

Milogor's Boza-raised Rye Bread (adapted from www.coolinarika.com).

At the beginning of the pandemic, bread yeast became scarce, but in his community, boza was not. So Milogor found a solution...replacing with a boza starter. Here's how he did it (faster than sourdough, since some of the cultivation is started already).

1. I started by pouring **½ c. of boza** into a container with a good sealing lid.
2. I added **1 teaspoon of sugar** to boza. Wait for the resulting foam to settle. (Note: It may not foam. It depends on the freshness of the boza, which is not required for a good result. However, boza that's not as fresh may take a day longer to cultivate.
3. To this mixture, I added **3 - 4 tablespoons of whole wheat flour** and mixed everything well until I got a soft dough. This completes the initial procedure.
4. I left the dough covered until the next day.
5. On the second and third day, I supplemented the yeast fungi by adding another **1 tablespoon of whole wheat flour, 1 teaspoon of sugar**, and just enough boza to mix the ingredients nicely into a soft dough again.
6. When I approached on the fourth day to see what was happening to my yeast, I was shocked: the lid of the bowl was open, and the yeast was leaking enthusiastically onto my kitchen counter.
EUREKA !!! It worked. My prediction was good.
7. I mixed the yeast prepared in this way into my usual rye bread recipe, and proceeded as normal.

Note: It is well known that rye flour bread dough raises very poorly, or almost not at all. Rye contains a very little natural sugar, and sugar is the most important factor for quality fermentation and dough growth.

But there was no end to my enthusiasm when I baked bread the next day and cut it. No purchased yeast has ever given me results like this before! Though rye, my bread was tender, sweet and fragrant. If you don't believe it, try it yourself!

8. Concluding remarks:

When you have already made a bread dough with yeast prepared from boza, before you shape it and put it in a baking tray or mold, tear off a "handful" of that dough and return it to the yeast bowl that you previously washed.

Add a little boza, a little wheat flour and very little sugar to the dough. Mix well and cover.

In the following days, continue to supplement the yeast fungi as in the previous case - by adding a small amount of boza, adding flour and sugar.

No more yeast crisis for you! :-)