

# MOTHERD UGH

1919



MOTHERD  UGH

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Cape Town, August 2020

Welcome to the Motherdough community.

Alfonsina and I are delighted that you have decided to adopt your own little piece of history and share your exciting journey to discover the pleasures and benefits of baking with natural fermentation with us.

When I started looking after Alfonsina more than a decade ago, I never thought that this lump of living dough in my fridge could give me so much satisfaction.

The original culture was started 101 years ago in a little town in Italy in the Province of Bergamo. Like many bakers, I gave the piece of culture a name. I chose Alfonsina, after Alfonsina Orsini, of the Medici nobility, whose portrait painted by Sandro Botticelli can be seen in Florence. I thought the associated symbolism appropriate for something so uniquely special.

*Meaning: Noble, of great value*  
*Celebration day: 31 July*  
*Corresponding Sign: Libra – the scales*  
*Number: 9*  
*Colour: Purple*



You will discover that the benefit of an older culture is that its behaviour is more predictable which makes it easier to understand, use and look after. We don't know how much of the original strain from a century ago remains in the culture. We do know that the fundamentals of this culture are balanced and produce amazing bread and sweet goods with a consistent flavour and aroma.

In the next couple of pages there are step by step instructions on how to activate your Motherdough when it is delivered and get it ready to bake.

Remember this is a new relationship and it will take some time for you to get to know each other and work well together.

We at Motherdough are here to support and teach you to care for your culture. With some basic recipe knowledge, a pinch of confidence and a bucket of imagination you will be able to make many familiar and unique breads and baked goods, including sweet bakes.

Bread-making is intuitive and interpretive. While there are basic rules, the imagination, passion, energy, patience and love that you put into your loaf determines the final product that you take out the oven.

Thank you for choosing to support us. We are excited to have you as part of the community. It's time to get our hands in flour.

Lance.

## Keeping in touch

There are various ways to contact us.

There is a lot of information and recipes on [www.motherdough.co.za](http://www.motherdough.co.za)  
To get your Certificate of Provenance please go to [certificate.motherdough.co.za](http://certificate.motherdough.co.za)  
For gift or offline (retail) purchase please go to [register.motherdough.co.za](http://register.motherdough.co.za)

### Activation problems:

If there is a problem with activation send us a mail to [care@motherdough.co.za](mailto:care@motherdough.co.za) or message us on Instagram or Facebook. You can also contact us via the website.

**Support is an important part of your purchase. If your culture fails and you don't contact us it is very difficult for us to help you.**

### Culture Health issues:

Later on if you have problems with your active culture, we will ask you to please complete the assessment form on the website which you can find [as Motherdough 911 here.](#)

### General, tips and useful information:

We are excited to join you on this journey. Our social media and website pages have additional useful information. We will also start to add regular posts with tips and recipes to inspire you.

### Recipe support:

If you are having challenges or would like to convert an existing recipe, please mail us at [care@motherdough.co.za](mailto:care@motherdough.co.za)

We also have [a handy Hydration Calculator on our website](#) that calculates the liquid required in your recipe to achieve the desired hydration.

### Motherdough Oven

You are also invited to join our Facebook group Motherdough Oven.  
<https://www.facebook.com/groups/motherdoughoven>

This is a closed group of verified Motherdough bakers.

It is a virtual "bakery" to share successes and failures, ideas, projects and problems. Motherdough will also share recipes here from the Motherdough blog, with discussion and technical support to help execute those recipes better.

***"We are here to help you and thank you for choosing to use Motherdough for your natural fermentation baking."***

# Motherdough Care and Feed Guide

This care guide has been developed with input from real customers, using real examples from kitchens all across South Africa. Thank you to all of you.

