



THE SOURDOUGH ARTIST

YOKE MARDEWI, WILD SOURDOUGH, WA

With an eclectic background in dentistry, arts and fashion design, it was moving to Perth in 1998 that reignited Yoke Mardewi's passion for fermentation. "Back then you couldn't buy good bread in Perth," says Yoke, who with determination started baking sourdough at home.

Nine years and two Wild Sourdough books later, Yoke continues to teach home bakers from her beautiful suburban kitchen and at participants' homes. "It's about teaching people how to make bread from scratch," she explains. "Bread's such a basic food item. I believe we must not lose the art of making real bread that's really good for you – and that's sourdough."

The classes are hands-on, with students learning how to fit sourdough into their day-to-day lives using touch, taste and smell. "My method is authentic, without shortcuts. But it is above all practical," says Yoke. Her classes also stretch to gluten-, dairy- and additive-free breads.

"It's about going back to the drawing board and remembering what sourdough is capable of," Yoke explains. Borrowing leavening methods from different cultures to best work with ancient grains, such as khorasan wheat, quinoa and spelt, the results are standout breads that anyone can eat, and indeed, bake at home. *Ardross, 0412 272 327, wildsourdough.com.au.*