

SOURDOUGH

DEFINITION

Sourdough is a mixture of wheat and/or rye flour and water, fermented by spontaneous lactic acid bacteria and yeasts which determine its acidifying and leavening capability.

CLASSIFICATION OF SOURDOUGHS

Type I	Kept metabolically active through daily refreshments
Type II	Unique fermentation step of 15-20 h followed by storage for some days
Type III	Type II liquid sourdoughs which are dried/stabilized after preparation.
Sponge Dough	Aimed at acclimatizing baker's yeast (<i>S. cerevisiae</i>) and improving qualities.

NUTRITIONAL ASPECTS

- Reduce glycaemic response
- Increase the uptake of minerals, breaking down phytic acid which chelates minerals and reduce its bioavailability
- Produce new nutritionally active compounds:
 - Vitamins
 - Exopolysaccharides (prebiotic)

EXAMPLES

- Altamura Bread
- French Bread Rye
- Sourdough Bread
- White Pan Bread
- Panettone Cake
- San Francisco Bread



LACTIC ACID BACTERIA

Lactic acid-producing bacteria that play an important role in the organoleptic, health-promoting, technological, and safety aspects of various fermented food products.

YEASTS

Share an adaptation to the specific and stressful environment created mainly by a low pH, high carbohydrate concentrations and high cell densities of LAB. The major sourdough yeasts belong to the family *Saccharomycetaceae*

PREPARATION

Preparation of Sourdough

