

# SOURDOUGH MANIA



Complete  
guide to sourdough  
baking for beginners  
by a world-renowned  
bread artist  
**Anita Šumer**

- ✓ Best-selling sourdough book
- ✓ Autumn 2019 - Croatian translation
- ✓ Autumn 2019 - German translation

# WHO IS ANITA ŠUMER?



## International sourdough bread artist and ambassador of the Quest for Sourdough initiative

I'm a passionate, 100% self-taught sourdough baker from Slovenia. I'm a translator and teacher by education and previous career, but I found my greatest passion and obsession in sourdough. I started baking in 2012, when my husband Sašo had his gallbladder removed and could no longer eat yeasted bread due to bloating and other health issues. I began researching what other ways there were to bake soft, crusty, and delicious bread. Lots of online reading and a library of foreign books later, I finally remembered that my grandmother used to bake bread in a different way – by saving a small portion of dough and drying it for the next batch. All of a sudden everything clicked into place! My first attempt to make my own starter – a simple fermenting mixture of flour and water – wasn't successful. I didn't give up, and made my second one and it thrived. This second starter has been with me ever since. I named him "Rudl" and now he is the most famous Slovenian sourdough starter.

In 2016, Puratos invited me to Belgium to explore the First Sourdough Library in the World. Since then, I've become one of the first 13 ambassadors for the library and its online version, The Quest for Sourdough, to promote the use of sourdough around the world.

Scoring bread doesn't only help bread rise in the oven, but you can also get super creative with it. That's what I did; tracing intricate and inspiring patterns along my bread's crust. Then I started gifting my bread to family, friends, and relatives for special occasions or just as something nice. And everyone loved it! So I decided that I wanted to share my passion with the rest of the world and created my IG account, posting my first SD bread photo in October 2016.



**Sourdough\_mania** ([www.instagram.com/sourdough\\_mania](http://www.instagram.com/sourdough_mania))

In just two and a half years, the number of my followers has grown to almost **70,000**, and the response I get on my posts is really overwhelming. My Instagram has also caught the attention of several media houses. The compilations of my pictures and videos made by **Buzzfeed**, **Daily Mail UK**, **Business Insider UK**, and **Bored Panda** (just to name a few) have reached more than **40 million views**. Even **Martha Stewart** shared my famous pumpkin bread because she was convinced that it was a real pumpkin!

I have started teaching sourdough baking around the world; 9 countries, 3 continents. (Lisbon, Moscow, Kingston, Singapore, Bangkok, Stratford-upon-Avon, Zagreb, Amsterdam, St. Vith just to name a few locations).

In 2017, I published a unique sourdough book, the first of its kind in Slovenia, with more than 300 pages. The book has received the **Gourmand World Cookbook Award** in two categories. It's also claimed the title of fastest-selling bread cookbook in the country (the 3rd print is out already, and translations into foreign languages will be out by the end of this year).

I've started a real bread revolution in Slovenia; more and more people are joining in to bake healthier and more delicious bread. It's real Sourdough Mania here.

☛ BAKING ☛ TEACHING ☛ PROMOTING

Anita Jumer

# ABOUT SOURDOUGH MANIA

- **The first and most extensive Slovenian book on sourdough bread and pastry with starter**
- **More than 300 pages**
- **More than 45 recipes**
- **The fastest-selling book on baking bread in Slovenian history, 1<sup>st</sup> print run sold out in 3 months**
- **3 prints**
- **Slovenian winner at the Gourmand World Cookbook Awards in 2 categories ("Bread" and "Fundraising")**

Its 304 pages make Sourdough Mania the most extensive and first Slovenian book on baking with sourdough starter, made unique by the breadth of ideas it has on cooking with starter. It has been inspiring both beginners and seasoned sourdough veterans. Sourdough starter makes baked goods more digestible, gives them a longer shelf life, and lowers their glycemic index, all while being more flavorful and filling us up more quickly.

The book features 45 simple-to-make recipes and more ambitious recipes for more festive occasions, recipes that respect Slovenian traditions and also consider a wealth of other culinary and cultural heritage. Readers will get to feast their eyes (and later stomachs) on rye bread, simple white bread, corn bread, buckwheat bread, fruit bread, donuts, brioches, Slovenian potica, and much more! Take a look at the Table of Contents for more recipe ideas.

