

RECIPE

INGREDIENTS

2 cups warm water

1tbsp sugar

METHOD

1. Combine in a bowl 2 cups of warm water and 1tbsp sugar.
2. Cover the bowl with cheesecloth and place in a warm area in the kitchen.
3. Stir the mixture once a day
4. It will begin to bubble when you capture the yeast
5. Allow the mixture to sit for 3-4 days after you notice the bubbles.

SHOPPING LIST

sugar