

LOAFING AROUND WITH SOURDOUGH



Collection by: [Lori L. Diman/Considine \(Last update 1-4-25\)](#)

These are recipes I've collected from the facebook group for Sourdough Geeks, from Google Searches and Pinterest recommendations and an assortment of books. It's not a book, it's just my recipe collection, so expect mistakes and typos and general mayhem but also expect good things to happen to your sourdough journey because these tips and tricks and recipes really helped me along the way.

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Buy sourdough & fresh eggs in Alvin, TX: [Delicious Freshly Baked Sourdough Bread | Goyen Flockers Bakery](#)

Ezekiel 4:9-15 Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof.

Did you know that Ezekiel lived on this bread for 390 days while he laid on his side? Interestingly, this combination of ingredients provides the body with 92 necessary minerals for complete health...and no, I've never made it. It is called "Ezekiel Bread" and the recipe is below...it is NOT a sourdough recipe but it is in the bible so I just HAD to include it anyway...I have eaten it..and I'm not a fan.

A Short Synopsis of the bare basics to jumpstart your sourdough journey:

Sourdough Kickstart Synopsis: [Jump Back to the Index](#)

1. Make or acquire starter from a friend.
2. "Feed" your starter daily until it becomes active. You can tell when it is active in two ways: 1 it will double in size in a few hours after "feeding" it. Or you can drop a spoonful of it in water. If it floats, it is active.
3. Once it is active it is ready to use in sourdough [bread](#) and other recipes (often called "Discard" Recipes.)

Tips:

It's hard to maintain daily "feedings". At any given time you can just put your starter jar in the fridge to give yourself a break. When you are ready to go again just get it out and start feeding it till it becomes active again.

If you leave it in the fridge or even on the counter for a long period of time it will still be good..even if it has dark water (known as "hooch") resting on top of it. Just pour the dark water (hooch) off and stir the starter and feed it.

The only time you need to toss your starter is if it develops mold which can appear as pink or purple on top of your starter. This is rare but can happen if you use a dirty spoon to stir with or some other contamination is introduced into your starter.

You will make your bread life way better and easier if you have a gram scale. Because flour and water have different weights when measured...and nearly every recipe uses grams.

You will have better success with baking bread if you bake it in a dutch oven or an iron pot with a lid. Avoid enameled pots if possible. They are hard to clean and they do not bake as evenly.

Bakers math is weird. If your directions say something like 1:1:1 it means 1 part existing starter (50 grams for example) and 1 part flour and 1 part water. (all 50 grams).

The thing that makes sourdough healthy is that you are eliminating the need for yeast, this is done by "growing" your starter to an active state and also after adding all the ingredients to make your bread and then letting it "rise" before baking..which is basically the fermentation process.

Sourdough is best made by hand..bread machines are geared towards breads that use yeast but can be used for mixing the sourdough. Using a mixer for sourdough has burned up MANY very expensive kitchen appliances. Trust me, just mix the old fashioned way. Do not use your mixer for making sourdough. It will burn up the motor, sourdough is too dense for most mixers. If mixing is hard, use a bread maker, most of them now have a sourdough setting but it makes the bread dense. Use the machine to mix the dough and leave it in till just before the time when its ready to bake, then take the dough out, allowing it to stretch and fold a bit, put it in your cast iron pot and let it sit another 4-6 hours, then bake as usual. Perfect every time.

There are a lot of Facebook groups and Instagram posts and TikTok and YouTube videos out there with the most detailed descriptions of what you should or should do (and I've links a few in the FAQ section of this document)...don't let those people scare you. Temperatures up North are different than Down South and Humidity in the air and 10,000 other things.. if you add a dash more salt or a gram less of flour..dont sweat the small stuff. Your bread will still come out edible. People talk about the "Crumb" and how to make it perfect with perfect size holes..it's PERFECT if you can eat it. Enjoy the journey without fretting over everyone else's idea of perfection. **Get your hands dirty, knead the dough and find your soul.** (www.LoriLogic.com)

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Now...on to the recipes and other good intel...

SOURDOUGH RECIPES IN ALPHABETICAL ORDER:

<p>APPLECAKE</p>  <p>TOP</p>	<p>1-4-25 Jump Back to the Index</p> <p>Sourdough Apple Upside Down Cake - Traveling In My Kitchen</p> <p>Sourdough Apple Upside Down Cake Prep time 30minutes Cooking time 1hour 20minutes Calories 428kcal</p> <p>This Sourdough Apple Upside Down Cake is what fall baking was made for. So beautiful and moist with textural and flavorful contrasts. It'll delight every one of your senses. Plus, it's the perfect way to use up your sourdough discard.</p> <p>INGREDIENTS</p> <p>For the Bundt Pan Baker's spray or shortening for the pan 6 Tablespoons granulated sugar for pan 2 Tablespoons brown sugar for pan</p> <p>For the Cake</p> <p>1 lb. Granny Smith apples (about 2 apples) 2 Tablespoons brown sugar for the apples 1 1/2 cups cake flour, sifted (250g) (room temperature) 1/2 teaspoon baking soda 1/2 teaspoon kosher salt 3 sticks butter (room temperature)</p> <p>2 1/2 cups sugar 5 large eggs (room temperature) 2 Tablespoons vegetable oil 4 1/2 ounces by weight sourdough starter (130g) (fed or spent) (room temperature) 1 cup sour cream (room temperature) 1 Tablespoon vanilla extract</p> <p>DIRECTIONS</p> <p>Preheat the Oven Place a rack in the center of the oven and preheat to 350° F, (177° C). Prepare the Pan Grease a 12 cup bundt pan with butter or shortening or spray with baker's spray. Be sure to get into all of the nooks and crannies in the pan. Dust the sides of the pan with sugar using 2 Tablespoons of the sugar for the pan. Then sprinkle the other 4 Tablespoons of sugar evenly over the bottom of the bundt pan. Sprinkle brown sugar as evenly as possible over the white sugar in the pan. Prepare the Apples Peel and core the apples and dice, medium. (About 1/2 inch cubes.) Place diced apples in a bowl and mix to coat with 2 Tablespoons of brown sugar. Then layer evenly over the sugar in the bundt pan and set aside. Make the Batter Hand whisk together cake flour, baking soda, and salt in a bowl and set aside. Crack eggs into a small bowl and set aside. Do not stir. Cream butter on high speed in the bowl of a stand mixer with the whisk attachment, or in a large bowl with a hand mixer, until the color lightens and it becomes smooth – about 1 minute. Continuing on high speed, slowly trickle in sugar and whip until fluffy and the volume has increased about by about a third – 2 to 5 minutes.</p>
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	<p>Still on high speed, add the eggs, one at a time. (Just slightly tip the bowl with the eggs in it over your mixing bowl allowing only one egg to slip out of the bowl at a time.) Whip until well-incorporated. Stop the mixer and scrape sides and bottom of bowl with a spoon or rubber spatula as needed.</p> <p>Place mixer speed on lowest setting and add in flour mixture in three parts, mixing until just incorporated. Scrape bowl as needed.</p> <p>Still on lowest setting, stir in sour cream, sourdough starter, and vanilla until fully incorporated, being careful not to over mix.</p> <p>Carefully pour one third of the batter over the apples in the 12 cup bundt pan. It'll be a little thick. Gently smooth the batter over the apples to remove and large bubbles, then finish filling the pan. Be sure to leave, at least, 1 1/4 inch of space at the top of the pan to prevent overflowing.</p> <p>Bake for 80 minutes at 350 degrees Fahrenheit, or until a toothpick inserted in the center comes out clean with no batter attached.</p> <p>Cool in pan for 5 minutes then invert onto wire rack covered with foil or parchment paper. Cool for an hour before placing on cake plate. Slice and serve.</p> <p>NOTES</p> <p>This cake will keep at room temperature loosely covered for up to three days. Refrigerated, it will keep for 4 – 5 days. It's at its very best eaten the day it's made, but is still delicious a few days later.</p> <p>The cake will rise right to the top edge of 12 cup bundt pan, if you leave 1 1/4 to 1 1/2 inch of space between the batter and the top of the pan.</p>
<p>BANANA BREAD</p> <p>TOP</p>  <p>TOP</p>	<p>Sourdough banana bread is a fantastic way to repurpose your sourdough starter discard! It makes a fluffy, moist snack, perfect with coffee. If you haven't noticed, we love to share sourdough discard recipes! Sourdough banana bread is one of our favorites — it's light, sweet, and calls for ¾ cup of unfed starter. A tasty snack that reduces kitchen waste? Yes please! This loaf is not too sweet, but topped with a crunchy sugar layer that makes it into more of a banana cake. We recommend using bananas that are black on the outside and mushy on the inside. As bananas ripen, sugar levels increase, meaning a more intense banana flavor. Also, black bananas are easier to mash by hand with a fork.</p> <p>WET INGREDIENT NOTES:</p> <p>Banana: while we recommend the most over-ripe bananas you have, regular ripe bananas will do if you don't want to wait. The loaf will be less sweet.</p> <p>Starter: this is discard, or what's leftover when you refresh your starter. You can use active starter but be sure to weigh it to get an accurate measurement.</p> <p>Sugar: fine granulated sugar is best. You can sub cane sugar 1:1.</p> <p>Egg: at room temperature for best results.</p> <p>DRY INGREDIENT NOTES:</p> <p>Flour: plain all-purpose white flour. Don't use self-raising flour.</p> <p>Oats: rolled or large flake. You can substitute an equal amount of quick oats for the large flake oats, but they won't be as noticeable in the loaf.</p> <p>STEP 1: Mash the bananas, then whisk in the remaining wet ingredients.</p> <p>STEP 2: Add the dry ingredients and stir to combine.</p> <p>STEP 3: Transfer the batter into a lined loaf tin and top with coarse sugar.</p> <p>STEP 4: Bake until golden, cool, and serve.</p> <p>If you don't have black bananas, choose bananas that are at least turning brown with spots all over. Less ripe bananas will result in a mediocre banana bread.</p>