Sourdough Mania contains the chapters From Grain to Starter, Your First, Sending a Starter SOS, and more. You'll also find space to jot down recipes, baking schedules, a glossary, a breakdown and diagram for baking, and so much more. In-depth detail and pictures worth a thousand words (of weighing, mixing, kneading, shaping, scoring, and baking) take you on a journey to the healthy world of sourdough baking made easy. The book is adorned by photography from Primož Lavre and illustrations commissioned by the author.

2 euros from every book sold are donated to Liza, a 7-year-old girl with cerebral palsy, and her treatment.

So let Sourdough Mania take hold of you, but forewarned is forearmed: there's no turning back! Once you start baking with sourdough, you'll never stop!



# DROŽOMANIJA

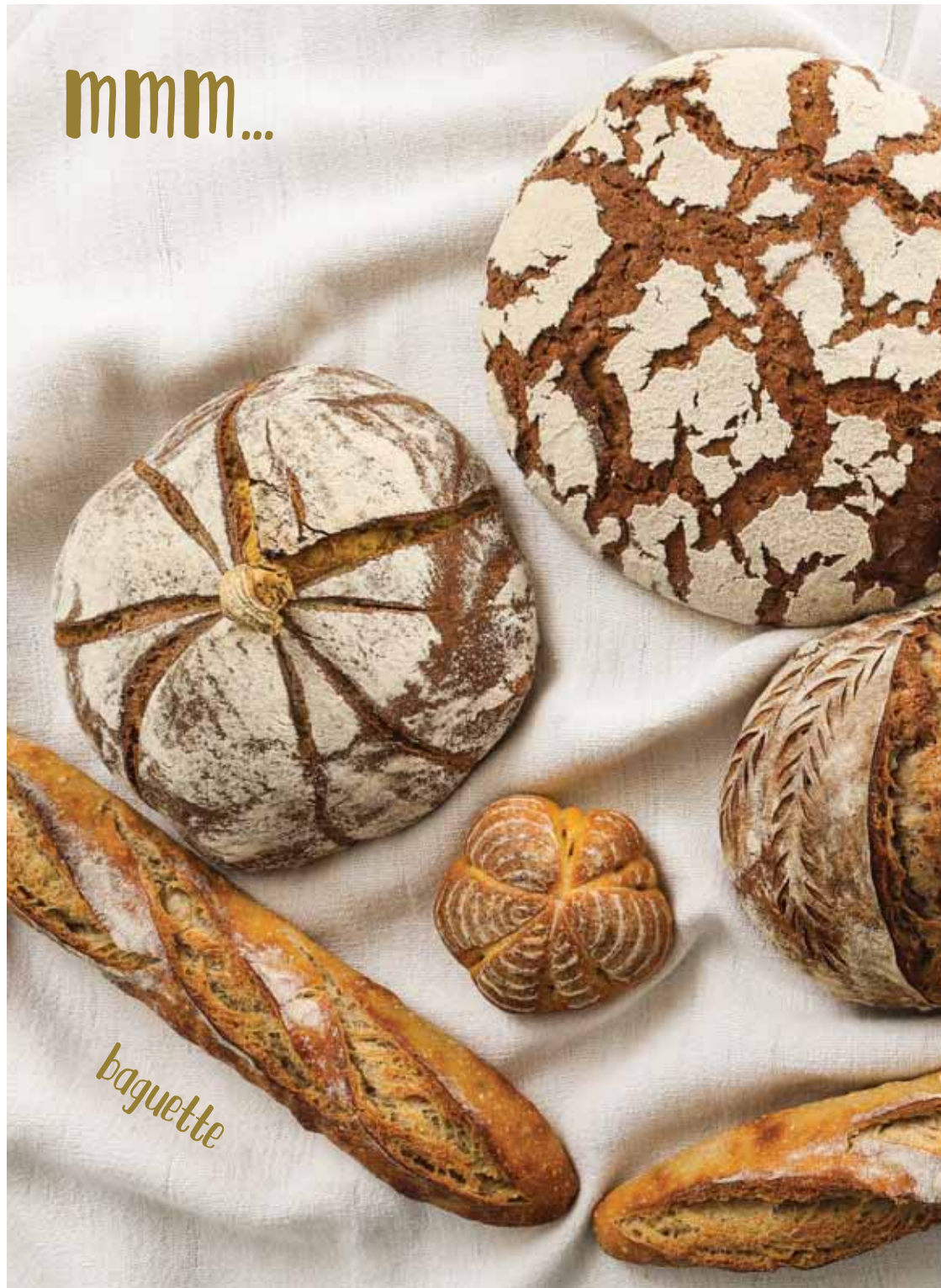
Anita Šumer



Autumn 2019 - Croatian translation

Autumn 2019 - German translation

mmm...



*baguette*

traditional rye bread



pumpkin bread



corn bread



stencilling



scoring



# WHAT'S INSIDE

- 4**    **THANKS!**
- 8**    **TABLE OF CONTENTS**
- 12**    SOURDOUGH MANIA TAKING OVER SLOVENIA AND THE WORLD
- 14**    IT'S NOT THE FLOUR, BUT YOUR POWER!
- 18**    BREAD IS A DIVINE GIFT
- 27**    **INTRODUCTION**
- 31**    **FROM GRAIN TO STARTER**
- 32**    TYPES OF GRAIN
- 32**    TRUE GRAINS
- 37**    PSEUDOGRAINS
- 40**    PSEUDOCEREALS
- 44**    FROM FLOUR TO BREAD
