

Stephen Robertson

Ode to the yeast wind

flour, water, mix well
mollocoddle for one day
throw half away
more flour, water, mix well
mollocoddle for one day
throw half away
more flour, water, mix well
mollocoddle for one day
throw half away
more flour, water, mix well
mollocoddle for one day
put in pouch
ready to go

Recipe for starting a sourdough starter.

In the California gold rush of 1849, and again in the Klondike in 1896, in order to make proper San Francisco bread, prospectors would carry with them their sourdough starters, carefully protected in pouches around their necks or attached to their belts.