Before we start, remember your culture is resilient. It is actually really hard to kill her if you follow a few basic rules:



**NO** tap water

**NO** excessive heat above 40 deg. C (avoid direct heat and direct sunlight).

**NO** additives into the feed (unless recommended and guided by us).

**WARMTH** after feeding, before baking and during proving is critical

**FEED** regularly, at least once a week.

**BATH** on average once a month, as needed.

**This guide covers:**

- 1. Activation, with a focus on cold weather**
- 2. Feeding and baking routine to minimise discard**
- 3. Knowing when your Motherdough is ready to use**
- 4. Alternative storage – wrapped method**
- 5. Bath time**
- 6. Hibernation**
- 7. Beginner recipe – Pane Cafone**



## Getting started

As we get your Motherdough culture ready to ship to you, it is important for you to get ready for her arrival. She'll need food, water and somewhere to live.

It's probably also a good idea to start thinking of a name.

### Storage



We recommend storing your Motherdough in a wide mouth glass jar. A 1-litre jar would be a good size.

The removable rubber ring on weck-style jars is useful as you can remove it for room temperature fermentation or keep it on the jar for an airtight seal for storage in the fridge.

### Water

Water used to refresh your Motherdough must be free of additives any purification chemicals.

Always use tap water that has been filtered or boiled, or store-bought bottled still water.



### Flour



The choice of flour is important as this is your Motherdough's food. Choose a quality stoneground white bread flour.

It is advisable to stick to the same brand and type of flour for refreshing your Motherdough.

If you want to transition your Motherdough to a different flour, say whole wheat for whole wheat bakes, do this in increments over a few feeds.

[See our flour recommendations on motherdough.co.za](https://motherdough.co.za)



# Starting your Motherdough journey

## ACTIVATION

The culture that you receive from Motherdough is a live culture. It has not been hibernated for travel. This has the advantage of being able to bring your Motherdough to strength quickly while keeping the culture balanced.

As many of our customers have discovered, temperature has a significant effect on getting the culture showing life; warmth and cold have a major effect on yeast activity.

The two most important things during activation are warmth and time.

If you are having cold weather – or just want to be sure of a smooth activation, we outline the steps below that you can take.

Before you start you need to work out where to keep her warm.

These “Incubator” options are the easiest to do and are effective:

1. A switched off oven with the light on. Place a bowl of boiling water at the bottom and replace it every hour or so if you can.
2. A cooler box with a heat pack or hot water bottle inside.
3. Wrap her jar in a warm towel from the tumble drier and then place her in a cooler box or a warm spot without any draught.
4. Put a mug of cold water into the microwave and switch it on full power for enough time to make the water boil. Let it boil for 30 seconds more. Leave the mug inside and place your Motherdough inside, close the door. Replace the water occasionally.

Follow the activation instructions on the packet, but also do the following:

1. Take the jar that you will be using to store your Motherdough and fill it with hot water, then proceed to the steps below.
2. Use lukewarm water. If you have a digital thermometer 37 deg. C is a good temperature for the water.
3. Tip the hot water out of the jar and place your Motherdough in it. Don't dry it. It is good that it is wet inside. If it has a rubber ring, remove the ring and close. Alternatively, if a normal screw top just rest the lid on top.
4. Place the jar in your “incubator” and wait... It could take 12-24 hours to see strong progress once you have mixed both packets.

### Why do you make cross cut?

The cross cut makes it easier for the dough to expand as the surface tension is broken. It also helps to see progress as the ball opens like a flower.

Make a cut about 1cm deep. Don't be shy. It's not just an imprint of the knife but a cut.



### **How do you know activation is working?**

You will realise that she is starting to gain her strength when the cross cut begins to open.

You may not see much progress with the brown packet, even after 8 hours, proceed to green the brown packet and give it warmth and time.



### **What is “progress”**

Progress is an opening up of the cross cut, a little bit of growth, a noticeable difference.

*It doesn't have to double.*

In fact, she may be doubled but judging “double” with a solid culture is difficult as she spreads out before going up in the jar.

Ultimately you are looking for a substantial change in volume and an airy texture with alveoli visible through the glass or in the open cross cut.

Reached this stage you can either feed 1:1 immediately or let her rest in the fridge and feed in the morning.

### **How should I feed after activation?**

The first feed is always 1:1. We recommend that you do a 2-3 daily 1:1 feeds after activation to help build her strength. You can then move onto a feeding routine that works for your lifestyle as detailed in subsequent pages.





