

HERE'S WHERE YOU CAN LEARN TO MAKE SOURDOUGH

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When a friend of Goodfellow's Field to Fork owner, Claudia Goodfellow, attended a sourdough workshop last year, she came to Goodfellow for advice about her bread.

"She had taken the starter and frozen it, and when it came time to thaw it, she was trying really hard to make it work," Goodfellow said, who specializes in pastry and sourdough breads.

Though her friend was ready to toss out her seemingly lifeless starter, Goodfellow was able to restore the ailing dough to its robust bubbling glory.

"She went from feeling incompetent to feeling empowered with a little more knowledge," Goodfellow said.

Goodfellow's sourdough class will give home cooks a hands-on opportunity to learn about making bread from little more than flour, water, and salt.

"I always felt intimidated by baking when I was growing up," Goodfellow, a Red Seal chef who branched into baking after culinary school.

Having spent time working at Intercontinental Hotel's pastry department and Forno Cultura - an esteemed Italian bakery in downtown Toronto - Goodfellow said she wanted to be closer to where food was being produced.

"We noticed we were so far separated from the people actually making the ingredients, the produce and the flour, we wanted to get closer to the farmers," Goodfellow said.

Not finding a space the



Claudia Goodfellow, owner of Goodfellows Field to Fork, will be offering a course on baking sourdough bread in the new year.

Bryan Myers/Torstar

felt quite like home in Guelph, Goodfellow said the space in Rockwood had the right energy.

"We're able to connect directly with the farmers," she said. "We try to im-

merse ourselves in the community and put action behind our words," Goodfellow said.

This year, the bakery will launch a winter CSA (community supported ag-

riculture) from January to March that will offer a selection of produce curated from local farms and greenhouses.

Tickets for each class are \$65 plus tax per person

to be paid via e-transfer to goodfellows.fieldtofork@gmail.com.

During the class held at Goodfellows (155 Main St. S. in Rockwood), a charcuterie board made in-house will be served, as well as loaves of fresh-baked bread.

The classes run from 6 to 9 p.m. with the bread-making class on Jan. 21, and the gluten-free bread-making class on Jan. 28.

Attendees will each take home a portion of sourdough starter, and loaf of bread to be baked at home.

Attendees will also receive a recipe booklet with instructions on how to start and maintain a sourdough starter, recipes, techniques, and equipment checklist.

More information is available at www.goodfellows.ca.



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