	<p>Unfed sourdough starter is exactly that — starter which has not received fresh flour and water for at least a couple of days. Unfed starter is quite flat without many or any bubbles. For more information about sourdough starter, visit this post called How To Make Sourdough Starter From Scratch.</p> <p>Sprinkling coarse sugar on top of your loaf will add a crunchy, textural note, but feel free to omit.</p> <p>If using any of the variations listed below, carefully fold them into the batter before pouring into the tin (with the exception of spices, which should be added with the flour). About 1 cup altogether of any add-ins will be fine.</p> <p>HOW TO STORE</p> <p>To Store: simply cool fully and then store in an airtight container at room temperature for up to three days. Refrigerate for up to a week.</p> <p>To Freeze: place the loaf in an airtight container and freeze up to a month. If you want to store it even longer, wrap well before placing into the container, and it'll last up for six months.</p>
<p>BANANA FRITTERS</p>	<p>Sourdough Banana Fritters [crispy + delicious] - The Pantry Mama</p>
<p>BEGINNERS GUIDE</p> <p>TOP</p>  <p>TOP</p>	<p>Sourdough Bread: A Beginner's Guide</p> <p>Think you can't bake artisan sourdough bread at home? Think again! Sourdough Bread: a Beginner's guide is your go-to recipe resource for simple, easy sourdough bread without kneading. Make the dough in the morning or at night- it will come together in under 10 minutes.</p> <p>An active sourdough starter is a term you will read on a lot of recipes. This is a starter that has been fed in the last 12 hours, passes the float test and is ready to bake with. *Do not try baking with your starter right after feeding it. Allow time for it to grow and feast on the flour before using it.</p> <p>In this tutorial, you'll learn how to make simple sourdough bread with step-by-step instructions and videos for guidance. There's no kneading involved, and a bread machine or a stand mixer is not required. My sourdough bread recipe is perfect for beginners. I'll explain a complex topic in simple terms without the stress.</p> <p>There are similar sourdough bread recipes out there and yet no two loaves look alike. The process is all about method, timing and personal touch. Use this tutorial as a guide and make your own adjustments as you go. Once you have a few loaves under your belt, the process will become an imminent rhythm, and in the end, you will have created your very own masterpiece that is the ultimate reward. Just don't forget to eat your mistakes (might I suggest homemade sourdough breadcrumbs)?</p> <p>So, What is Sourdough? In a nutshell, sourdough is slow-fermented bread. It's unique because it does not require commercial yeast in order to rise. Instead, sourdough bread is made with a live fermented culture a sourdough starter, which acts as a natural leavening agent.</p>

Sourdough is known for its characteristic tangy flavor, chewy texture and crisp, crackly crust. From a health standpoint, it dominates when compared to supermarket loaves. The naturally occurring acids and long fermentation help to break down the gluten, making it more digestible and easy for the body to absorb. And it tastes darn good!

Sourdough Starter 101

Before you begin, you'll need a **sourdough starter**.

Simply put: a sourdough starter is a live culture made from flour and water.

Once combined the mixture will begin to ferment, cultivating the naturally occurring wild yeasts and bacteria present within the mixture. A small portion of this culture is used to make your bread dough rise. Your starter must be kept alive with regular feedings of flour and water to maintain its strength for maximum rising power.

How to Feed your Sourdough Starter

Every baker has their own method, and with practice you'll eventually develop your own routine.

Here's my method: I pour off some of the culture (about half) and then feed what's left in the jar with equal weights of flour and water. I whisk well with a fork until it's lump-free. Then, I let it rest at room temperature or in a warm spot (75-80° F/ 24-26° C is ideal) until it becomes bubbly and active.

PS: **I use this the jar** for my sourdough starter and I LOVE it.

When is my Starter Ready To use? Your starter is ready to use when it becomes bubbly and doubles in size. This can take anywhere from 2-12 hours or more depending on temperature (the warmer the better) and the condition of your starter. Be patient!

Float Test: If you're still unsure whether it's ready to use drop a small amount, about 1 tsp, into a glass of water. Do this when the starter is at a peak height before it collapses. If it floats to the top it's ready to use. If it sinks, your starter should be fed again.

All sourdough starters are different. They can be made from scratch, **purchased online**, or if you're lucky, someone will share a portion of their starter with you.

Starters range from thick to thin in texture and can be made with a variety of flours. I use two different starters; one is homemade and the other was a gift from my friend **Celia**. She dried a portion of her starter and mailed it all the way from Sydney, Australia.

How To Use A Starter: After you've fed your starter and it's bubbly and active, pour the amount you need out of the jar to weigh or measure for your recipe. That's it.

Then, don't forget to feed what's left in the jar with more flour and water to keep the process going.

Any leftover sourdough starter can be used to make **sourdough discard recipes**, even my homemade **sourdough pasta**.

Storage Options: If you only bake a few times a month, keep your starter in the fridge and

feed it once a week. If you're an avid baker, store your starter at room temperature and feed it at least once a day.

How to Make Sourdough Bread: Step-By-Step Guide

Step #1: Mix The Dough

Combine the following ingredients in a large bowl (I use a fork):

250 g water

150 g bubbly, [sourdough starter](#)

25 g [olive oil](#)

Add:

500 g [bread flour](#) (such as [King Arthur](#))

10 g [fine sea salt](#)

Squish the mixture together with your hands until the flour is fully absorbed. The dough will feel dry, rough and shaggy. Cover the bowl with plastic wrap, reusable wax wrap, or a very damp kitchen towel and let rest or '[autolyse](#)' for about 30 minutes. After the dough has rested, work it into a ball directly in the bowl (it doesn't have look perfect).

TIP: For best results, weigh all of your ingredients with a [digital kitchen scale](#). Measuring cups are not as accurate. Please visit [Sourdough FAQ](#) for more details.

What is Autolyse? This is the first resting period right after you mix the dough. It jumpstarts gluten development without kneading. Strong gluten = good bread. For timing, autolyse can range anywhere from 15 minutes to 1 hour or more depending on the type of bread you're making and your own personal baking schedule. A minimum of 30 minutes works best for this recipe. However, when time permits, I'll let it go for an hour. The dough will become more soft and manageable to work with afterwards.

A Note on Salt: some bakers prefer to add salt only after autolyse because it might slow down the gluten development. I prefer to mix everything all at once. It's practical, effective and produces excellent loaves (plus, you won't forget to add the salt later on!).

Step #2: Bulk Rise |

Now the dough is ready to rise.

Cover the bowl and let rise at room temperature, about 68-70 F.

How Long will it take? The dough is ready when it has doubled in size and no longer looks dense. This can take anywhere from 3-12 hours depending on your current room temperature, the potency of your [sourdough starter](#) and the specifics of your surrounding environment.

For example, in the summer the dough can take anywhere between 2-4 hours @ 85° F/ 29° C. In the winter, it will take longer about 10-12 hours @ 68° F/ 20° C. **Temperature controls time.**

And remember: because sourdough bread does not contain instant yeast it will take longer to rise. Watch the dough and not the clock. Be flexible.

Optional Step: Stretch and Fold the Dough

About 30 minutes into the bulk rise, you have the option to perform a series of 'stretch & folds' to strengthen the bread dough [\[click here for a step-by-step tutorial\]](#). Although it's not mandatory, this technique will add height and structure to the finished loaf and it's fun to do 15 seconds Volume 0%



Step #3: Divide & Shape The Dough

Remove the dough onto a lightly floured surface.

Cut the dough in half to make 2 loaves, or leave it whole for a single loaf.

How to Shape a Round Sourdough Boule (Loaf)

Starting at the top, fold the dough over toward the center. Give it a slight turn, and then fold over the next section of dough. Repeat until you have come full circle. Or, use the [envelope shaping technique](#) outlined below.

0 seconds of 46 seconds Volume 90%



Step #4: Choose a Baking Pot. I bake my sourdough bread in a Dutch oven or cast iron pot. You can also try the [Challenger Bread Pan](#), another vessel I use for baking, that can accommodate both round and oval shaped loaves. The pot traps in heat and moisture which is essential to achieving artisan style bread at home. Steam plays a key role in how the bread will open up or 'bloom' while baking and the Dutch oven helps to control this process. You can use any oven safe pot that can heat up to 450° F/ 232° C (including the lid and handles).

TIP: In the past, I've tried baking on pizza stones and cookie trays with no luck. The crust would harden too quickly, forcing the bread to tear on the bottom and sides. I used various steaming methods to remedy this, however I found them to be extremely cumbersome and not realistic for everyday use. Nothing worked. The lack of moisture in my home oven was evident and using a pot for baking was the only practical solution.

Step #5: Second Rise

After shaping the dough, it needs to rise again.

Generously coat the bottom of your Dutch oven with cornmeal (or line the bottom with non-stick parchment paper instead) and place the dough inside.

This time, the dough will rise for a shorter period about 30 minutes- 1 hour.

The dough is ready when it's puffy and no longer dense. It does not need to double in size.

Preheat your oven to 450° F/ 232° C during the tail end of the second rise.

TIP: Instead of doing a free form second rise in the Dutch oven, use a **cloth lined proofing basket** or 8-inch bowl instead. Either option will contain the dough and hold its shape properly during the second rise.

Step #6: Score the Dough

After the second rise, and right before the dough goes into the oven, make a slash about 2-3 inches long down the center of the dough.

This allows the steam to escape and for the dough to expand during baking.

You can use a small serrated knife, paring knife or **bread lame**.

