

YOGURT SOURDOUGH STARTER

Ingredients:

- 2 Tbsp. White Mountain Foods Bulgarian Yogurt
- 1 c. milk
- ½ c. whole wheat flour
- ½ c. unbleached white flour

Directions:

Heat milk until it reaches 100°F on a thermometer. Remove from heat and stir in yogurt. Pour mixture into a clean plastic container, cover tightly and let stand in a warm place for 18 to 24 hours. Be sure to punch a small hole in container lid to allow gases to escape. Mixture should resemble the consistency of yogurt. A curd should form and the mixture should not flow readily when the container is slightly tilted. If clear liquid rises to the top of mixture, simply stir it back in. If liquid or starter turns pink, discard mixture and start again.

Mix flour. After curd has formed, gradually stir 1 cup flour into the starter until smoothly blended. Cover tightly and let stand in a warm place 85F (30C) until mixture is full of bubbles and has a good sour smell, approximately 2 to 5 days. If clear liquid forms on top of mixture, stir it back into starter.

Each time you use part of your starter replenish it with equal amounts of warm milk (100°F) and flour. Cover and let stand in a warm place several hours or overnight until it is full of bubbles. Store in refrigerator until needed. Starter should always be at room temperature before using. Low fat or skim milk may be used in place of whole milk. Always be consistent in type of milk used.