take 40 grams of organic\* wholemeal flour and 40 ml of warm water, mix them to a sloppy paste and put in a glass jar or lidded plastic tub in a warm place (as near 27°C as you can manage). Leave for 24 hours and then add another 40 g of flour and 40 ml of water. Stir well and return to the warm place. Repeat on Day 3. On Day 4 add 120 g of flour and 60 ml of warm water. On Day 5 you should have a nicely fermenting starter, smelling fruity and a bit vinegary.

*\* use **certified organic** flour to avoid the chance of herbicide, pesticide and fungicide residues on non-organic wheat interfering with natural yeasts and bacteria, not to mention with your gut health*

The recipe that follows will make

- one **loaf** of about 600 grams, or
- 4 **flatbreads** using 150 grams of dough each, or
- 3 **pizza** bases using 200 grams of dough each.

## Stage 2 **Making a 'Production Sourdough'** (a process also known as 'refreshing' your starter)

100 g old sourdough (i.e. some of the starter you have just made or an old one from the fridge)

120 g Scotland The Bread wholemeal flour (or mix with a little strong organic white)

80 ml warm water (35°C)

**300 g total 'production sourdough'**

Mix to a dough and leave in a warm place for 4 hours or in a cool place for 12-16 hours. Then use this production sourdough to make your bread.

## Stage 3 **Making the Final Dough**

180 g refreshed 'production sourdough' from Stage 2 (put the other 120 g or so in your sourdough pot in the fridge)

240 g **Scotland The Bread wholemeal flour** (or mix with a little strong organic white)

200 ml warm water (35°C) – adjust as required for a softish dough

4 g sea salt

**624 g total 'final dough'**

Make a fairly soft dough. **Knead** gently until a certain elasticity develops (it won't take long with Scotland The Bread flour). Use a little water on your hands and on the table to stop the dough sticking. Rest the dough for 15 minutes.

**Shape** (tin loaf): Roll into a 'sausage' about 6" (15 cm) long. Flatten it slightly (making sure that the dough isn't sticking to the table, by dusting with a little flour or using a little water on your hands and the worktop). Then roll up the dough (at 90° from the previous roll) as firmly as you can without tearing the dough. Place it in a small loaf tin. Dust the top of the dough lightly with flour. Put the tin in a large polythene bag and inflate it to stop the bag sticking to the dough as it rises. In a warm place, the dough should rise in 3-5 hours. It can also be left overnight to rise in a cool place or in the fridge.

**Bake** in a fairly hot oven (220°C dropping to 200°C after ten minutes) to develop a good crust (total about 40 minutes, depending on your oven).

If you enjoy this recipe – if it helps to change your life, even – please consider supporting Scotland The Bread with a donation. We're a food justice charity baking the case for flour and bread that meet the needs of the times – to nourish everyone in harmony with nature.



Bread for Good Community Benefit Society  
(acting as **Scotland The Bread**)  
[www.scotlandthebread.org](http://www.scotlandthebread.org)