Step #7: Bake the Sourdough Bread

Place the lid on top of the pot and reduce the oven temperature to 400° F/ 204° C.

Bake on the center rack for 20 minutes.

When 20 minutes is up, remove the lid. Your bread will be pale and shiny like the picture above.

Continue to bake (uncovered) for an additional 40 minutes or until deep, golden brown.

The internal temperature should read 205-210° F/ 96-98° C.

Cool on a wire rack for at least a 1 hour before slicing. Be patient!

If you cut into it too soon, the texture will be gummy...

TIP: During the last 10 minutes of baking, crack open the oven door (optional). This allows the moisture to escape, leaving your sourdough bread with a crisp crust. Alternatively, remove the bread from the pot and let it bake directly on the rack. The latter produces a more crisp crust.

Baking Schedule:

Friday Evening: Feed your starter, cover the jar, and leave it on the counter overnight. If you keep your starter in the fridge, it might need two feedings to perk back up (feed it in the morning & in the evening).

Saturday Morning: Check your starter: if it's alive and bubbling, you can make the dough to rise during the day. Or, feed it again in the afternoon to make the dough in the evening for an overnight rise. Remember to use the float test mentioned above to make sure your starter is ready to use.

Saturday Morning/Evening (or whenever your starter is ready): Make the dough. Leave on the counter to bulk rise at room temperature. In the summer, if your dough rises quickly and you're not ready to bake, cover the whole bowl with lightly oiled wrap and chill until ready to use.

Sunday Morning: cut and shape the dough. Place in Dutch oven for second rise. Slash. Bake. Cool. Eat.

Sourdough Bread Recipe

Sourdough Bread: A Beginner's Guide

Prep Time: 13 hours

Cook Time: 1 hour

Total Time: 14 hours

Yield: 1 loaf

Category: Sourdough Bread Recipes

Method: Oven-Baked

This beginner sourdough recipe is perfect for bakers looking to jump right in! It's a low-hydration dough, meaning it will yield a 'tight' crumb (small holes). It is great for sandwiches and toast.

Ingredients

150g/ 5.35 oz bubbly, active **sourdough starter**
250g/ 8.80 oz warm water, preferably filtered*
25g/ .90 oz olive oil
500g/ 17.65 oz bread flour (not all purpose flour)
10g/ .4 oz fine sea salt
fine ground cornmeal, for dusting
***For a more soft and pliable dough, you can increase the water up to 300 g- 325 g total. Please use a cloth lined bowl (instead of the Dutch oven for the second rise).**
****You will need a 5 1/2 or 6 quart Dutch oven for baking**
*****This recipe was tested with King Arthur Bread Flour, Gold Medal Bread Flour, Pillsbury Bread Flour**
Cook Mode Prevent your screen from going dark

Instructions

Make the Dough

Whisk the starter, water, and olive oil in a large bowl. Add the flour and salt. Squish everything together with your hands until all of the flour is absorbed. The dough will be dry and shaggy. Cover the bowl with plastic wrap, reusable wrap or a clean, very damp kitchen towel. Let rest (autolyse) for 30 minutes or up to 1 hour, if preferred.

After the dough has rested, work the dough in the bowl into a rough ball, about 15 seconds.

Bulk Rise

Now the dough needs to rise.

Cover the bowl with wrap or a very damp kitchen cloth. Let rest in a warm spot to rise. The dough is ready when it no longer looks dense and has doubled in size. This can take anywhere from 3-12 hours depending on the temperature of your ingredients, the potency of your starter and surrounding environment. For example, in the summer rise times can take anywhere between 2-4 hours @ 85° F/ 29° C whereas in the winter, the dough will take about 10-12 hours @ 68° F/ 20° C.

Optional Step: Stretch & Fold the Dough

During bulk rise, you have the option to perform a series of 'stretch & folds' to strengthen the dough. Start 30 minutes into the bulk rise. Gather a portion of the dough, stretch it upwards and then fold it over itself. Rotate the bowl ¼ turn and repeat this process until you have come full circle to complete 1 set. Do this once or twice spaced about an hour apart. Although this step is not mandatory, it will increase the total volume and height of your bread. **Click here for a step-by-step video tutorial.**

Cut & Shape the Dough

Divide your work surface in half; lightly flour one side (for cutting) and leave the other half clean (for shaping).

Remove the dough from the bowl, and place onto the floured section so that it does not stick. You do not need to 'punch down' the dough; it will gently deflate as you fold and shape it.

Cut the dough in half to make 2 loaves, or leave it whole for a single loaf.

To shape, use a bench scraper to move your dough to the non-floured section (if there is any flour present, it will be difficult to shape- brush away any excess). Starting at the top, fold the dough over toward the center. Give it a slight turn, and then fold over the next section of dough. Repeat until you have come full circle.

Then flip the dough over and place it seam side down. Using your hands, gently cup the sides of the dough and rotate it, using quarter turns in a circular motion. You can also pull it towards you to even out the shape. Repeat this process until you are happy with its appearance. *See note below.

Second Rise

Now the dough needs to rise again, but for a shorter period of time.

Coat the bottom of your Dutch oven with cornmeal. Alternatively, use parchment paper to prevent sticking (this is what I do, now). Place the dough inside for a second shorter rise,

	<p>about 30 minutes to 1 hour and cover with the lid of the pot or a very damp cloth. The dough ready when it is slightly puffy but not double in size. Preheat your oven to 450° F/ 232° C towards the tail end of the second rise. Score the Dough Right before your bread goes into the oven, make a shallow slash about 2-3 inches long (or more) in the center of the dough. Use a bread lame, sharp pairing or a small serrated steak knife. The cut should be about 1/4-inch deep. Bake the Dough Place the bread into the oven on the center rack (lid on) and reduce the temperature to 400° F/ 204° C. Bake for 20 minutes. Remove the lid, and continue to bake (uncovered) for an additional 40 minutes or until deep, golden brown. Keep in mind that all ovens are different; you might have to make minimal adjustments to these temperatures. You can also take the internal temperature of your bread to double check that it is done. For sourdough, it should read about 205-210° F/ 96-98° C. Remove the bread from the oven, and cool on a wire rack for at least an hour before slicing. Don't cut too soon or else the inside will have a gummy texture!</p> <p>Notes When shaping, the idea is for the dough to catch enough surface tension on a non-floured area in order to create a tight ball. If there is flour present, it will slide around... and drive you nuts.</p> <p>Does freezing sourdough bread make it healthier? Yes, yes it does. I was skeptical too, but the science is fascinating! When you freeze bread, the starches undergo "retrogradation" - they reorganize into resistant starch, which is much harder for your body to digest. Here's what this means for you: Lower blood sugar spikes, staying full longer, and feeding your beneficial gut bacteria. Research shows that frozen then toasted bread causes 39% less of a blood sugar spike compared to fresh bread. Instead of getting that quick sugar rush and crash, the energy releases more slowly. Plus, resistant starch travels to your colon where it feeds beneficial microbes and acts more like fiber. The magic combo? Freeze + thaw + toast for maximum benefits! Each step helps, but doing all three gives you the biggest difference. Sourdough is even better for this because it already has more resistant starch than regular bread. The natural acids in sourdough slow carb absorption, fermentation makes it easier to digest, and more nutrients are available due to lower phytic acid levels. So you're basically stacking health benefits. Important caveat: This works best with homemade or bakery bread. Store-bought commercial bread with all those additives doesn't get the same benefits because the preservatives seem to block the starch transformation that creates resistant starch. How to do it: Slice before freezing, wait at least 3 days for the resistant starch to really form, then thaw and toast. Your blood sugar and gut bacteria will thank you! Sources for this article: Science Alert: "Does freezing bread make it any healthier for you? An expert explains" Hum Nutrition blog on resistant starch PubMed study # 17426743 on glycemic response to frozen/toasted bread The Conversation: "TikTok users claim freezing bread can make it healthier – here's what the science actually says" Nature article #1602746 on bread freezing effects PMC study # PMC10987757 on sourdough resistant starch NCBI study # PMC7200449 on sourdough sugar release Gowing Life article on bread freezing benefits</p>
BERRY SWEET ROLLS	Sourdough Berry Sweet Rolls



A simple, homemade recipe for soft sourdough sweet rolls made with sourdough starter, mixed berries and a lemon glaze.

PREP TIME: 10minutes minutes

COOK TIME: 35minutes minutes

RISING TIME: 10hours hours

Servings: 12 rolls Author: Amy Duska

INGREDIENTS

INGREDIENTS TO MAKE 100G (½ CUP) OF ACTIVE SOURDOUGH STARTER

1 tablespoon (15 g) sourdough starter

½ cup + 1 tablespoon (50 g) all-purpose flour

3 ½ tablespoons (50) water

DOUGH INGREDIENTS

½ cup (100 g) active sourdough starter

8 tablespoons (113 g) unsalted butter (cold)

4 cups (480 g) all-purpose flour

1 cup (240 g) milk

2 tablespoons (25 g) sugar

1 teaspoon (5 g) salt

BERRY FILLING

2 ½ cups (387.5 g) frozen or fresh berries (chop larger pieces)

½ cup (100 g) granulated sugar

2 teaspoons all-purpose flour

zest of one lemon

½ teaspoon ground cinnamon

GLAZE

1 cup (120 g) powdered sugar

1 tablespoon (14 g) melted butter

1 teaspoon (5 g) vanilla extract

1 tablespoon lemon juice

1 tablespoon (30 g) milk

INSTRUCTIONS

FEED YOUR SOURDOUGH STARTER

12 hours before you plan to mix the dough, add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar. Stir until combined, loosely cover the jar and let the starter rise at room temperature. (The ingredients will create a total of 115 g active starter but, because some of it will stick to the sides of the jar during the transfer, we are making a little more than needed.) The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.

