



If you like a sweet loaf choose between:

## White starter milky & sweet with a light tang

Encourages homofermentative LAB

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This starter produces a very light-flavoured French style milky bread and it's one I was first introduced to in the French bakery when I was growing up. We use finely milled organic white flour. The starter is kept at 100% hydration, meaning equal quantities of water to flour.

### HOW TO REFRESH AND MAINTAIN

**25g white starter (see page 62)**

**100g organic white flour**

**100g water at 36°C**

Mix all the ingredients in a pot, leaving room for the starter to rise again by half. Cover with a breathable lid and leave to ferment at an ambient temperature of 20–23°C for 8–10 hours. Ideally use straight away to make a leaven (see page 67). If that's not possible, refrigerate and use to make a leaven within 8 hours. Refrigerate the remainder in a covered pot until next needed. Refresh at least twice a week.

## Chocolate starter sweet & bitter

Encourages homofermentative LAB

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This starter was made using the last chocolate bar my late friend and chocolatier Mott Green gave to me. I used the bar melted to start this culture as a way of always remembering him. It is bitter sweet. I use raw cacao to refresh it because cocoa beans, which are usually fermented with lactic acid bacteria in tropical heat under banana leaves, get hot and the bacteria creates acidity in the same way as sourdough. Tropical temperatures are usually above 34°C and studies show that there are some very interesting homofermentative LAB in raw cacao, plus, because it's not heat treated. It produces some really amazing flavours. We add 5% sugar to encourage osmotolerant yeast development. That simply means the yeasts resist osmosis (water being drawn out of them by sugar, which slows or stops fermentation) and so this starter is more robust when baking sweet sourdough.



### HOW TO REFRESH AND MAINTAIN

Refresh at 100% hydration at 39°C, using fine white stoneground flour, organic raw cacao powder and organic sugar to create sweeter breads.

**25g white starter**

**75g white flour**

**25g raw organic cacao powder**

**100g water at 36°C**

**10g organic raw cane sugar**

Mix all the ingredients in a pot, leaving room for the starter to rise again by half. Cover with a breathable lid and leave to ferment at an ambient temperature of 20–23°C for 8–10 hours. Ideally use straight away to make a leaven (see page 67). If that's not possible, refrigerate and use for leaven within 8 hours. Refrigerate the remainder in a covered pot until next needed.

Refresh at least twice a week at minimum and 8–12 hours before you make a leaven.