

SOURDOUGH FOR THE PEOPLE



BY:
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OFFERINGS



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My goal is to provide access to any who wish to embark on the journey of making.

Below are sample instruction formats but can be made bespoke. I believe in transparency, the suggestion donation per person below are estimated material costs.

Offering 1:

Getting grounded in the basics

Synopsis:

Sourdough for the People- a beginner's introduction that will help you get grounded in the basics of sourdough making.



In this class, you will:

- Receive your own sourdough starter to take home
- Partake in an abridged hands-on demonstration of the bread-making process
- Have the opportunity to ask any questions and take-home set of instructions on the sourdough-making process

I describe this as "cooking show" style; contrary to popular belief, sourdough making is very passive, short working steps interlude periods of resting; in this class I'll present the four main hands-on steps by preparing several loaves at the different stages, bypassing the waiting periods of fermentation.

Below is a brief outline of the class.

- **Bread chat:** a discussion on the basics of sourdough bread-making. I'll describe what the project is and why I make bread (I can get into the meditative aspects as far as the class energy feels :))
- **Hands-on demonstration** of some of the physical steps of sourdough making to get students comfortable working with dough
- **Question and answer session**
- **Bread samples and fun !**

Donation break down: ~\$10/person: \$2/mason jar for starter, \$5 booklet/zine costs (post cards with link to e-book are possible for \$1/ each), \$0.50 flour costs per person for starter, and ~\$2.50 overhead for me to prepare bread stages.

Recommended Class : 1-1.5 hours, 10-20 people. The less people the more hands on. We can also discuss a partnered approach for more hands on.

I can offer this at my home for 10 people or less.

Offering 2:

Complete Process

Synopsis/marketing message:

Sourdough for the People- a complete guide through the sourdough process.

In this class, you will:

- Receive your own sourdough starter and loaf ready to bake the next day
- Partake in a hands-on demonstration of the sourdough bread-making mixing and ask any questions
- Have a take-home set of instructions on the sourdough-making process

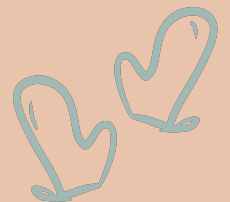
I will take students through the entire process, from mixing and the major types of folds. Since sourdough requires time to ferment, I will also include the baking process in the middle of the folds but students will need to bake their loaves the next day at home.

Donation break down: ~\$10/person+optional materials: \$2/mason jar, for starter \$5 booklet/zine costs (post cards with link to e-book are possible for \$1/ each), \$2.00 flour costs per person for starter and flour, and ~\$1.00 overhead for me to prepare bread baking.

Students will need materials (*mixing bowl, two tea towels, scale, razor blade/ bread lame, bench scraper, and proofing basket/ banneton*) that I can purchase or request students bring their own.

Recommended Class : minimum of 4 hours, 10 people

I offer this at my home for 10 people or less. Requires water and oven access.



About The Project

Making sourdough is a meditation on patience & what fuels you,
your loved ones, your community; your world.

It's a journey of patience that, like most great journeys, results in some of life's
greatest gifts: a sense of peace, accomplishment, and nourishment. It is one that
always rewards but keeps going as you venture down your own unique path.

Love your food

Love your body

Love your planet

Love your process

SOURDOUGH FOR THE PEOPLE





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