

La Biga

YEAST STARTER

Made with wild yeast or with commercial yeast, these “starter doughs” develop breads with a longer, slower fermentation and deeper, more flavorful bread by bringing out the actual flavors of the grains rather than that of the yeast.

- 1 Kg. all-purpose flour
- 400 grams water
- 5 grams fresh yeast

Mix all ingredients together to form a ball. Place in a covered container.

Bread is a staple food in Tuscany enjoyed daily both by itself and used in many dishes to cook with (Panzanella, Crostini, Bruschetta, Papa al Pomodoro, etc.). Tuscan bread, unlike bread from other regions, is made without salt. In the days before unification, the Florentine obtained their salt from the neighboring Maritime Republic of Pisa for which there was tax added. Historians say that the independent thinking Florentine people rebelled against paying the tax and boldly started to make their bread without salt, a taste and tradition that remains today.

Notes:

