

Kefir Sourdough Bread

The easiest sourdough ever!

Equipment Needed:

Mixing bowl (A stand-alone mixer can be used)
Measuring spoons and measuring cups
Plastic wrap or tea towel
Proofer or warm spot for proofing
Bread pan

To Make The Bread:

1 cup Liberte kefir or homemade kefir made with kefir grains
1 cup organic white wheat flour
1 ½ cups whole wheat flour
1 tbsp organic sugar or maple syrup (or half organic sugar and half sucanat)
1 tbsp olive oil
½ tsp sea salt (added later)

Mix the kefir, flours, sugar, and olive oil together in a bowl. More kefir may be needed to make a smooth dough. Transfer to a clean surface and knead for 5-10 minutes. Use extra flour for dusting as needed. Grease a bowl with olive oil and place the dough in the bowl. Cover with plastic wrap and place in a warm spot. If you have a proofer set the temperature between 85-95 degrees F (18-24 degrees C) and put the bowl in the proofer. Otherwise, find a warm spot such as on top of the refrigerator. Let the dough ferment for 24 hours. It should double in size. Punch the dough down, sprinkle with sea salt and work the salt into the dough. If the dough is too sticky, add more flour. Transfer to a clean surface and knead the dough a bit to make sure the salt is mixed thoroughly.

If making a loaf of bread: Shape the dough into loaf and place in a loaf pan that has been brushed with olive oil. Let double in size. Bake at 350 degrees F for 25 minutes. You can also make rolls with this recipe. Shape the dough into balls and proof as you would the bread. If the dough is so soft to hold its shape, then use a muffin tin and place a ball of dough into each cavity of the muffin tin.