## ACTIVATION STEP BY STEP

It is important to activate your Motherdough starter pack within 2 days of delivery as we are sending you a live culture.

Follow the pictures top down left and then right column.

1. Push contents of "brown dot" packet through a fine sieve to break lumps.
2. Mix with 30g of filtered or bottled water and knead lightly and form a ball.
3. Cross cut the ball and leave to rest to noticeably change in size. This should take about 12 hours at room temperature covered with damp cloth. You may need to leave it overnight in colder weather.
4. After the dough from the above is ready, sieve the "green dot" packet as above make a well and add 30g filtered or bottled water.
5. Cut the dough from the first packet into little chunks and add to the bowl.
6. Mix well and knead everything together to form a fairly smooth ball.
7. Cross cut your Motherdough and place in loosely closed storage container. We recommend a weck-style wide mouth jar. A plastic container will also work fine.
8. Leave to rest for 4 hours at room temperature, or until doubled in size.
9. Place in refrigerator at approx. 6 degrees C. overnight.

*You are now ready to feed your MOTHERDOUGH as per the instructions in the following for a 1:1 ration refresh as explained.*

**Do not mix with tap water.**

**Water purification chemicals will kill your culture.**

**Do not add anything to your MOTHERDOUGH now.**

**No sugar – no additional flour – no honey. Nothing.**

### COLD WEATHER

In the cold activation is going to take more time. Times suggest above could double.

*This is what you do:* Place your Motherdough in a switched off oven (no heat) with the light on. This provides some warmth and definitely makes a difference. You can also place a bowl of boiling water at the bottom of the oven. This helps bring the moisture and temperature up more quickly, improving the activation conditions. It is more important to focus on growth and texture changes than specific time frames.





# Feeding your Motherdough

It is important to feed, or “refresh” your Motherdough. This is important because it:

- It keeps the culture of yeasts and acid-producing bacteria in balance
- Provides nutrients and oxygen to for the culture to grow
- Develops the strength your Motherdough to be able to deliver a strong rise.

The process of refreshing also prepares Motherdough to use in your recipes, as well as to increase or decrease the size of your Motherdough depending on how much Motherdough you bake with each time. You should refresh your Motherdough every 1-2 days or every 4-6 days depending on the *flour:motherdough* ratio you use for your refresh.

## A. Ratio 1:1 Refresh Instructions – for baking prep and regular feeding, every 1-2 days.

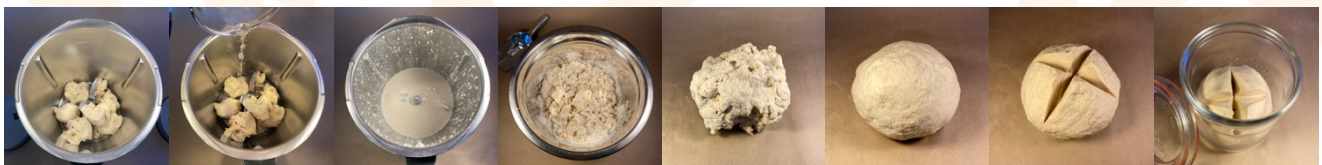
1. Remove your Motherdough from the fridge.
2. Gently remove any crust that may have formed.
3. Take 200g of Motherdough break it into pieces.
4. Place in a bowl or blender with 100g of tepid water (30 deg. C.)
  - a. If blending,  
blitz for about a minute into the water and place in a bowl.
  - b. If refreshing by hand,  
leave pieces to soak for 15 minutes and squeeze through fingers to dissolve.
5. Add 200g feed flour to the bowl, loosely mix together and leave for a few minutes.
6. Finally knead lightly and divide into two 250g balls and cross cut.
7. Place 1st ball in storage jar for 1 hour at room temperature and then move to the fridge. This is your “mother.”
8. Place 2<sup>nd</sup> ball in a bowl or jar and leave at room temperature. When doubled in size, 3-4 hours later, it is ready to use in your recipe.

