



## Notes ~ Topics & Time Stamps

Making The Easiest Healthiest Bucket Bread Together!

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<https://www.facebook.com/groups/trimhealthymamas/posts/10047770748629319/>

**-This LIVE is a “Must-Watch” video!! Serene shares incredible information not only about her bread but she demonstrates her technique on “how to” make the bread, which will be very helpful for you to have ultimate success in making your bread!! Please watch!**

### **Notes From the Live:**

-Serene makes 12 loaves per week or 6 loaves twice per week. This is the bread she has raised her children on. If you only want to make 2 loaves use 1/3 of the recipe.

-Rye is inexpensive, and very stable on the blood sugar. Rye forms a gel in our gut that is like quicksand to our blood sugar. Serene gets her whole grains from Azure.

-This bread is hearty and a little more German in consistency and will really fill you up!

-The best kind of oven for this bread is an oven that cooks low and slow.

-This bread freezes well.

## **Serene’s Artisan Sourdough “Peasant” Bread A.K.A “Bucket Bread”**

### **Makes 6 Loaves**

#### **Ingredients:**

- 9 &  $\frac{3}{4}$  cups cracked rye flour (coarsely cracked; Serene uses a grinder on coarse)
- 13 &  $\frac{1}{2}$  cups cracked spelt flour (coarsely cracked; Serene uses a grinder on coarse)
- 3 quarts of warm water
- 4 Tbsp TH Mineral Salt
- 3 quarts fermented sourdough starter

#### **Instructions:**

## **Soaking Process for the Grains**

1. Place the coarsely milled cracked rye & spelt grain in a large bucket.
2. Pour 3 quarts of warm water over the prepared coarsely cracked grains.
3. Soak this anywhere from 12-24 hours.

## **Make the Bread**

1. After the grains have soaked add 4 Tbsp of TH Mineral Salt and 3 quarts of your fermented sourdough starter, (Serene uses a rye starter) Use your hands to combine and mix well. You do not need to knead and knead and knead. Mix until it feels like it is all mixed together.
3. Lightly grease your bread pans with coconut oil and fill the bread pans with the mixture.
4. Moisten your hands with water and slap the top of each loaf to smooth the top of the bread.
5. Allow the bread to set out overnight.

## **Steam Baking Instructions**

1. Set the convection or electric oven to 350 degrees or use gas if that's what you have.
2. Place two 9x13 glass pans filled with water in your oven.
3. Place the loaf pans in the oven and steam/bake the bread for 3 hours.

## **After Baking**

1. Place a clean towel that has been wet and wrung out on top of each loaf of bread, the bread will steam even more as it cools under the towel.

## **How To Grow a Sourdough Starter**

1. Start out with a ¼ cup of sourdough starter.
2. To feed the starter add ¼ cup of the cracked rye grains and ¼ cup water.
3. As the starter begins to grow you can increase the amount that you feed it for example ½ cup cracked rye grains and ½ cup water. Keep increasing the amount that you are feeding your starter, always in equal amounts according to the needs of your family or how much bread you will be baking.
4. Serene will often feed her starter 2-3 times to get it active, crazy bubbly, and large.

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