MAKE THE DOUGH AND FIRST RISE

Use a cheese grater to grate the cold butter into a mixing bowl. Add the flour and use a fork to toss with the butter. Add the active sourdough starter, milk, sugar and salt. Mix with a spatula until the ingredients are well incorporated and there are no dry bits in the bowl. Use your hands to help bring the dough together. Cover the bowl and let rest on the counter for 1 hour.

Knead the dough on the counter for 1 minute or until it is smooth. Cover the bowl and let rest on the counter for 8-10 hours. The dough should double in size.

SHAPE AND SECOND RISE

	<p>Place the sugar, flour, lemon zest and cinnamon in a bowl. Use a spatula to mix and set the bowl aside.</p> <p>Flour your work surface and turn the dough onto it. Flour the top of the dough. Use a rolling pin to roll the dough into a 12" x 18" rectangle.</p> <p>Spoon the sugar mixture evenly over the surface, leaving a half inch bare along the edges. Sprinkle the berries over the top. Starting on one side, roll the dough into a log shape. Use the bench-scrapers to cut the log into 12 pieces (approximately 1.5 inches). Arrange the portions in a greased 9" x 13" baking dish.</p> <p>Cover the rolls with a clean kitchen towel and allow them to come to room temperature and the berries to release their juices. This should take about 2 hours.</p> <p>BAKE</p> <p>Preheat the oven to 400°F (204°C). Bake the cinnamon rolls for 30 minutes or until the tops are golden brown. Remove and allow them to cool while you make the lemon glaze.</p> <p>MAKE THE LEMON GLAZE</p> <p>Combine the powdered sugar, lemon juice, melted butter and milk in a bowl. If the glaze is too thick, add a teaspoon of milk at a time to avoid over-thinning of the glaze. (If the glaze is too thin, add more powdered sugar to thicken it.)</p> <p>Pour the glaze evenly over the top of the sweet rolls and serve warm.</p> <p>NOTES</p> <p>The dough can be made 1 to 2 days in advanced and kept in the fridge until you are ready to bake. However, because the berries release so much juice as they thaw out, we do not recommend shaping the rolls for the long ferment.</p> <p>Cut larger berries such as strawberries or blackberries into small pieces. This will make the dough easier to roll up and cut into portions.</p> <p>Store the sourdough berry sweet rolls in the fridge for up to 3 days in a covered container. Reheat in the microwave for 30 second intervals on 50% power. The sweet rolls can be frozen for up to 3 months.</p> <p>Nutrition</p> <p>Calories: 254kcal Carbohydrates: 41g Protein: 4g Fat: 9g Saturated Fat: 5g Polyunsaturated Fat: 0.5g Monounsaturated Fat: 2g Trans Fat: 0.3g Cholesterol: 22mg Sodium: 202mg Potassium: 66mg Fiber: 1g Sugar: 18g Vitamin A: 269IU Vitamin C: 0.5mg Calcium: 28mg Iron: 1mg</p>
<p>BIBLE VERSES THAT MENTION BREAD</p> <p>Jump Back to the Index</p>	<p>Leviticus 26:26</p> <p>And when I have broken the staff of your bread, ten women shall bake your bread in one oven, and they shall deliver you your bread again by weight: and ye shall eat, and not be satisfied.</p> <p>Exodus 8:3</p> <p>And the river shall bring forth frogs abundantly, which shall go up and come into thine house, and into thy bedchamber, and upon thy bed, and into the house of thy servants, and upon thy people, and into thine ovens, and into thy kneading troughs:</p> <p>Leviticus 7:9</p> <p>And all the meat offering that is baked in the oven, and all that is dressed in the frying pan, and in the pan, shall be the priest's that offereth it.</p>

Leviticus 11:35

And every thing whereupon any part of their carcas falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: for they are unclean, and shall be unclean unto you.

1 Kings 19:6

And he looked, and, behold, there was a cake baked on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

Isaiah 44:14-19

He heweth him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest: he planteth an ash, and the rain doth nourish it. Then shall it be for a man to burn: for he will take thereof, and warm himself; yea, he kindleth it, and baketh bread.

Ezekiel 4:9-15

Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof.

John 21:9

As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread.

Exodus 12:39

And they baked unleavened cakes of the dough which they brought forth out of Egypt, for it was not leavened; because they were thrust out of Egypt, and could not tarry, neither had they prepared for themselves any victual.

Genesis 19:1-3

And there came two angels to Sodom at even; and Lot sat in the gate of Sodom: and Lot seeing them rose up to meet them; and he bowed himself with his face toward the ground; And he said, Behold now, my lords, turn in, I pray you, into your servant's house, and tarry all night, and wash your feet, and ye shall rise up early, and go on your ways. And they said, Nay; but we will abide in the street all night. And he pressed upon them greatly; and they turned in unto him, and entered into his house; and he made them a feast, and did bake unleavened bread, and they did eat.

Leviticus 6:14-17

And this is the law of the meat offering: the sons of Aaron shall offer it before the LORD, before the altar. And he shall take of it his handful, of the flour of the meat offering, and of the oil thereof, and all the frankincense which is upon the meat offering, and shall burn it upon the altar for a sweet savour, even the memorial of it, unto the LORD. And the remainder thereof shall Aaron and his sons eat: with unleavened bread shall it be eaten in the holy place; in the court of the tabernacle of the congregation they shall eat it.read more.

1 Samuel 28:24

And the woman had a fat calf in the house; and she hasted, and killed it, and took flour, and kneaded it, and did bake unleavened bread thereof:

Leviticus 2:4-10

And if thou bring an oblation of a meat offering baken in the oven, it shall be unleavened cakes of fine flour mingled with oil, or unleavened wafers anointed with oil. And if thy oblation be a meat offering baken in a pan, it shall be of fine flour unleavened, mingled with oil. Thou shalt part it in pieces, and pour oil thereon: it is a meat offering.

Leviticus 6:14-18

And this is the law of the meat offering: the sons of Aaron shall offer it before the LORD, before the altar. And he shall take of it his handful, of the flour of the meat offering, and of the oil thereof, and all the frankincense which is upon the meat offering, and shall burn it upon the altar for a sweet savour, even the memorial of it, unto the LORD. And the remainder thereof shall Aaron and his sons eat: with unleavened bread shall it be eaten in the holy place; in the court of the tabernacle of the congregation they shall eat it.read more.

Leviticus 7:9-10

And all the meat offering that is baken in the oven, and all that is dressed in the fryingpan, and in the pan, shall be the priest's that offereth it. And every meat offering, mingled with oil, and dry, shall all the sons of Aaron have, one as much as another.

Leviticus 23:15-18

And ye shall count unto you from the morrow after the sabbath, from the day that ye brought the sheaf of the wave offering; seven sabbaths shall be complete: Even unto the morrow after the seventh sabbath shall ye number fifty days; and ye shall offer a new meat offering unto the LORD. Ye shall bring out of your habitations two wave loaves of two tenth deals: they shall be of fine flour; they shall be baken with leaven; they are the firstfruits unto the LORD.read more.

Leviticus 24:5-6

And thou shalt take fine flour, and bake twelve cakes thereof: two tenth deals shall be in one cake. And thou shalt set them in two rows, six on a row, upon the pure table before the LORD.

2 Kings 4:42

And there came a man from Baalshalisha, and brought the man of God bread of the firstfruits, twenty loaves of barley, and full ears of corn in the husk thereof. And he said, Give unto the people, that they may eat.

Exodus 16:21-23

And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it melted. And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses. And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

Daniel 2:32-33

This image's head was of fine gold, his breast and his arms of silver, his belly and his thighs of brass, His legs of iron, his feet part of iron and part of clay.

Genesis 11:3

And they said one to another, Go to, let us make brick, and burn them throughly. And they had brick for stone, and slime had they for mortar.

Daniel 2:41-43

And whereas thou sawest the feet and toes, part of potters' clay, and part of iron, the kingdom shall be divided; but there shall be in it of the strength of the iron, forasmuch as thou sawest the iron mixed with miry clay. And as the toes of the feet were part of iron, and part of clay, so the kingdom shall be partly strong, and partly broken. And whereas thou sawest iron mixed with miry clay, they shall mingle themselves with the seed of men: but they shall not cleave one to another, even as iron is not mixed with clay.

Genesis 18:6

And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead it, and make cakes upon the hearth.

2 Samuel 13:6-8

So Amnon lay down, and made himself sick: and when the king was come to see him, Amnon said unto the king, I pray thee, let Tamar my sister come, and make me a couple of cakes in my sight, that I may eat at her hand. Then David sent home to Tamar, saying, Go now to thy brother Amnon's house, and dress him meat. So Tamar went to her brother Amnon's house; and he was laid down. And she took flour, and kneaded it, and made cakes in his sight, and did bake the cakes.

1 Samuel 8:13

And he will take your daughters to be confectionaries, and to be cooks, and to be bakers.

Genesis 40:1-22

And it came to pass after these things, that the butler of the king of Egypt and his baker had offended their lord the king of Egypt. And Pharaoh was wroth against two of his officers, against the chief of the butlers, and against the chief of the bakers. And he put them in ward in the house of the captain of the guard, into the prison, the place where Joseph was bound.[read more.](#)

Genesis 41:10

Pharaoh was wroth with his servants, and put me in ward in the captain of the guard's house, both me and the chief baker:

1 Chronicles 9:31

And Mattithiah, one of the Levites, who was the firstborn of Shallum the Korahite, had the set office over the things that were made in the pans.