## B. Ratio 1:2 Refresh Instructions – for Intermittent feeding every 4-6 days.

1. Follow the steps as above but alter the ratio of *flour:motherdough*.
2. For 50g Motherdough, use 100g flour and 50g water.
3. To get ready to bake refresh as per A above the night before,
4. and then again in the morning.

**Ratio Recap** *NB: Ratio is always measured as mass (grams) and not volume.*

- 1:1 motherdough:flour for 1-2 day or ready to bake
- 1:2 motherdough:flour for 4-6 day intermittent refresh
- 2:1 flour:water ratio is always the same to maintain 50% hydration



## FEED & BAKE ROUTINES

In a perfectly happy world, you would be feeding your Motherdough and baking every day.

We realise this isn't always possible, so you need to develop a feeding and baking routine that works for you.

To work out your routine, you need to work out how many loaves or recipes you want to prepare and how often.

You need an average of 200g refreshed Motherdough for a recipe and this should be your starting point.

### Bake 1 Loaf / recipe a week ...

**Base feed 1:2 feed. Do this a few days before you start with the "Weekly" process below just to get into the flow and to size your MD.**

Feed 50g MD 100g flour 50g water = 200g

#### **Weekly Routine (Saturday + Sunday)**

(Saturday or same day each week for feed and dough prep, bake day next day)

You have 200g Mother in the fridge. (100g to feed 100g for discard recipe)

*Feed 1:1 in the morning for afternoon dough prep, for bake day the following day.*

100g Motherdough + 100g flour + 50g water = 250g

*(This creates 100g discard from week 1 mother) Note: This enough for 1 loaf of bread. To bake two, use 200g mother 200g flour 100g water; you also then won't have discard.*

You then have

A: 200g for baking.

B: 50g to keep as Mother.

The same evening or next day you feed mother 1:2 to let her sit for a week until you are ready to bake again. Feed 50g MD 100g flour 50g water = 200g

#### **Repeat weekly routine.**

*You can vary this and make your week a day shorter if you need to bake earlier.*



## Bake 4 loaves / recipes each week

This requires approximately 800g of refreshed Motherdough.

### **Weekly Routine (Weekday + Weekend)**

(Mon/Tues in the week do a 1:2 feed for dough prep and bake day on the weekend)

Weekday feed:

100g Motherdough + 200g flour + 100g water = 400g

Saturday feed

*Feed 1:1 in the morning for afternoon dough prep, for bake day the following day.*

400g Motherdough + 400g flour + 200g water = 1000g

You then have

A: 800g for baking (dough prep on Saturday and bake day on Sunday)

B: 200g to keep as Mother. (Which will be 100g to feed and 100g for discard recipes)

Monday / Tuesday you feed mother 1:2 as above.

### **Repeat weekly routine.**

*You can vary this and make your dough a day earlier if you need to bake. Remember to move the 1:2 feed day forward as well.*



## READY TO BAKE

It is important to use refreshed Motherdough in your recipe. This is at the point when the yeast are most active and will therefore give you the best fermentation results.

After the feed, you need to leave the Motherdough you are using to mature.

You can use one of the incubator methods suggested for activation if it is cold. Under ideal conditions with room temperature 22-25 deg C, the Motherdough should be ready in 2-4 hours.

Ultimately you are looking for a very substantial change in volume and an airy texture with alveoli visible through the glass or in the open cross cut, and she will feel soft and pillow like.

You should use the refreshed Motherdough at her peak point or as soon thereafter as possible. Most bread recipes will still turn out fine if you use the refreshed dough after its peak (sometimes even after a night in the fridge).

This does not apply to enriched doughs however, as they need all the strength they can get from the Motherdough in the rise, because of the sugar and fat in the dough.



**Remember that if your Motherdough is “new”, you need to build her strength with regular feeds. It takes a little more effort to look after her in the first couple of weeks.**

**The effort is rewarded time and time again with amazing bakes.**



## STORAGE

There are three ways you can store Motherdough:

### **In a container with a tight lid.**

This is probably the easiest and most convenient way to store Motherdough. It is also the storage we initially recommend.

