

225. SOUR DOUGH MEDIUM

Maltose	20.0	g
Yeast extract	3.0	g
Fresh yeast extract	15.0	ml
Tween 80	0.3	g
Casein peptone, tryptic digest	6.0	g
Distilled water up to	1000.0	ml

Adjust pH to 5.6 with 20% lactic acid or HCl. Fresh yeast extract is prepared by autoclaving a 20% suspension of commercial baker's yeast in distilled water for 30 minutes at 121°C, allowing the suspension to settle overnight at 2 to 8°C, decanting and further clarifying the supernatant by centrifugation. The extract prepared in this manner contains 1.5% solids and if not to be used within a few days, should be frozen or freeze-dried immediately.