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## **Salé**

Preparation: 20 minutes

Cook time: 10 minutes

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# Fresh pasta

## Ingredients

400g of flour

15ml of water

4 eggs

a pinch of salt

## Instructions

1. Mix the ingredients together and knead the dough for a few minutes.
2. Let it rest at least thirty minutes in the refrigerator, packed in plastic film.
3. Flatten and cut the dough to get the pasta.
4. Cook it in salted boiling water until ready (around 4 minutes).

Preparation: 10 minutes

Cook time: 20 to 25 minutes

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# Granola

## Ingredients

430g of big oat flakes	one tea spoon of salt
100g of nuts and/or seeds	one tea spoon of cinnamon
180g of maple sirup (or honey)	a pinch of vanilla extract
120g of coco butter	

## Instructions

1. Preheat the oven to 180°C.
2. Combine and stir the flakes, the nuts, the cinnamon, the vanilla extract and the salt.
3. Add the maple sirup and the oil. Mix until the flakes are coated with the mixture.
4. Put the mix onto a flat oven pan covered with parchment paper. Make sure it is well spread.
5. Bake for 20 to 25 minutes at 180°C. Stir again around 12 minutes in to make sure the granola bakes evenly. Spread it again and press on it to help big chunks form.
6. Let cool for 45 minutes before breaking it into chunks. Store in an air-tight container.

Preparation: 20 minutes

Cook time: 8 hours

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# Sourdough bread

*Un bon pain au levain...*

## Ingredients

500g of wheat flour

330ml of water

150g of sourdough

10g of salt

## Instructions

### *Pointage*

1. Mélanger les ingrédients.
2. Pétrir pendant 10 minutes. Si vous avez un robot pétrisseur, faites-le fonctionner à vitesse minimale.
3. Sur un plan de travail fariné.
4. Laisser reposer six à douze heures sous un torchon humide.

### *Façonnage*

1. Sortir le pâton délicatement sur un plan de travail fariné.
2. Replier le pâton sur lui-même en tâchant de ne pas perturber les bulles.
3. Remettre le pâton sur un torchon propre, sec et fariné, la “couture” vers le haut. recouvrir avec le reste du torchon.
4. Laisser reposer une heure à une heure et demie.

### *Cuisson*

1. Préchauffer le four à 240°C. Si vous avez une cocotte en fonte, mettez-la à chauffer aussi.

Preparation: 20 minutes

Cook time: 8 hours

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2. Sur un plan de travail fariné, sortir délicatement le pâton de son torchon, coutûre vers le bas.
3. Avec un couteau très bien aiguisé, pratiquer une ou plusieurs incision.
4. Enfourner.

# Sourdough

*Sourdough is a symbiosis between bacteria and yeast  
that seem to appear ex-nihilo and colonise your  
rye-and-water mix...*

## Ingredients

*Every day*

50ml of water

50g or rye flour

## Instructions

*On the first day*

1. Mix the flour and the water together. You can theoretically use regular wheat flour but for some reason I've only ever managed to start a sourdough with rye flour, so you've been warned.
2. Let it rest for 24h at room temperature in a clean container. It shouldn't be airtight. You can close it with a cheesecloth to make sure flies won't dive into it.

*The following days*

1. Remove the excess dough so that the container is always less than half full.
2. Add flour and water in, make sure it's well mixed together.
3. Repeat the operation every day until the sourdough has started. It's easy to see it has since it doubles in volume six hours or so after "feeding".

*Once the sourdough has started*

1. Feed it at least once a week (or once every two weeks if you keep it in the fridge).

Preparation: 5 minutes a day

Cook time: 1 week

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2. The sourdough should be very active before you can use it to make bread. Make sure to give it one or two feed cycles before baking if you were keeping it hibernating.