1 Chronicles 23:28-29

Because their office was to wait on the sons of Aaron for the service of the house of the LORD, in the courts, and in the chambers, and in the purifying of all holy things, and the work of the service of the house of God; Both for the shewbread, and for the fine flour for meat offering, and for the unleavened cakes, and for that which is baked in the pan, and for that which is fried, and for all manner of measure and size;

Ezekiel 46:20

Then said he unto me, This is the place where the priests shall boil the trespass offering and the sin offering, where they shall bake the meat offering; that they bear them not out into the utter court, to sanctify the people.

Jeremiah 37:21

Then Zedekiah the king commanded that they should commit Jeremiah into the court of the prison, and that they should give him daily a piece of bread out of the bakers' street, until all the bread in the city were spent. Thus Jeremiah remained in the court of the prison.

Hosea 7:4

They are all adulterers, as an oven heated by the baker, who ceaseth from raising after he hath kneaded the dough, until it be leavened.

1 Samuel 28:24

And the woman had a fat calf in the house; and she hasted, and killed it, and took flour, and kneaded it, and did bake unleavened bread thereof:

Genesis 18:6

Verse Concepts

And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead it, and make cakes upon the hearth.

Exodus 16:23

And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

Leviticus 2:4

And if thou bring an oblation of a meat offering baken in the oven, it shall be unleavened cakes of fine flour mingled with oil, or unleavened wafers anointed with oil.

Leviticus 26:26

And when I have broken the staff of your bread, ten women shall bake your bread in one oven, and they shall deliver you your bread again by weight: and ye shall eat, and not be satisfied.

Exodus 12:39

	<p>And they baked unleavened cakes of the dough which they brought forth out of Egypt, for it was not leavened; because they were thrust out of Egypt, and could not tarry, neither had they prepared for themselves any victual.</p>
<p>BISCUITS <u>TOP</u></p> 	<p>INGREDIENTS Easy To Make Sourdough Biscuits Recipe - Lauren Nicole Jones</p> <p>SOURDOUGH BISCUITS INGREDIENTS THE NIGHT BEFORE 2 Cups All-purpose flour 2 Cups Whole milk ¼ Cup Unsalted melted butter 1 Cup Sourdough Starter</p> <p>SOURDOUGH BISCUIT DRY INGREDIENTS FOR THE NEXT MORNING 2 1/2 Cups All-Purpose Flour 1/2 cup more for flouring your surface 2 tsp. Salt 1 Tbsp. Baking Powder 1 tsp. Baking Soda 1/2 Tbsp. Sugar</p> <p>INSTRUCTIONS</p> <p>In a large mixing bowl, the night before you want to eat these delicious sourdough biscuits add in your flour, cup sourdough starter, milk, and butter into a large glass bowl, and mix well. Cover it with a tea towel and let it ferment for 8-12 hours. The melted butter will get to room temperature and the wild yeast will work its magic for the biscuit dough.</p> <p>The next morning add in your flour mixture with the dry ingredients to your fermented biscuit dough that was left to rise overnight in the large glass bowl. The dry ingredients are flour, baking soda, baking powder, sugar, and salt.</p> <p>Once both the wet and dry ingredients are mixed well together, take the dough out of the bowl and place it on a well-floured clean work surface. Roll the dough out to your thickness preference and cut with a biscuit cutter, mason jar, or even a cute cookie cutter of choice. I prefer about ½ to 1 inch because they puff up in the oven to about a 2-inch thickness.</p> <p>Add the biscuits to a well-greased baking sheet (I also love using a Silpat or even parchment paper). Bake biscuits at 400 degrees for about 15 minutes or until they are golden brown.</p> <p>Pro Tips: Do not add in the melted butter while it is still hot, let it cool a bit, and then add it in. Mix up your dry ingredients the night before for quick biscuit making in the morning!</p> <p>Discard cheddar biscuits: 1 cup flour 1 cup discard 1/2 cup cold butter 1 tsp salt 2 tsp baking powder Cheddar cheese (1 cup+)</p> <p>Mix flour, salt, baking powder, and butter until pea size clumps form. Add discard and cheese. Shape dough into thick disk and cut into pieces. Bake at 400 degrees for 20-25 mins.</p> <p>I make these often and they're so thick and flakey!</p>

<p>Blueberry Lemon Cream Cheese Sourdough</p> 	<p>Fruit Cream Sourdough A creative sourdough loaf filled with blueberries and cream cheese, enhanced with fresh lemon and finished with honey glaze.</p> <p>Ingredients 500g bread flour. 350ml water, room temperature. 100g active sourdough starter. 10g salt. 1 cup fresh blueberries. 1/3 cup cream cheese, softened. Zest of 1 lemon. 2 tablespoons granulated sugar. 2 tablespoons honey. 1 tablespoon fresh lemon juice.</p> <p>Instructions Combine flour, water, and starter. Rest 30 minutes, then add salt and knead. Cover and rest 4-6 hours, performing stretch and folds every 30 minutes. Mix cream cheese, lemon zest, and sugar until smooth. During final stretch-and-fold, gently incorporate blueberries throughout dough. Spread dough into rectangle, add cream cheese mixture, roll into ball keeping filling inside. Place seam-side up in banneton, cover and refrigerate 8-12 hours. Bake in Dutch oven at 250°C for 20 minutes with lid, then 220°C for 20-25 minutes without lid. Brush warm loaf with honey-lemon mixture.</p> <p>Notes Dutch oven creates steam for better crust. Cold fermentation develops flavor. Fresh blueberries work better than frozen.</p>
<p>BASIC SOURDOUGH BREAD RECIPE</p> <p>TOP</p> <p>Check out “Risen” Bakery and Sourdough Classes on Facebook with Alexandria Ballard. (In Pearland, TX)</p> <p>Jump Back to the Index</p>	<p>Equipment you will need to make sourdough: Dutch Oven (Cast Iron Pot) , Parchment Paper, Kitchen Scale, Large Mixing Bowl, Bread Lame (for scoring bread) and a Banneton (Nice to use for a well rounded loaf but not needed)</p> <p>500g unbleached all-purpose flour 250g Bread flour 200g whole wheat flour 20g salt 650g water (filtered or spring—not city tap)(Can sub milk or bone broth) 15g Olive Oil (can sub butter or coconut oil or avocado oil) 200g of active sourdough starter</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Feed your already active starter (50g flour & 50g warm water) about 12 hours before you are ready to mix your dough. 2. Combine active starter with water in a large mixing bowl and stir until smooth and combined. 3. Add bread flour, all purpose flour, salt and olive oil to the mixture. 4. Use a dough hook on a mixer to combine or use a stiff wooden stir stick or your hands to combine well until smooth. 5. Cover the bowl with a tea towel and let rest for about an hour at room temperature. 6. Uncover and begin the first stretch and fold.

7. How to stretch and fold: Wet your hands and pick up the dough on one side to stretch it up and over itself. Continue on all four sides.
8. Cover the dough again and let sit for another hour.
9. Perform stretch and fold again.
10. Cover and let ferment in a bowl for 8-10 hours. This step is very important. This process is called "**bulk fermentation**".
11. At the 6-8 hour mark of your bulk fermentation you need to stretch and fold the dough. Let it rest for 2 more hours then complete the second stretch and fold.
12. Now, finally, shape your dough into a ball.
13. If you have a banneton place your ball of dough into a gently floured (use rice flour) banneton to **proof**.
14. If you don't have a banneton place your ball of dough onto a gently floured piece of parchment paper (NOT wax paper) to proof.
15. Let the dough rest inside the banneton or on the parchment paper for 1-2 hours.
16. Once the dough has rested, you can now score your dough. This is when you use a bread lame to cut design into your dough.
17. Thirty minutes before you're ready to bake preheat the oven to 450F degrees with your Dutch oven already inside while preheating.
18. Using high heat resistant gloves, remove the Dutch oven and the lid. Place the dough while still on the parchment paper, directly into the Dutch oven cover. And bake for 20 to 35 minutes.
19. Remove the lid and bake for 15 to 25 minutes longer, or until the loaf appearance is Golden Brown.
20. Finally remove the sourdough from the Dutch oven and allow to cool for at least an hour before cutting into it.

Storage:

Sourdough is a high protein and high gluten containing bread. That means it should not be stored the same way as store bought loaf of bread.

The best way to store sourdough and keep it from drying out is by covering it with a beeswax wrap or beeswax bread bag. Store it with the cut side down when possible.

Sourdough stores great frozen. You just want to properly cover it fully with beeswax wrap and store no longer than a month. When you're ready to use it, just remove it from the freezer, bake it 350 degrees just long enough to warm it up to slice and eat.

It will last for two or three days on the counter, or you can refrigerator freeze it.



Sourdeaux (2 Loaves/24 hours) (Or 5 mini loaves)

Ingredients:

- 1000 G Bread Flour
- 200 G Active Sourdough Starter
- 750 G Water (can sub milk or chicken broth or other liquid)
- 22 G Salt

Directions:

1. Mix active starter and water in a large bowl.
2. Add in bread flour and mix until all the flour is fully hydrated (3-5 min)
3. Rest covered with a damp cloth for 1 hour to Autolyse.
4. Add salt and mix in.
5. Fold and Shape.
6. Stretch and fold the dough 4 times every 30 min over 2 hours.
7. After two hours of stretching folds. Resto for one hour. You may need longer depending on the temperature of your home. And how active your starter is. Make sure. You see it double.
8. Flip dough out of the bowl onto the counter.
9. Divide dough into 5 loaves 400G each.
10. Shape the dough and place in bannetons covered in the fridge overnight.
11. The next morning preheat the oven with your dutch oven inside so they warm up together. (450 degrees for 45 minutes)
12. For best results with scoring, lace banneton in the freezer for 30 min before scoring.
13. Remove from freezer and score.
14. Please dough in dutch over with the lid ON and bake for 20 minutes at 450 degrees.
15. After 20 min remove the lid and bake an added 10-20 min until golden brown.
16. Wait for the bread to cool before cutting it.