- 50**    BAKING PERCENTAGES EXPLAINED
- 51**    STARTER, WHAT'S THAT?
- 56**    WHAT HAPPENS IN A STARTER - FERMENTATION
- 58**    EXPLANATION AND ADVANTAGES OF THIS TYPE OF BAKING
- 62**    LET'S GET YOUR STARTER STARTED
- 68**    MAKING A SOURDOUGH LEAVEN
- 69**    SWEET SOURDOUGH STARTER
- 70**    GLUTEN-FREE SOURDOUGH AND GLUTEN-FREE BREAD
- 70**    WILD YEAST WATER
- 72**    FIRST SOURDOUGH LIBRARY IN THE WORLD
- 76**    **YOUR FIRST**
- 79**    USEFUL TOOLS
- 84**    THE BAKING PROCESS
- 84**    INGREDIENTS AND WEIGHING
- 86**    MIXING AND AUTOLYSIS
- 89**    FIRST PROOFING
- 90**    KNEADING
- 98**    PRESHAPING
- 100**    BENCH REST
- 100**    FINAL SHAPING
- 106**    FINAL PROOFING
- 112**    SCORING AND DECORATING
- 117**    BAKING
- 118**    STEAM IN THE OVEN, CRUNCHY CRUST ON THE TABLE
- 122**    MAKING 100% RYE
- 138**    MAKING PUFF PASTRY WITH SOURDOUGH
- 152**    **SOURDOUGH RECIPES**
- 155**    **BREAD AND STUFF LIKE IT**
- 156**    100% RYE IN A BREAD PAN
- 157**    100% RYE IN A LOAF
- 158**    3, 2, 1 MAKING BREAD IS QUICK AND FUN
- 159**    THAT WHITE WHEAT
- 162**    SUNDAY MORNING TOAST
- 167**    DARK BREAD WITH RYE FOR AROMA
- 168**    EINKORN AND SPELT
- 169**    YELLOW CORNBREAD
- 172**    100% SEMOLINA
- 173**    DARK BEER BREAD
- 174**    SOURDOUGH PIZZA
- 176**    SEMOLINA FOCACCIA WITH GARLIC AND ROSEMARY
- 177**    BUCKWHEAT BREAD WITH WALNUTS
- 180**    CIABATTA
- 181**    WHOLEGRAIN





