



Sourdough Living

Ryan Wilson

Mentor: Seana Sullivan, CEPC
Niagara Falls Culinary Institute



My inspiration for this project is a love of sourdough bread which I developed after taking a bread course at the Niagara Falls Culinary Institute. This was further enhanced by my internship at a local bakery, the Breadhive Bakery and Cafe. Sourdough bread can have several health benefits while also tasting superb. This project will showcase how sourdough living can make living a little better.

Sourdough Lives!

Sourdough is an ancient form of bread leavening. It relies on a mix of wild yeast and lactic acid bacteria that are naturally present in flour, rather than baker's yeast, to leaven the dough.

The Yeast Factor

Yeast is a bacteria that consumes sugars and produces alcohol and CO₂. Typically used to leaven bread dough.

What is a Sourdough Starter?

A sourdough starter is a dough or batter that contains wild yeasts and bacteria.

Starting a Sourdough Starter

Simply make a mixture of flour and water and allow it to sit at room temp and ferment for a few days. Once the mixture contains the wild yeast and bacteria it needs to be fed so that they don't die. The more a starter is fed, the more complex the flavor will be.

Health Benefits of Sourdough bread:

- Lower gluten content
- Easier to digest due to it's prebiotic and probiotic content.
 - Both can improve your gut health.
- Better for your blood sugar.
 - Long fermentation reduces the bread's glycemic index, allowing for better blood flow

Fun Facts:

- Sourdough starters were used in baking bread before conventional baker yeast were ever made.
- The more a starter is fed, the more complex the flavor will be.
- Sourdough starters can live to be over 100 years old.

Works Cited: <https://www.healthline.com/nutrition/sourdough-bread>