Sourdough Loaf for Beginners—The Super Easy Recipe

- 1 Cup Active Starter
- 1.25 Cups Room Temp Water (can sub milk or bone broth for a different flavor)
- 3 Cups Bread Flour

Directions:

- Mix. Let rest 30 minutes.
- Add 1 Tablespoon salt and Knead for 4 minutes.
- Wait 1 hour and stretch and fold #1.
- Wait 30 minutes and stretch and forld #2
- Wait 30 minutes and stretch and forld #3
- Wait 30 minutes and stretch and forld #4
- Wait 30 minutes and shape and laminate.
- Proof overnight, on counter or in fridge.
- Preheat oven to 500 degrees.
- Score the bread with your lame.
- Bake for 25 minutes covered.
- Remove lid and bake 15 more minutes or until golden.
- Wait to cool before cutting.

Same Recipe but with specs for using a bread maker.

Standard Sourdough Recipe

Ingredients for Standard Dutch Oven Loaf	Ingredients for KBS Breadmaker 1.5 lb. Loaf
500 g Unbleached Organic All Purpose Flour	250 g Unbleached Organic All Purpose Flour
450 g Organic Bread Flour	225 g Organic Bread Flour
200 g Active Starter	100 g Active Starter
20 g Sea Salt	10 g Sea Salt

650 g Warm Water (can sub milk or broth)	325 g Warm Water (can sub milk or broth)
15 g Olive Oil (or butter or coconut oil or avocado oil)	8 g Olive Oil (can sub butter or coconut oil or avocado oil)

Directions for Handmade Sourdough in a Dutch Oven:

1. Feed your already active starter (50g flour & 50g warm water) about 12 hours before you are ready to mix your dough.
2. Combine active starter with water in a large mixing bowl and stir until smooth and combined.
3. Add bread flour, all purpose flour, salt and olive oil to the mixture.
4. Use a dough hook on a mixer to combine or use a stiff wooden stir stick or your hands to combine well until smooth.
5. Cover the bowl with a tea towel and let rest for about an hour at room temperature.
6. Uncover and begin the first stretch and fold.
7. How to stretch and fold: Wet your hands and pick up the dough on one side to stretch it up and over itself. Continue on all four sides.
8. Cover the dough again and let sit for another hour.
9. Perform stretch and fold again.
10. Cover and let ferment in a bowl for 8-10 hours. This step is very important. This process is called **"bulk fermentation"**.
11. At the 6-8 hour mark of your bulk fermentation you need to stretch and fold the dough. Let it rest for 2 more hours then complete the second stretch and fold.
12. Now, finally, shape your dough into a ball.
13. If you have a banneton place your ball of dough into a gently floured (use rice flour) banneton to **proof**.
14. If you don't have a banneton place your ball of dough onto a gently floured piece of parchment paper (NOT wax paper) to proof.
15. Let the dough rest inside the banneton or on the parchment paper for 1-2 hours.
16. Once the dough has rested, you can now score your dough. This is when you use a bread lame to cut design into your dough.
17. Thirty minutes before you're ready to bake preheat the oven to 450F degrees with your Dutch oven already inside while preheating.
18. Using high heat resistant gloves, remove the Dutch oven and the lid. Place the dough while still on the parchment paper, directly into the Dutch oven cover. And bake for 20 to 35 minutes.
19. Remove the lid and bake for 15 to 25 minutes longer, or until the loaf appearance is Golden Brown.
20. Finally remove the sourdough from the Dutch oven and allow to cool for at least an hour before cutting into it.

Storage:

Sourdough is a high protein and high gluten containing bread. That means it should not be stored the same way as store bought loaf of bread. It also does not have any preservatives. The best way to store sourdough and keep it from drying out is by covering it with a beeswax wrap or beeswax bread bag. Store it with the cut side down when possible. Sourdough stores great frozen. You just want to properly cover it fully with beeswax wrap and store no longer than a month. When you're ready to use it, just remove it from the freezer, bake it 350 degrees just long enough to warm it up to slice and eat.

It will last for two or three days on the counter, or you can refrigerator freeze it.

Directions for 1.5 lb. loaf in the KBS Bread Maker:

Dump all the ingredients into the bread machine. Set the machine to bread setting #3 (a 6.5 hour process) and use the setting for a 1.5 lb loaf. Start. That's it.

Note that sourdough in the bread machine may be more dense and less crusty, for the classic sourdough texture and crust, just let the bread machine do all the work

	<p>except the actual baking part..take your dough out and let it rise again for 6-9 hours then bake in a preheated oven.</p>
<p>BREAD BOWLS TOP</p> 	<p>Sourdough Bread Bowl Recipe</p> <p>These perfect little sourdough bread bowls are so much fun! You can use them to serve soup, stew, chilli or dip! Make as many as you need with this simple recipe. This recipe makes 2 good sized bread bowls - multiply the recipe to make 4 or even 6 at a time.</p> <p>INGREDIENTS</p> <ul style="list-style-type: none"> 500 g Bread Flour 350 g Water 100 g Sourdough Starter (Fed and Bubbly) 10 g Salt (increase or decrease according to your taste) <p>INSTRUCTIONS</p> <p><u>BEFORE YOU START</u></p> <p>This recipe is for 2 sourdough bread bowls. Depending on how comfortable you are in dividing dough after bulk fermentation, you could choose to make the whole batch as one dough, or divide it into two smaller bowls if you prefer - it's up to you! (Scissors are good for cutting dough in half)</p> <p>To make more than 2 sourdough bread bowls, simply multiply the recipe (ie for 4 bread bowls, double the recipe).</p> <p><u>Autolyse - Premixing The Dough</u></p> <p>Weigh out your sourdough starter and water into a large mixing bowl - whatever you have in the cupboard is fine!</p> <p><i>Glass is always good as you can see what's happening underneath your dough. But any plastic, ceramic, stainless steel or glass bowl is fine!</i></p> <p>Mix the water and starter together briefly. Then add your flour and salt and mix whole lot together to form a shaggy dough.</p> <p><i>The dough will be fairly shaggy and only just brought together. You might wonder how this will turn into bread, but just wait, time is your friend and the dough will change in around an hour.</i></p> <p>Cover your bowl with an elastic foo cover and let it sit for around 1 hour. It's ok if it's a little bit longer, it's not going to matter too much.</p> <p><i>This process is called the "autolyse" and allows your flour to soak in all the water and become hydrated.</i></p> <p><u>Forming Up The Dough</u></p> <p>After the dough has been through autolyse you need to bring it together into a ball. Work your way around the bowl, grabbing the dough from the outside, stretching it up and over itself, into the centre, until a smooth ball is formed. You shouldn't need more than about 20-25 stretches to form the ball.</p> <p><i>You'll notice that the dough is fully hydrated after soaking all the water up. It will be fairly sticky but as you bring it into a ball, it will become smoother and shinier.</i></p> <p>Once the dough has formed into a smooth ball, pop the cover back on and let it rest for 30 minutes.</p> <p><u>Stretch & Fold - Creating Structure</u></p> <p><i>Over the next few hours you need to create some structure for your dough by "stretching and folding".</i></p> <p>Aim to do around 4-6 sets of stretches and folds.</p> <p><i>For each set, stretch the dough up and over itself 4 times. Leave around 15 minutes in between each set. Again you do not have to be exact with time, but you need to do at least 4 sets over 2 hours.</i></p> <p><u>Bulk Ferment</u></p>

Once you've finished your stretch and folds, cover the dough with a plastic cover (a recycled plastic bag is perfect) and allow the dough to double (bulk fermentation).

See notes below for more info on this step.

Shaping The Dough

Once your dough has finished its first ferment, it's time to shape your sourdough bread bowls.

You'll need to flour your counter top with rice flour for this (we use rice flour because it has no gluten). Try to be quite sparing with the rice flour, you only need a very light dusting.

Use a dough scraper to gently ease the dough out of the bowl (your hands work just fine if you don't have one). You want it to land upside down on your counter so that the smooth top of the dough is on the countertop and the sticky underside is facing up. This will make it easier to shape.

Divide the dough into two equal pieces using a dough scraper (I weigh my dough to get them perfectly even, but you don't have to if you don't want to. Each piece of dough will be approx. 480g).

Take each piece of dough and bring the edges into the middle, forming a rough ball. Gently flip the dough over and then use the sticky side of the dough to tension it and form a perfect ball (it's just like shaping a mini boule).

You can see me shaping a boule [here](#).

Placing Into A Proofing Container

Once the dough is shaped into a tight ball, **place it into your proofing basket or container smooth side down, so your seam is on the top.**

If you're using a cloth or tea towel in a bowl it's ok to put your dough with the smooth side up. Just make sure the dough is tight.

Lift your dough around the edges to pop a little more rice flour if you feel it needs it. Just try to handle the dough as little as possible and be really gentle as you really want to preserve all the gases and air bubbles that have formed during your bulk ferment.

For this recipe, I used two ricotta baskets and they worked really well - but you could use cereal bowls, small mixing bowls or whatever you have on hand.

Cold Ferment

Now the dough is in its "shaping container" cover it loosely with a plastic bag and place into the fridge.

I use a large plastic bag to cover it - I just reuse it each time.

Try to leave it in the fridge for a minimum 5 hours up to a maximum of around 36 hours. The longer you leave it the better your bread will be! A longer cold ferment [creates beautiful blisters on your crust](#) and a deeper sourdough flavour. It will also ensure your dough forms a skin which makes it easier to score.

BAKE YOUR SOURDOUGH BREAD BOWLS!

