



# Sourdough Keepsake & Quiz

This is a booklet that we go through at the end of the course to ensure you have understood every part of the sourdough process, how you can personalise your bread and the way you bake and eat it. It is not designed to trick you, but I will be looking for complete booklets before you are able to graduate your course, and you have plenty of time to relax and fill it in.

You also get to take this home with you and we will be going through this as a group exercise to make sure that you have a full and detailed understanding of the most important aspects of sourdough baking and gut microbial health.

It is also a record for you to use to discuss your journey with Vanessa, and to review your physical and mental wellness goals and assess your symptoms. It is very personal. You don't have to share it but it is helpful if you do.



STUDENT NAME .....

COURSE TITLE .....

COURSE DATE .....



# About the Bread

1. What is Sourdough bread?

.....  
.....

2. How long does each step of the physical process take? (not including the proving time)  
Add up each step

Refresh starter .....

Make leaven .....

Weigh out ingredients & Mix .....

Stretch & fold (if applicable) .....

Pre shape & Final shape  
(if applicable) or  
putting your bread in a tin .....

Score and put in the oven .....

Remove from the oven .....

Cleaning up .....

Total TIME to make sourdough \_\_\_\_\_

3. Over how many hours are these steps? (TICK)  
please include prove times

12 HOURS .....

24 HOURS .....

72 HOURS .....

4. What is the % bakers refer to always in relation to?

.....

5. How long do the following sourdough starters take to peak?

White roller mill ..... HOURS

White stone ground ..... HOURS

Wholegrain ..... HOURS

Rye ..... HOURS

6. How can you tell if your starter is ready to go back into the fridge?

.....

.....

7. What are the key steps to getting a good rise from your bread?

STEP 1 .....

STEP 2 .....

STEP 3 .....

STEP 4 .....

8. How Do you wake up an abandoned starter?

.....

.....

9. What should I do with the starter I don't need?

GIVE IT AWAY

THROW IT AWAY

USE IT IN OTHER BAKED GOODS

10. How many hours beforehand do you make the leaven

For a retarded loaf ..... HOURS

For a cake ..... HOURS

11. Why do you only add in 70% of the water from the formula?

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12. What is the name of the method used to add the rest of the water in incrementally?

.....

13. Why do you measure the water temperature?

.....

14. What is DDT?

.....

15. Name 3 ways you can slow things down

.....

.....

.....

16. Name 3 ways you can SPEED things UP

.....

.....

.....

17. HOW CAN YOU MAKE YOUR LEAVEN MORE DIVERSE?

1 .....

2 .....

3 .....

4 .....

5 .....

18. What key things make flours different nutritionally from each other?

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

19. What is the ideal temperature for dough to ferment at USING the retarded technique?

.....

20. How can you tell if it is under or over proved?

Under proved .....

Over proved .....

21. How does the boule dough feel when it is ready? How does it behave?

.....

.....

22. What two things can you do to 'rescue' an over fermented dough?

1 .....

2 .....

23. Why is it so important to bake in a cloche or a Dutch oven?

.....

.....

# Microbiome & Bread

24. Name 3 ways thAT fermentation potentially makes sourdough healthier

- 1 .....
- 2 .....
- 3 .....

25. What is a probiotic?

.....

26. Name 3 probiotics you are going to CONSUME when you get home

- 1 .....
- 2 .....
- 3 .....

27. What is a prebiotic?

.....

28. Name 3 prebiotics you are going to CONSUME when you get home

- 1 .....
- 2 .....
- 3 .....

29. What is the gut microbiome?

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30. Why is the gut microbiome important?

.....

31. WHAT ARE THE KEY THINGS THAT AFFECT THE GUT MICROBIOME?

- 1 .....
- 2 .....
- 3 .....

32. NAME 4 OTHER THINGS THAT AFFECT YOUR ABILITY TO DIGEST BREAD

- 1 .....
- 2 .....
- 3 .....
- 4 .....

33. NAME 2 SUPPLEMENTS THAT ARE PROVEN TO WORK

- 1 .....
- 2 .....

What did you enjoy most this week?

.....

It is a good idea to record your feelings to read when you get back from the course.

Not to be filled in until the very last day of the course. We will do this together.

How do you feel?

.....

WHAT IS THE ONE THING YOU WOULD CHANGE WHEN YOU GET HOME?

.....

.....

# Your Action Plan

What are the top recommended foods on your gut test report? You may not know this until you get your test results

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 9 .....
- 10 .....

List 10 actions you are going to take when you get home. These are not just baking goals, but mental wellness goals too. For example sharing a loaf once a month. Try to make these small and achievable, e.g. Programme the sourdough making schedule into your phone so you don't forget it

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 9 .....
- 10 .....



# Self Assessment

Once you get home you will need to keep baking and eating symbiotically, but we ask that you get a health MOT with your GP at the beginning and end of your year.

Don't forget to share your bakes using the WhatsApp group.

Don't forget to book in your 12 month review appointment with Vanessa.

## HEALTH MOT

Please ask to check the following and keep a record.

MEASUREMENT	START DATE:	END DATE:
BLOOD PRESSURE		
WEIGHT (KG)		
CHOLESTEROL		
BLOOD SUGARS (FASTED)		

## SELF ASSESSMENT CHART

Once a month on the same day please fill in a score to chart the way you feel throughout the year.

0 being no symptoms - 10 being the worst

MONTH	SYMPTOM 1	SYMPTOM 2	SYMPTOM 3	TOTAL MONTH SCORE
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

# Notes

A series of horizontal dotted lines for writing notes.