



DRIED BARM
NATURAL WHOLE GRAIN BREAD SOURDOUGH

*Re-hydrate and use as **barm stock** for whole grain breads, cakes, muffins, pies, pizza.....
Store unopened in refrigerator or freezer.*

Net weight 2.8 ounces. Makes 6.8 ounces **barm stock**. Use **barm stock** directly to leaven two loaves, and refresh to make many loaves.

Ingredients: Whole wheat flour, malted wheat flour, salt, live barm yeast, live barm lactic bacteria.

Expiration date: if stored with vacuum seal unbroken, at or below 70°F .

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Step 1. Make barm stock from dried barm:

In a bowl, mix all the dried barm from this packet with half a cup, tepid water, 86°F. Stir until a fairly smooth batter forms. Cover loosely and leave at about 86°F for 12-48 hours. Stir well and test the acidity every 8-12 hours. This mixture is ready to use as **barm stock** when it is acidic (pH 3.5 - 4), is well gassed and has a good aroma. Store **barm stock**, covered at 40°F.

Step 2. Make mash (see below)

Step 3. Refresh (increase) **barm stock** (see below)

Step 2. Make Mash (18 oz)

- Mash bowl: stainless steel or heat-proof glass, with loosely fitting lid.
- Blanket to wrap mash bowl

Whole (soft) wheat flour 8 oz
Malted wheat flour 0.16 oz
(enzyme active)
Salt 0.08 oz
Water 10 oz

Add approximately half flour to mash bowl*. In a saucepan, dissolve salt in water. Heat salty water to 150-158°F, and add to mash bowl, stir until evenly mixed. Temperature should be 130-138°F. Cover and wait 10 minutes. Mix the malt with the remaining flour, and add this to the mash bowl. Temperature should be 113-120°F. Immediately cover and wrap in blanket, so that cooling is very slow. Wait at least one hour, and preferably 3 hours before using this **mash**. Cool to 86°F, before using to refresh barm. **Mash** can be stored in covered mash bowl, refrigerated at 40°F, for 24 hours. *Note: For whole hard wheat flour, heat water only to 130-138°F, and add all the flour at once.

Step 3. Refresh (increase) **barm stock** (18 oz)

Barm stock 3 oz
Mash 15 oz

Mix **barm stock** and mash, loosely cover, and leave at 70°F preferably. Stir down vigorously every 8-12 hours. Refreshment to mature **barm stock** is completed after approximately 24 hours at 70°F. After 12 hours pH should fall to 3.5 - 4, the barm should be well gassed and have a pleasing aroma. When refreshment is complete*, the **barm stock** can be used in breads, or further refreshed (using the same proportions of **barm stock** and mash) or stored with cover in refrigerator at 40°F.

*Note: Allow the **barm stock** to mature for twice the time taken for the pH to drop to 3.5-4. **Barm stock** is best if refreshed at 65 - 75°F; maximum 86°F. Refreshment (fermentation) times will be shorter at warmer temperatures. For every 18°F rise in temperature the refreshment time will decrease by 2-3 times.

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