- 182** ANOTHER TAKE ON 100% SPELT
- 183** CRUNCHY BAGUETTE
- 186** SANDWICH ROLLS
- 190** SPELT BUNS WITH CARAMELIZED ONIONS
- 192** PUMPKIN BREAD, OR BREAD PUMPKINS
- 196** GARLIC POPPERS
- 198** HOLIDAY FRUIT BREAD
- 201** **SWEET AND SAVORY TREATS**
- 204** BURGER BUNS
- 206** SAVORY BRAID
- 210** SWEET BRAID
- 212** POTICA
- 216** BUTTER BRIOCHE
- 218** CHOCOLATE BABKA
- 220** SWEET ROLLS WITH JAM
- 226** DONUTS
- 228** DANISH
- 232** FRENCH CROISSANTS
- 236** HOT-CROSS BUNS
- 238** VEGAN BANANA BREAD
- 239** SPELT CAKE WITH FRUIT
- 240** SOURDOUGH GIBANICA
- 244** **WHAT TO DO WITH TOO MUCH STARTER?**
- 246** KHORASAN COOKIES
- 247** SOURDOUGH CREPES
- 248** SOURDOUGH KAISERSCHMARRN
- 249** PIE CRUST
- 250** BEER BATTER SANS BEER
- 250** GRATED NOODLES
- 251** WHOLE-WHEAT CRACKERS
- 255** SPELT BREADSTICKS
- 257** PASTA DOUGH
- 258** FERMENTING SEEDS, NUTS, AND WHOLE GRAINS WITH STARTER
- 258** SOURDOUGH FERMENTED TURNIP
- 258** PHYLLO FOR PASTRY OR DUMPLINGS
- 259** STARTER AS A BINDER
- 259** THICKENER FOR SOUPS, STEWS, AND SAUCES
- 262** **SENDING A STARTER SOS**
- 281** **BAKING SCHEDULE**
- 289** **GLOSSARY**
- 290** **USED AND USEFUL LITERATURE**
- 292** **INTERESTING AND USEFUL WEBSITES**



# PROCESSES IN STARTERS - FERMENTATION

(pp. 56-57)

## What's happening in your starter, and why does bread rise?

The simplest explanation about what is going on in your starter is this: when water is added to flour, spontaneous fermentation is triggered, as the enzymes in the flour are activated, along with lactic acid bacteria and wild or naturally occurring yeast. These tiny life forms are not just present in your ingredients, but also living on your hands and everywhere else. Starters are microsystems where lactic acid bacteria and enzymes begin breaking down complex carbohydrates into simple ones. The wild yeast feeds off these sugars, producing ethanol and carbon dioxide, which gets caught up in the gluten structure, causing the dough to rise.

Since the lactic acid bacteria feed off maltose, which the wild yeast cannot digest, these different microorganisms do not compete for the same food. As their name suggests, lactic acid bacteria excrete lactic acid in the process, along with acetic acid, aromatic compounds, and some also carbon dioxide and ethanol. This acidic environment means that only certain good yeasts can thrive. Something interesting: the ratio between lactic acid bacteria and wild yeast in a starter is 100:1.

If a starter gets too acidic, it has run out of food and will have a sharp, sour smell. This just means that the yeast has stopped working actively, not that it has disappeared. We will discuss a solution for this problem, too. Check out the chapter Sending a Starter SOS.

Fermentation and therefore leavening are affected by:

- the amount of starter and how active it is; if you add more, the dough will rise more quickly, if less, then more slowly.
- heat; higher temperatures (of both water and air) encourage yeast and lactic acid bacteria, while lower temperatures slow them down.
- the type of flour; rye and wholegrain flours will cause the dough to rise more quickly, while white flour is more sluggish.
- the amount of salt; salt also slows microorganisms down, at the same time strengthening gluten bonds.
- sugar; in small amounts (up to 5%) it helps yeast and bacteria work, but larger amounts slow them down.

# EXAMPLES OF PROCESSES FROM THE BOOK (pp. 64-67)

## How to Make Your Sourdough Mother Starter from Scratch

### Day One

Mix 20 g of rye flour (the most active kind) and 20 ml of water in a glass jar. Leave the jar's cover slightly open and place it on the counter or some other warm spot. A trick for the winter is to use somewhat warmer water (up to 35 degrees C/90 F) and wrap the jar with a dishtowel or even a blanket. Do not leave it on your radiator or directly near another heat source, as excessive temperatures can stop your wild yeast from developing and even kill it. Mix everything a bit twice that day.

### Day Two

Add another 20 g of rye flour and 20 ml of water and stir everything up. Mix a bit again twice that day.

