

## RYE SOURDOUGH STARTER BY Manuel Freedman

1 1/2 cup fresh ground rye flour (or store bought)

1 1/2 cups water

1/2 tsp. milk

pinch of yeast

Mix together the flour, water, milk, and small amount of yeast until smooth--the mixture should be the consistency of pancake batter. Keep at room temperature, anywhere from 65 degrees F. to 80 degrees F. in a non-metal container that is covered to keep out intruders. Let stand 3 to 5 days, stirring twice a day, until pungently fragrant. If the odor becomes unpleasantly sour, you have let it get too warm and should begin again. Store in the fridge in an airtight non-metal container for up to 2 to 3 weeks. Remove and use and replenish as recipe calls for.