You keep the lid tightly closed in the fridge, but slightly open at room temperature. If it has a loose rubber seal, the seal is removed, and the lid closed without it when she is resting on the counter after a feed. Put the ring on for storage in the fridge.

### **Wrapped in a cloth and bound with string.**

This is the most popular method for storing Motherdough and is favoured by professionals and expert home bakers in Italy. It gives the culture more strength and helps maintain the yeast / acid balance better for complicated bakes.

This storage method only works with a large Mother of at least 250g if refreshed daily and 400g if refreshed every few days. The smaller the dough, the higher the risk of drying out too much. This method also creates a crusty discard that is difficult to use in recipes, and that needs to be accounted for as well.

Whilst there are some obvious drawbacks, the actual usage and baking benefits of storing your Motherdough this way definitely trump them.

### **Submerged in water.**

This is a seriously specialized way of storing your Motherdough and one we don't, for now, recommend.

Bakers who specialise in very high fat, high sugar doughs that require enormous rise and strength are stored in this way for 10-14 days before they are used for baking.

An example of the type of products these bakers produce would be the Italian Christmas bread, Panettone which originated in Milano.

## Wrapped in a cloth

It is easy to store Motherdough all wrapped up. Remember that this method is better if you are storing a larger Motherdough because the part of the dough touching the cloth does form a crust and you don't want your Motherdough to dry out too much.

1. Form your dough into a loaf shape and place on a linen or cotton cloth.
2. Fold the long sides over the dough, and the each of the short sides.
3. Bind up with string using a slip knot on the one end, then twist the string with your hand to make a large loop to put the short side of the wrapped dough through.
4. Repeat 3 or more times depending on the size.
5. Take the string under along the long side of the wrapped dough and tie in a bow.
6. Place in a plastic bag and fold over (leave the bag open)
7. Leave out as per the feed instructions and then store in the fridge.
8. To use take out, unwrap and gently cut away the crust with a serrated knife.





## Wrapped in a cloth ... some pointers

In order to get the best results from this storage method, here are a few pointers:



Only wash the cloth when it gets really grubby. The yeast and bacteria that inhabit the cloth create a desirable micro-environment. *Motherdough just loves her dirty bedsheets.*

The pressure that builds up storing her this way is incredible. She will puff up and become as hard as a rugby ball. Don't be surprised if she oozes through the cloth, or even bursts out and escapes completely. It happens.

With time the acid will also weaken the fabric and it will need to be replaced.

When she does ultimately deflate and go "soft," this is a sign that her food is finished, and she should therefore be fed within 24 hours to keep her in balance.

If you need to remove pieces that are stuck, let them dry first and peel them off or scrub the cloth against itself and shake out. Wash the cloth in lukewarm water only – no detergent. Make sure the cloth is completely dry before wrapping your Motherdough up.

If you have a large enough Motherdough (400g upwards) you can keep her stored this way permanently. For a smaller Motherdough, we suggest you increase the size and store her this way for a couple of feeds. This will increase her strength and is especially beneficial if she is not giving you the rise you are used to, or to bake a very enriched dough.

## BATH TIME

Your Motherdough will need a bath from time to time, usually every 3-4 weeks.

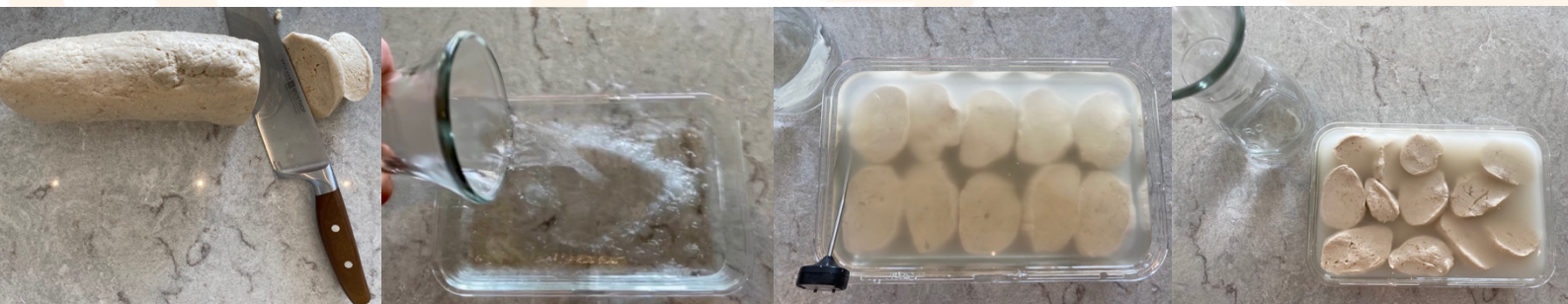
The bath helps to keep her in balance and performing at her best. The bath stimulates the production of CO<sub>2</sub> producing yeast, removes acetic acid (which doesn't taste so good) and slows the proliferation of lactic acid producing bacteria to keep the sour profile of your bakes under control.

