



## **Baking with Sekowa Backferment, Hugo Erbe**

This “SEKOWA Special-Baking-Ferment” deserves the attention of those who are interested in the production of all sorts of high-quality bread. The Special-Baking-Ferment is a leavening agent which can be used without addition of yeast, sour-dough or baking powder. It is produced from honey and various grains, that is to say from a purely biological base.

Advantages of employing the Special-Baking-Ferment:

1. It improves the bread quality. By the special fermentation process the bread becomes aromatic and keeps its freshness longer. A delay of moulding can also be observed.
2. The bread is easily digested. The enjoyment of all baked goods made with this ferment has beneficial, noticeable effects on human organism. This is especially so for those who have digestive difficulties and cannot tolerate sour-dough or yeast bread.
3. Bread can be made from any and every combination of grains. For example, barely, flour, corn meal, buckwheat flour and oat products can readily be used either in combination or even alone to make quite a delicious bread. Even tapioca flour, likewise soy flour, can be used in quantities up to 60%.
4. With Special-Baking-Ferment only a one-step procedure is required. In contrast to the common “sour-dough”, the pre-mix dough is actually not very sensitive, in fact the process can be extended over many hours without any damaging effects. This means that the steps can be conveniently spread out.
5. Through a more complete liberation of grain constituents there is an increase in dough and bread yields, which in turn makes the whole process more economical.

The Special-Baking-Ferment is sent as a dry granulate which can be stored up to a year. The quantities to be added for bread-making amount to 0,1 – 0,2 %, that is, 3 – 6 oz. (100-200 g) Special-Baking-Ferment per 220 lb meal or flour. Smaller quantities require slightly higher proportions.



## **Baking A Loaf using Sekowa Spezial Backferment**

### **Preparation of the Pre-Mix:**

The Pre-Mix is a preparatory dough, which should be prepared if possible in the afternoon or evening and must sit for at least 12 hours. The following is needed:

**1/3 oz (= 10 g) starter dough, i.e. heaped tablespoon, not less. Greater quantities are not harmful, only accelerate the fermentation.**

**1 teaspoon (= 3 g) Special Baking-Ferment (granulate)**

**10-13 oz (= 300 – 400 g) meal or flour or a mixture of both**

**½ - ¾ pint (= 300 – 400 g) water, lukewarm (app. 86°F or 30°C)**

Dissolve the starter dough (for preparation of starter dough see special instructions) and the Special Baking-Ferment in a small portion of the measured water, so that it is mixed without any lumps. Then add the remaining water and the meal or flour or their mixture and mix it well. If 10 oz (=300 g) of meal, flour or mixture is used, the bread will be especially mild. Let the pre-mix stand overnight in a well covered, large enough bowl at 86°F (= 30°C). The dough must remain undisturbed for at least 12 hours. There is no harm done leaving longer but expect a higher acidity. After at least 12 hours, the dough be fermenting vigorously and should be matured. The “maturity” of the dough shows itself, when the dough no longer rises, but already begins to fall. If the surface of the dough is slightly slit, bubbles of the fermentation will be seen.

### **Preparation of the Main Dough: Add the following to the pre-mix:**

**20 or 23 oz (= 600 or 700 g) meal or flour or mixture**

**2 tablespoon (= 18 g) salt dissolves in some water, poured over**

**½ - ¾ pint (=350 – 500 ccm) water, very warm (About 130°F = 55°C)**

The amount of water is determined by the type of flour or meal one uses, but should be enough to give a pliant, supple consistency.

Knead the dough well, cover it properly, and put it in a warm place, for example in an airing cupboard. After 30 - 50 minutes a good leavening of the dough should become visible. Now the risen dough is divided, lightly worked and formed and put into greased pans.

Let the dough stand again for 30 – 50 minutes in the pans in a warm place, well covered. The surface must not become dry. The fermentation complete when the dough is no longer round but slightly flattened. On the surface of the dough from meal small cracks occur from the small fermentation bubbles.

Breads with insufficient fermentation tend to split: those with correct fermentation tend to be slightly raised in the centre. When the dough has fermented too long, it will fall.

### **Baking:**

Bake at 428°F (=220°C) for about 1 hour, depending on the size of the loaf.

It is helpful to have a dish of boiling water in the oven.



## **A Starter-Dough from Special-Baking-Ferment**

To bake with the Special Baking Ferment, the basic starter dough must already be prepared. The starter dough is a fermenting dough which is prepared from the granulated “Special-Baking-Ferment” mix.

To make the starter use a container (2-3L) which can be covered with a lid, plate or piece of foil, so that the dough’s surface does not dry out. A cloth as cover is not sufficient. A moderate, neutral starter is suitable for all kinds of baked goods can be made using the following recipe:

### **1. stage:**

**1 tablespoon, heaping (= 2/3 oz = 20 g) Special-Baking-Ferment dissolved in  
6 oz warm water (= 220 ccm) mix well, no lumps!  
3 oz (= 100 g) wheat meal, medium coarse (whole grain)  
3 oz (= 100 g) white flour**

Mix well. The dough should be rather supple, but no water should remain standing. Let this dough stand for 12-18 hours well covered with an optimum temperature of 86°F (= 30°C).

With this temperature results are favourable: experience has shown that difficulties may arise with low temperatures.

When this dough has stood for the required time, bubbles may be observed.

### **2. stage:**

**At this point the following should be added:**

**2 – 3 oz (= 70-100 ccm) water, temperature is 104°F (=40°C). Mix the water with the dough.  
More or less water depending on the desired consistency of the Starter-Dough. Then add the following mixture:**

**5 oz (= 150 g) wheat meal, medium coarse (whole grain)  
5 oz (= 150 g) wheat flour (white flour)**

Mix well - the consistency of the dough is now less supple than before.

Let stand for another 5-10 hours, during which the optimum temperature is again 86°F (=30°C).

After 10 hours, even after 5 hours under favourable conditions, the dough has increased its volume about twice as much and is ready for use. A later decrease of the volume of the starter-dough does not lessen its quality. The starter will keep for several months in a jar (only ¾ filled) with a screw lid in the refrigerator where it is always ready for baking.

If after a lengthy storage in the fridge a grey colouring appears on the surface of the starter-dough, one must not worry, it is a yeast characteristic - just pour it away.