Once you're ready to bake your sourdough, you'll need to preheat your oven to 230C/450F.

You can bake these sourdough bread bowls a number of different ways. If you have a Dutch Oven large enough to bake two at time, that's a great option.

Otherwise, you can do an open bake on a large baking tray (depending on how many you are baking at time).

Leave your dough in the fridge until the very last minute - placing a cold dough into a hot oven will give you a great "spring".

When your oven is at temperature, take your sourdough out of the fridge. Gently place it onto a piece of parchment paper or silicone sling if using.

Gently score your bread with a clean razor blade or knife.

BAKE WITH DUTCH OVEN

Carefully take your dutch oven out of the oven. Place the sourdough into the pot using the silicone sling or parchment paper as a handle. Put the lid on and place into the hot oven.

If you want to you can spritz your dough with extra water before you put the lid on.

BAKE TIME:

30 Minutes with the lid on at 230C/450F plus

10-15 Minutes with the lid off at 210C/410F

OPEN BAKE WITHOUT DUTCH OVEN

Once you're ready to bake your sourdough, you'll need to preheat your oven to 230C/450F.

Ensure that you have placed a baking stone in the oven if you are going to use one.

For more information on baking without a Dutch Oven [see here](#).

When your oven is at temperature, take your sourdough out of the fridge. Gently place your dough onto a bread peel or into your preferred baking method (enamel roasting pan/pot, casserole dish, stainless steel pot etc).

Gently score your bread with a clean razor blade or knife. At minimum a large cross is sufficient, but you can get as artistic as you like. You can find my [full guide on how to score sourdough bread here](#).

Place your dough into the oven.

BAKE TIME:

20 minutes at 230C/450F plus

25 to 30 minutes at 210C/410F

Finishing The Bake

Carefully remove your sourdough bread bowls from the oven and allow them to cool completely before you try to hollow them out.

Cutting The Bread Bowls

You'll need a small, sharp knife to cut the top out of the sourdough bread. I find it easier not to use a serrated knife for this part.

Once you've cut a neat circle, take the top off the loaf and set aside (this is great to dip into soup). Then use your fingers to hollow out the dough to form the "bowl". You can toast the dough chunks to use as [croutons](#)!

NOTES

Notes on Flour: This recipe is written using strong Bread Flour. Bread flour has a higher protein content than All Purpose flour. If you choose to use All Purpose flour you may have a different result because of this. You can read more about the differences between All Purpose Flour and Bread Flour [here](#).

Notes on Sourdough Starter: This recipe is based on you having an [active starter that you have fed a few hours before](#) starting your bake. For info on how to make a sourdough starter, [go here](#).

Notes on Stretch & Folds: If you are going to do the stretch & folds on your bench top, spray your surface with water mist rather than using flour. You can leave the dough in the bowl if you want to. Wet your hands to stop the dough sticking - although it shouldn't be too sticky. It will get less sticky as you do your stretches and folds. For more information on how to do stretch and folds, [go here](#).

Notes on Bulk Fermentation: If your home is warm then your dough will ferment a lot faster and could be done in as little as a few hours. If it's colder, it will take

	<p>longer, possibly overnight. I would recommend that you try to do your first few bulk ferments during daylight hours so that you can watch your dough closely. Once you're more familiar with the process - and the temperature of your home - you will be able to do overnight ferments. You will know your dough is ready to move to the next stage when it has *just* doubled in size. It will be fairly wobbly and full of bubbles. You should be able to see large air bubbles under the surface of the dough. You don't want to let it go any further than doubled as it will be over fermented. If you want to do an overnight ferment, but your home is warm, consider using a little less starter (ie 25g). Less starter means your dough will take longer to ferment and you will reduce the risk of over fermenting your dough.</p> <p>You'll find more information on these topics here: When is my bulk ferment finished? What is the difference between cold ferment and bulk ferment? Why does the amount of starter matter?</p> <p>Notes on Baking: If you're worried about the base of your bread burning, place a baking sheet on shelf underneath your Dutch Oven - it works! If you're worried about your bread not being cooked all the way through, turn the oven off and place your dough straight onto the oven rack. Leave the door ajar and let your bread rest there for a few hours. Make sure you don't close the door or your sourdough will sweat and you'll get a wrinkly, soggy crust. Remember not to cut into your loaf too soon - you'll need to let it cool for at least a few hours (4-6 is best).</p>
<p>CHOCOLATE CHIP COOKIES</p>	<p>Brown Butter Chocolate Chip Cookies by Amber's Kitchen Cooks Browned Butter Sourdough Chocolate Chip Cookies - Ambers Kitchen Cooks</p> <p>Ingredients 1 cup salted butter see note above for unsalted butter adaptation 1 cup white cane sugar 1 cup packed brown sugar 3 egg yolks 1 cup flat and runny sourdough discard 220 grams 1 teaspoon baking soda 1 teaspoon baking powder 1/2 teaspoon fine sea salt 1 teaspoon vanilla 2 1/4 cups all purpose flour 12 oz. chocolate chips about 1 1/2 cups or one bag for cookie dough 4 oz. 1/2 cup chocolate chips for pressing into the top of the cookies sprinkle of course flake salt for the tops of cookies</p> <p>Instructions Brown the butter. Do this by adding the butter to a saucepan over medium heat. letting it melt, then foam, then when the liquid becomes brown underneath the bubbles and brown flecks appear, it's done! Remove from heat. Let the butter cool to room temp, at least 30 minutes or longer. Prepare one cup of sourdough discard. (Notes above on how to make discard). Combine the browned butter and both sugars. Beat together with an electric hand mixer or with a stand mixer. The mixture will look a bit dry and crumbly, like semi-wet sand.</p>

Add the egg yolk to the mixture and beat with an electric mixer for a couple of minutes. As you continue beating, the mixture will become lighter and fluffier. Add the sourdough discard and beat together until just barely combined. The dough will look more like cake batter than cookie dough. don't fret. Add the salt, baking soda, baking powder and vanilla. Mix until combined. Add the flour and mix together by hand until just barely combined, being careful not to overmix. Add the chocolate chips and mix together by hand. Test the dough. *see note above* This is an optional step, but helps you to prevent cookies from coming out flat. Bake one, 1/4 cup sized ball of dough at 350 for 12-13 minutes. Depending on you elevation and the weather outside, the cookie dough texture can vary a bit. Testing one dough ball allows you to see if the cookie comes out well. If it is too flat, then the dough needs about 1/4 cup more flour. If it is just right, then leave it be and continue on to the next step. Cover the bowl of dough with plastic or a lid, and refrigerate. OR, roll into balls and transfer to an air tight container and refrigerate. Let the dough stay in the refrigerator to ferment for anywhere from one hour to seventy-two hours. I usually aim for about 4 hours. The longer it sits in the fridge, the more fermentation will happen and the more sour the cookies will taste. Preheat your oven to 350 degrees. Prepare a baking sheet by lining it with *parchment paper**. Remove the dough from the fridge and scoop in to smooth 1/4 cup balls if you haven't already. Place six dough balls on each baking sheet. Top the dough balls with a few more chocolate chips. Bake the dough balls for 13-14 minutes, or until edges just begin to brown. Remove from oven, and place {even more} chocolate chips on the top of each cookie.... just to make it look pretty. Then sprinkle the cookies with some *coarse sea salt flakes*.* (Honestly... don't skip this! It's so good!) Let cookies cool on a cooling rack. Serve immediately, and freeze any leftovers! ENJOY!

CAKEY COOKIES VS. CHEWY COOKIES

Are you team cakey cookies? Or team chewy cookies? To me, the chewy factor is of super important!

Remember, you don't want to add too much flour.

Too much flour = a cakey, puffy cookie.

Just enough flour = a chewy cookie

not enough flour = extraordinarily flat cookie

It's a delicate balance!

It's helpful to bake a single cookie after you make the dough to make sure it's got the right amount of flour!

CHILLING OR FREEZING DOUGH BALLS

To get the full "sourdough" effect, you're going to want to refrigerate your dough for a period of time to let it ferment. You can refrigerate it for as little as 1 hour or for as long as 72 hours. The longer it is refrigerated, the more it ferments, and the more the sourdough can work it's magic on the dough.

	<p>It can be difficult to scoop cold dough into balls, so feel free to form the dough in to 1/4 cup round smooth balls right after making the dough, while it's room temp and before refrigerating. After you form them into balls, just be sure to put them in an airtight bag or container, then quickly transfer to the fridge.</p> <p>You can also freeze the dough balls for another time! Just form the dough balls, then put them onto a flat surface to flash freeze for about an hour until firm. Then take dough balls and put them into an airtight bag or airtight container, and put them back into the freezer. When you want to bake them, transfer the frozen dough balls straight onto the baking sheet. Reduce oven temp to 325 and increase bake time by two to five minutes- but keep an eye on them!</p> <p>ALTERNATE RECIPE:</p> <p>I finally perfected my sourdough chocolate chip cookies—and after 125 tries, they are so worth it. Proud doesn't even cover it. Made 40 of these golden beauties!" Here's what you'll need:</p> <ul style="list-style-type: none"> 2¾ cups all-purpose flour 1 tsp baking soda 1 tsp baking powder ¾ tsp salt ⅔ cup sugar 1 cup brown sugar 1 cup unsalted butter (browned!) 2 large egg yolks ⅔ cup sourdough discard 1½ tsp vanilla 2 cups chocolate chips <p>Chill the dough for an hour, bake at 350°F for 10–12 mins, and thank me later.</p>
<p>CINNAMON ROLLS TOP</p> 	<p>Ingredients</p> <ul style="list-style-type: none"> 100 g butter about 7 Tbsp; very soft 50 g sugar about 3 heaping Tbsp 80 ml milk about 5 Tbsp; 90F (32C) 200 g sourdough starter about 1 1/3 cup 3 eggs 10 g instant yeast about 2 tsp; also known as quick rise or rapid rise 450 g all-purpose flour about 3 cups using 'scoop and swipe' method 10 g powdered milk about 1 Tbsp 5 g salt about 1 tsp Cinnamon filling 75 g butter about 5 Tbsp; room temperature 75 g brown sugar about 6 Tbsp 75 g white sugar about 6 Tbsp 16 g cinnamon about 2 Tbsp (plus more to taste; see notes) Icing 113 g unsalted butter 1 stick, softened 125 g powdered sugar about 1 cup 70 g cream cheese about 5 Tbsp 1 tsp vanilla extract 1/8 tsp sea salt or kosher salt 2 Tbsp milk