Day 1



Day 2



Day 3



### Day Three

Add another 30 g of rye flour and 30 ml of water. You should see signs of life in the glass. Your mixture should have grown a bit and started smelling sour. Mix a bit again twice that day.

### Day Four

Take half of your starter and use it for something, like crepes for example, and then for three days keep up with the same regiment as on Day Three. If you don't break off half, your starter will get too acidic and stop working. It may seem counterintuitive, but breaking off half of your starter is actually the best way to grow it. Mix a bit again twice that day.

### Day Five

Add another 30 g of rye flour and 30 ml of water. Mix a bit again twice that day.

### Day Six

Add another 30 g of rye flour and 30 ml of water. Mix a bit again twice that day.

Day 4



Day 5



Day 6



# EXAMPLES OF PROCESSES FROM THE BOOK

(pp. 100-101)

## BENCH RESTING

Before putting the final touches on shaping, leave your dough to rest, covered, on the counter for 15 to 20 minutes. The gluten will relax a bit during this time, and the dough will loosen up a little, so you can shape it a bit more easily. If your dough loses too much firmness, you can work it one more time and again leave it on the counter to rise a bit.

## FINAL SHAPING

Final shaping is your last chance to strengthen your dough and get a bit of surface tension. Sprinkle a little flour on your dough before turning it upside down with a bench knife. So the side that was resting on the counter will now be face up, and the smooth side will be on the bottom. Here you will find my most common methods. There are plenty of others, as well, and you will quickly find the one closest to your heart.

Final shaping gives you two choices: either repeat the steps from preshaping or use your fingers to fold in all the corners of the dough, helping yourself with your thumb to keep all the corners in the center. Keep doing so until there is nothing left to fold in. Take your bench knife and again flip your loaf so the smooth side is up and the side where all the corners meet is on the bottom. With a bit of flour on your hands you can still turn the loaf a couple of times, making sure your palms hug the bottom part of the loaf while putting pressure on the counter. Do this until the surface of the dough is nice and taut, but without bursting. When you are working the loaf like this, make sure there is very little or even no flour on the counter, otherwise you won't be able to produce any friction and you will just push the dough around the surface. Wait 2 to 3 minutes, until the bottom sticks. Sprinkle with flour.



## SAMPLE RECIPES

### 3. 2. 1 MAKING BREAD IS QUICK AND FUN (p. 158)

This semi-white bread is made using a special proportion of ingredients, namely 1 part active starter to 2 parts water to 3 parts flour. You can use this recipe with other types of flour as well (best is with bread or all-purpose wheat flour, with spelt lower the water by 10%, and for rye and wholegrain flours add 5% more water). The large amount of starter in this recipe will make your bread leaven more quickly.

*100 g active mother starter (33 %)*  
*200 ml water (66 %)*  
*300 g wheat semi-white flour T 850 (100 %)*  
*6 g salt (2 %)*

Mix the flour and water into a homogeneous mass. Let it rest covered at least 20 minutes, then add starter and salt. Knead it well, making sure to incorporate all the ingredients. Knead the dough two or three times for 2-3 minutes each. Over the next 2 hours make sure to stretch and fold (see page 95) every 20-30 minutes.

Wait for your dough to almost double in size. Shape it, let it rest, and then shape it again. Put it in a floured banneton to proof (see pages 98-104). When its volume has grown by about 100%, now is the time to put it into your preheated oven. Baking instructions are found on pages 117-120.







# SWEET PASTRY

## POTICA (pp. 212-213)

### SWEET STIFF STARTER:

*105 g sweet sourdough starter (25 %)*

This recipe takes about a day and a half (at room temperature). Mix 5 g active sourdough starter with 25 g of T 500 white flour, 10 ml of water, and 5 g of brown sugar. Wait until your starter doubles in size. Mix 5 g active starter with 35 g of T 500 white flour, 15 ml of water, and 10 g of brown sugar. When your sweet starter has tripled in size, it is time to put it in your main dough.

