Bread For Life

“Man shall not live on bread alone, but on every word that comes from the mouth of God.”
--Matthew 4:4

Recipes Included Inside

**Braided Bread (Basic Bread Recipe)**

1 cup starter (or more if you have extra)
1 cup water
1 tsp. salt
3-4 cups hard red wheat flour

Mix thoroughly and knead for 5 minutes. Place in large oiled bowl and let rise for 6 hours at room temperature. Roll out the dough and cut into 3 strips. Gently roll strips in sesame seeds (or whatever you like). Braid the strips on prepared baking pan. Let rise another 2 hours or until doubled. Bake at 350 degrees for 25 minutes.

**Waffle/ Pancake Dough**

2 cups starter
2 cups milk (or substitute)
2 Tbsp. oil (4 Tbs. if using milk substitute)
1 tsp. honey
1 tsp. salt
1 1/4 cup whole wheat pastry flour

Mix ingredients together and place in a cool room or refrigerator for 6-12 hours. Bake in a pre-heated waffle iron or fry on a griddle for delicious pancakes.

**Pizza Crust**

(makes 1 crust)

1 cup starter
1 cup water
1 tsp. salt
1/2 tsp pizza seasoning (opt.)
3-4 cups hard red wheat flour

Mix thoroughly. Let rise for 3-4 hours at room temperature. Spread dough evenly onto a prepared pizza pan. Let crust rise for 1 hour and bake at 400 degrees for 10-15 minutes before adding toppings.

“A special thanks to Al Stelzer, our Daddy and Opa, for his encouragement and inspiration to us moms to "perfect" this starter bread and share this information with others. If it weren’t for his support, we probably would never have taken the time to accomplish this video.”
There is a lot of information on the internet about carbohydrates turning to sugar and feeding cancer cells and other diseases. These diseases were hardly heard of before they began to use yeast to raise bread and almost all other grain products. This bread starter is probiotic and aerobic causing the carbohydrates, gluten, and the rest of the wheat grain/flour to be predigested before it is used by the human body. Just how much of a difference this change in the grain/flour by predigestion makes has never been tested. We do know, however, that most aerobic bacteria have a symbiotic relationship with plants, animals, and man. The pricelessness is that it is yeast-free. Sally Fallon reconfirms this information in her book *Nourishing Traditions:

"Phosphorus in the bran of whole grains is tied up in a substance called phytic acid. Phytic acid combines with iron, calcium, magnesium, copper and zinc in the intestinal tract, blocking their absorption. Whole grains also contain enzyme inhibitors that can interfere with digestion. Traditional societies usually soak or ferment their grains before eating them, processes that neutralize phytates and enzyme inhibitors and, in effect, predigest grains so that all their nutrients are more available. Sprouting, overnight soaking and old-fashioned sour leavening can accomplish this important pre-digestive process in our own kitchens. Many people who are allergic to grains will tolerate them well when they are prepared according to these procedures."

Many researchers consider yeast to be the most detrimental food in the last hundred years that we routinely consume. We’ve lived thousands of years yeast-free. This is the bread our forefathers (mothers) had in their kneading troughs. Let’s go back to these forgotten ways. We love it!

**Starting the Starter**

1/4 cup pure water (non-chlorinated)
1/4 cup hard red wheat flour
Mix and place in a clean glass gallon jar and cover securely with cotton cloth (perhaps with a screen also.) Place outside in a cool, shady area among green plants.

Next day, place starter in bowl. Add 1/4 cup hard red wheat flour and 1/4 cup water. Mix well and replace in a clean jar and return to greenery. Repeat this step for 7 days.

After 7 days, put on a regular lid and keep in the refrigerator.

**Feeding the Starter**

(after day 14)
1 cup cold, pure water (non-chlorinated)
1 cup hard red wheat flour
Mix thoroughly and place in a clean jar. Return to the refrigerator. Feed daily. The starter can be fed as often as every 6 hours.

**Basic Bread Recipe**

(makes 1 loaf)
1 cup starter (or more if you have extra)
1 cup water
1 tsp. salt
3-4 cups hard red wheat flour
Mix thoroughly and knead for 5 minutes. Place in large oiled bowl and let rise for 6 hours at room temperature. Form into a loaf and put in a prepared loaf pan. Let rise another 2 hours or until doubled. Bake at 325 degrees for 40 minutes.

**Dinner Rolls/ Hamburger Buns (Basic Bread Recipe)**

1 cup starter (or more if you have extra)
1 cup water
1 tsp. salt
3-4 cups hard red wheat flour
Mix thoroughly and knead for 5 minutes. Place in large oiled bowl and let rise for 6 hours at room temperature. Form into rolls/ buns and place on prepared baking pan. Let rise another 2 hours or until doubled. Bake at 350 degrees for 20 minutes.

**Cinnamon/ Caramel Rolls and Loaf (Basic Bread Recipe)**

1 cup starter (or more if you have extra)
1 cup water
1 tsp. salt
3-4 cups hard red wheat flour
Mix thoroughly and knead for 5 minutes. Place in large oiled bowl and let rise for 6 hours at room temperature. Roll dough out to 1/4 inch thick and cover with your favorite toppings. These may include:

- maple syrup
- honey
- butter
- cinnamon
- chopped nuts
- raisins
- date sugar/ brown sugar

Roll toppings up inside dough and cut rolls into about 1 inch thick pieces . Place cinnamon rolls in prepared baking dish. Let rise another 2 hours or until doubled. Bake at 325 degrees for 30-40 minutes.

*If making a cinnamon loaf instead of rolls, bake at 325 degrees for 40-45 minutes.