You will realise that your Motherdough needs a bath when she leaves a sticky almost glue-like residue on your fingers after a feed. Her smell will change to also have notes similar to alcohol or acetone. If you taste her, you will notice a sort of sour-bitter flavour from the acetic acid. There may also be a change in her colour and she may seem dull, even slightly grey, although it usually takes a week or two of being abandoned for colour change to happen. After the bath and feed she should be back to her normal self.

### Bathing is an easy process:

1. In a large, deep container, dissolve 20g of sugar per 1000g of water, filtered and warmed to 35-38 deg. C
2. Take your unrefreshed Motherdough from the fridge, roll her into the shape of a cucumber and cut into slices 1cm thick.
3. Drop these into the water bath and they will sink to the bottom.
4. It should take about 20 minutes for most of the pieces to float back to the surface.
5. Scoop these up and gently squeeze out excess water and place in a bowl. Leave the pieces that disintegrate totally as you touch them, as well as the pieces that don't float behind in the bowl and discard.
6. Weigh the bathed Motherdough and then feed with a 1:1 ratio. Motherdough:flour. You will need to reduce water slightly to account for the moisture from the bath. We recommend 35% water relative to the weight of the flour. So for example, you have 200g bathed Motherdough, mix in 70g water, then add 200g flour, knead to a ball.
7. Proceed with resting and storing as normal.

Just imagine that our culture, Alfonsina, has been cared for this way for over 100 years. She can unlike us, live on forever. The number of delicious things she gives rise to, is limited only by the baker's imagination.



*Having a motherdough is almost like having another pet, even another child. It calls for a lot of attention but if you treat it will continue to repay you. The good thing is she won't ask you for pocket money.*



## HIBERNATION

It is possible to put Motherdough into hibernation for a couple of months. Although we don't recommend it, we do understand that life means it is not always possible to keep up a feeding and care routine.

The best way to do this is to freeze her and then revive her. The hibernation process can upset her balance and it may require some effort to bring her back to full strength.

To put her into hibernation we recommend that the use 200g of refreshed Motherdough at its peak; ready to bake state and proceed with the following steps:

1. Divide into two and roll into balls of 100g each.
2. Take each ball and roll into discs about 5mm thick with a rolling pin.
3. Place the each of the discs between two sheets of baking paper.
4. Cover each disc with foil and fold the edges tightly.
5. Place into separate ziplock bags and into the freezer – not on top of each other.

You should be able to store your Motherdough this way for up to 2 months. It is possible to store Motherdough in specialist freezers for much longer but domestic freezers only reach about -18 deg. C. You do two discs just to have one as a back-up. Rolling flat helps the dough to freeze and defrost as quickly as possible.



Reviving her is a similar process to getting her back to life when she first arrived.

1. Remove 1 disc from the freezer and allow to defrost thorough and come to room temperature.
2. Blitz the disc with 50g lukewarm water (37 deg, C) and a pinch of sugar. When completely dissolved blitz for a minute to oxygenate the liquid.
3. Add 100g flour, mix and knead to a ball.
4. Keep her warm for up to 24 hours until you see she has started to grown in volume and change texture.
5. Proceed with a 1:1 feed for 2 to 3 days in a row.
6. She should now be fairly stable. You can use and care for her as normal.