### MAIN DOUGH:

*(for a big Bundt pan with a diameter of 30 cm)*

*450 g white flour T 500 (100 %)*

*3 yolks (60 g, 13 %)*

*170 g milk (38 %)*

*20 g rum (44 %)*

*60 g brown sugar (13 %)*

*7 g salt (1,5 %)*

*1 teaspoon lemon juice*

*1 organic lemon, zested*

*60 g soft butter (13 %)*

### WALNUT FILLING:

*500 g ground walnuts*

*4 teaspoons rum*

*1 egg*

*3 whipped egg whites (left over from the dough)*

*50 g brown sugar*

*100 g milk (or more, as needed; the filling must be spreadable)*

### EGG BATH:

*1 egg*

*1 tablespoon cream*

*pinch of salt*

Sift your flour into a mixer. Rip your sweet sourdough starter into small bits, mix in all other ingredients except butter, and feed your bits of starter into the liquid, so that it dissolves. Turn your mixer on low and pour your wet mix slowly into the bowl. Knead it long enough that the dough comes off the walls easily, then slowly add chunks of butter. Increase speed after adding the butter and continue kneading until you get a soft, pliant dough.



Place your dough into a bowl. Within the first 2 hours do two series of stretching and folding, then leave it covered to double in size.

If you store your dough in the fridge, take it out and let it warm up to room temperature and rise before going on to the next step. Roll it into a square about 0.8 cm thick, spread your filling on top, and then roll it tightly. Place your potica into a greased Bundt pan. Wait for it to rise once more. This takes about 8-10 hours for me, as the filling is heavy. Before baking, prick your potica all around, coat it with the egg bath, and bake in a preheated oven at 190 degrees. Leave it covered for the first 20 minutes. Then uncover it, reduce the temperature to 180, and keep baking until you get a nice, golden color. Somewhere around an hour. After baking leave it another 15 minutes in the Bundt pan, then turn it over onto a cooling rack.

**HINT:**

If after rolling your dough loses shape, leave it to rest covered for about 10 minutes. You won't have any trouble after that.



## OTHER USES OF SOURDOUGH

### WHOLE-WHEAT CRACKERS (p. 251)

For a baking pan about 39 cm wide and 44 long:

*200 g wholegrain wheat flour*

*90 g active mother starter*

*5 g salt*

*100 g soft butter*

*10-20 ml water*

Mix your flour, salt, and starter, breaking it into crumbs with your hands. Slowly add the butter to the mixer and knead it. If the dough is too hard, go ahead and add a bit of water. The dough should be compact, but still kneadable. Let it sit covered for 3 to 5 hours, or even overnight in the fridge. If you leave it in the fridge, take it out to warm up to room temperature before rolling.

Then roll it thin (2-3 mm) between two sheets of baking paper. Cut it, prick it with a fork, sprinkle sesame, poppy seeds, or coarse salt on top, and bake it in a preheated oven at 200 degrees, until the crackers get a nice, golden brown, around 15-20 minutes.

#### **HINT:**

Instead of wholegrain wheat flour, you can also use wholegrain spelt or some other type of flour. If you intend to break the crackers up, then coat them with egg bath beforehand.





# You can follow me here



Instagram: @sourdough\_mania

- almost 70,000 followers •



FB page: Anita Šumer

- more than 7,000 followers •

FB group: Drožomanija (peka z drožmi)

- more than 9,300 members •



Website: [www.sourdoughmania.com](http://www.sourdoughmania.com)



More than  
1,000,000 likes  
on IG



# References

*"One of the 8 mesmerizing artisan bread accounts to follow"* - **Food&Wine**

## **The Quest for Sourdough/Sourdough Library Ambassador**

*As featured in video compilations with more than **40 million views** by  
"Slovenian baker makes artwork on loaves of bread"* - **Business Insider**

*"Artist uses bread as her canvas"* - **Bored Panda**

*"This woman turns bread into art"* - **Daily Mail**

*"This baker who uses dough as their canvas."* - **BuzzFeed**

*"Watching this bread carving is so satisfying"* - **UNILAD**

*"You 'knead' to check out the baking skills of Anita Šumer...  
they really 'rise' to the occasion."* - **George Takei Presents**

*And many more...*



@sourdough\_mania



Anita Šumer  
Drožomanija



sourdoughmania.com

**For inquiries or booking a course contact me:  
info@drozomanija.si**