If you have any challenges with this process or it doesn't work, contact Motherdough 911 and we will work with you on reviving her with the second disc.

# Pane Cafone

Level of difficulty: Easy

Skills to develop: Manage wet dough, stretch & fold, patience

Hydration: 78%

This simple recipe gives great results for a beginner with little or no fancy equipment. Mastering the steps and learning to understand how the dough evolves in your hands and over time will provide you with an essential grounding for further recipes.

Literally translated as “peasant bread,” this is how the farm-folk in the villages around Naples made bread centuries ago. It requires no equipment, but as it is a very wet dough, it does take some practice learning how to handle wet dough. Wet dough won’t stick to wet hands and wet tools. Avoid using too much dusting flour.

If *pane cafone* is the original “no Knead” bread – require just some stretching & folding and with Motherdough on your side, your *pane cafone* will be totally delicious. It can be cooked in a domestic oven with or without a baking stone. For spectacular results baking in a Dutch oven is the way to go.

300g White bread flour  
280g Water  
210g refreshed Motherdough  
10g salt  
20g Extra virgin olive oil

**Yield: 1 loaf approx. 700g**

1. Mix flour with 200g water in a bowl until just combined. Set aside for 1 hour to autolyse



2. Break the Motherdough into small pieces and add the remaining 80g water. Set aside to soak and soften.
3. When the autolyse is complete, mix the Motherdough / water mix and squeeze through fingers to break up and dissolve the dough. Add oil and mix again.





4. Add the Motherdough mix to the autolyse dough, sprinkle on the salt and mix well to incorporate everything.
5. Your mixture will look and feel quite sticky. Cover the bowl with cling wrap and let it prove for 3-4 hour at room temperature. During this process do 4-8 folds (N,S,E,W) every 30 minutes. This helps with gluten development and for the dough to keep some shape. Remember to use wet fingers. Pull the dough up on one side and stretch over itself to the opposite side. Do this 4-8 times. You will notice the tension in the dough.
6. Cover with plastic wrap, transfer to the fridge and prove for 12 hours at 6 deg. C.



7. Dust your cooking bench and your hands with flour and shape the sticky mix into a ball or a loaf gently using stretch and fold to create tension in the dough. Let it rest on the bench for 1 1/2 hours, dusted generously with semolina or rice flour to avoid sticking. Cover with a cloth or an inverted container.
8. Turn the oven to 240 deg. C
9. Put in a cast iron pot or Dutch oven (without the lid), a baking stone or baking tray to heat up in the oven for at least 45 minutes.





10. If using a dutch oven:

- a. Gently tip the risen dough onto dusted parchment paper. Note that *pane cafone* isn't scored with a blade. It is meant to develop cracks in the oven which contribute to its beauty.
- b. Place in the pre-heated pot, sprinkle the inside of the lid with water and cover the pot, reduce temperature to 220 deg. C and bake for 30 minutes.
- c. Take the lid off, reduce temperature to 200 deg. C and bake for another 20 minutes or until it looks crusty and browned.
- d. Finally, use a wooden spoon to keep the oven door slightly cracked to allow steam to escape and bake the bread for a further 10 minutes.

11. If baking on a baking stone or oven tray

- a. Gently tip the risen dough onto dusted parchment paper. Note that *pane cafone* isn't scored with a blade. It is meant to develop cracks in the oven which contribute to its beauty.
- b. Slide dough onto the preheated stone or tray directly in the oven.
- c. Using a spray bottle, spray the sides and floor over the oven and quickly close the door to create steam. Reduce temperature to 200 deg. C and bake for 30 minutes.
- d. 180 deg. C and bake for another 20 minutes or until it looks crusty and browned.
- e. Finally, use a wooden spoon to keep the oven door slightly cracked to allow steam to escape and bake the bread for a further 15 minutes.



12. Take the pot out of the oven and let the bread come to room temperature before you slice it. The cooling process is an important part of the cooking cycle.



For definition of some of the terms in recipe [see our blog post on motherdough.co.za](https://motherdough.co.za)



## Keeping in touch

There are various ways to contact us.

### Activation problems:

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