	<p>Instructions In a large bowl, cream the butter and the sugar together until smooth.</p> <p>Add the eggs, milk, and the sourdough starter and mix well. Next, add the dry ingredients. Knead the dough, adding a little flour as needed to prevent sticking. If the dough becomes too dry, sprinkle a little water on it. Continue kneading the dough until smooth and no longer sticky. Place in a lightly oiled bowl, cover, and let rise at room temperature until doubled in volume, about 2 hours. Punch down and roll the dough out into a long rectangle, about 1/4 in thick, about 18" by 12". In a small bowl prepare the filling by mixing together the butter, white and brown sugar, and cinnamon. Spread the filling over the top of the rolled out dough. Roll the dough up along the long side and cut into 12 equal pieces. Sourdough Cinnamon Rolls cut into small pieces Place the rolls in large baking dish lined with parchment paper, cover and let proof at room temperature until double in size. Sourdough Cinnamon Rolls Proofing Preheat oven to 400F. Once the rolls are proofed, bake at 400F for 20 - 30 minutes, until they become golden brown. Meanwhile, prepare the icing by creaming the icing ingredients in a small bowl. Once the cinnamon rolls are ready, take them out of the oven, then spread the icing over the tops. Serve while hot.</p> <p>Notes The amount of cinnamon really depends on the kind of cinnamon you are using and its freshness. When using generic cinnamon from a supermarket that is not that fresh, you may want to go for a higher amount to get decent flavor - 3-4 tablespoons. Saigon cinnamon, my current favorite, packs a stronger punch so I only use 2 tablespoons. Freshly ground cinnamon, as someone pointed out in the comments, also has a stronger taste so you may want to go conservative on the amount - 1.5 tablespoons or so.</p> <p>Nutrition Calories: 486kcal Carbohydrates: 63g Protein: 7g Fat: 24g Saturated Fat: 14g Cholesterol: 101mg Sodium: 336mg Potassium: 117mg Fiber: 3g Sugar: 28g Vitamin A: 766IU Vitamin C: 1mg Calcium: 80mg Iron: 2mg</p> <p>TIP: Q: I have these sourdough Cinnamon Rolls ready for Monday morning (2 days) do I freeze, refrigerate or bake and then freeze and freshen up in the oven Monday morning?! 😊</p> <p>A: I would freeze and pull out Christmas eve and go 2nd rise over night and then bake. Side note if you just refrigerator the sugar will melt out A: refrigerate or you can also freeze at the state that it's in and then pull it out tomorrow afternoon/evening to defrost/2nd rise and bake Christmas morning, mine are currently in the freezer till about 3 tomorrow.</p>
CORN CHIPS	https://homesteadandchill.com/baked-sourdough-corn-chips-recipe/
CRACKERS	<p>Crackers the Easy Way: 1 Cup Discard 1 TBSP Olive Oil 3 TBSP Melted Butter 1 Teaspoon Sea Salt</p>



1/3 Cup Cheese (Optional)

Pour dough onto baking sheet and spread thin and even. Sprinkle with salt or other seasonings as desired. Bake at 350 degrees for 10 minutes then take out and cut and prick the dough. Put back in oven for an added 30 minutes or until crisp. (Rotate as needed)



[TOP](#)

CRACKERS BY LITTLE SPOON FARM

INGREDIENTS

¾ cup (200 g) [discarded sourdough starter](#) (stirred down)
2 tablespoons (28 g) butter (melted)
¼ teaspoon (1 g) fine sea salt
2 teaspoons dried herbs (Herbs de Provence)
¼ teaspoon (1 g) salt for sprinkling on top

INSTRUCTIONS

Preheat your oven to **325°F (162°C)** and **line** a baking sheet with parchment paper. **Melt** the butter in a mixing bowl and let cool.

Weigh the sourdough discard, dried herbs and salt into the bowl of melted butter and **mix** thoroughly until well combined. Use an off-set spatula to **spread** the mixture in a thin, even layer onto the parchment paper. **Sprinkle** the top with salt.

Bake for 10 minutes. **Remove** from oven and **score** the crackers. **Bake** for an additional 20-50 minutes or until the crackers are golden brown. Let cool completely before breaking into squares. (*Oven temperatures vary, check the crackers after 20 minutes into baking to make sure they do not over bake. See notes.*)

NOTES

Because these crackers are so thin, in some ovens they can *brown quite quickly*. I recommend checking them at the 20 minute mark the first time you bake them to make sure they do not over bake and burn. Adjust your baking time accordingly!

The discard can be used either, cold, right out of the fridge or at room temperature.

Store in an air-tight container for up to one week at room temperature.

Fresh herbs and grated hard cheeses can be added to create different flavors.

Scoring the crackers is optional. The sheet can easily be broken into pieces after baking and cooling off.

Nutrition

Serving: 6crackers | Calories: 98kcal | Carbohydrates: 10g | Protein: 1g | Fat: 6g | Saturated Fat: 4g | Cholesterol: 15mg | Sodium: 439mg | Fiber: 1g | Sugar: 1g | Vitamin A: 213IU | Vitamin C: 1mg | Calcium: 19mg | Iron: 1mg

Option 2:

Mix equal (ish) parts cheese, discard. Add water to thin and a tsp or so of salt. Spread thin on parchment paper. I added rosemary this past time and it was delicious.

Bake at 350 until it's a solid blob

Cut into strips(or squares) and throw back in until crispy. Eat the whole batch on one day

Sourdough Cheese-Its



- 1 Cup Flour
- 1 Cup Sourdough Discard
- ¼ Cup Softened Butter (1/2 Stick)
- 2 Cups shredded cheese
- 1 tsp salt
- 1 tsp baking powder

1. Preheat the oven 425 degrees F.
2. Using an electric mixer beat the butter and cheese together until well combined.
3. Mix the sourdough discard starter. Once that is combined, add the flour, baking powder and salt. If need be, use your hands to form the dough into a ball.
4. Divide the dough into two balls on a sheet of parchment paper. Use a rolling pin to roll one of the dough balls up to an 8th of an inch thickness. The crackers will rise in the oven, so the thinner you roll the dough, the crisper your crackers will be.
5. The next part is up to you. You can use many cookie cutters like me and stamp your crackers out. Or you can use a pizza cutter to cut small squares into your dough.
6. Use a fork prick the center of each cracker. This will stop your crackers from filling with steam in the oven. Sprinkle with salt and repeat. For the other ball of dough.
7. Bake for 15 minutes. Let cool and store in an airtight container for up to a week. (can also be frozen for longer life)

Optional Toppings: Garlic, Rosemary, Sesame Seeds, Shreaded Cheese, Everything Bagel Seasoning, Cinnamon Sugar and more!

Option 3:

- Sourdough Cheez-its
- 230g of runny hungry starter (or unfed)
- 50g extra sharp cheddar(I used Tilamook)
- 27g of salted butter melted
- 3g sugar
- 3g fine salt
- Less than 1g of granulated garlic
- Less than 1g of granulated onion powder

Measure out sourdough starter in a bowl. I microwaved the butter for 15 seconds and let it cool down a little while I shredded cheese to a very fine grade. Then mix cheese into starter followed by the melted butter. Mix until homogenous. Add salt, sugar and spices. Spread super thin on a parchment lined cookie sheet. Bake at 325°F. Remove from oven after 7 mins and score with a pizza cutter and poke with a toothpick in the center of each cracker. Put back in oven for 20 mins. Remove crackers from the outer edge that are firm and crisp. Bake for another 5 mins, remove some more as they are

	<p>done. If you have a convection setting on your oven, use it. You will get more crackers done at the same time. I didn't, but will next time. Without convection setting, it took a total of about 40 mins to finish baking all of the crackers. 1 recipe filled out an entire baking sheet. So if you want to double the recipe, prepare two baking sheets. Enjoy!</p>
	<p>LITTLE SPOON FARMS CRACKERS:</p> <p>INGREDIENTS $\frac{3}{4}$ cup (200 g) sourdough starter discard (stirred down) 1 $\frac{1}{2}$ cups (180 g) flour (plus about 20g more if dough is too sticky.) 8 tablespoons (113 g) butter (melted) 1 teaspoon (5 g) sea salt</p> <p>INSTRUCTIONS Preheat your oven to 375°F (190°C). In a large bowl, add the melted butter, sourdough starter discard, all-purpose flour and salt. Use a spatula to stir until the ingredients are combined. The dough should be soft and pliable. It should not stick to your fingers. If the dough seems too sticky, mix in an additional 20 grams of flour. Cover the bowl and let the dough to rest for 20-30 minutes for the flour to absorb the liquid. (or in the fridge for up to 2 days wrapped in plastic wrap for a long fermented cracker.)</p> <p>Place the dough between two pieces of parchment paper. Use a rolling pin to roll the dough out to a 1/16th inch thickness. Cut the dough into rectangles using a sharp knife. (You can also use bench-scraper or pizza cutter.) Prick each rectangle a few times with a fork. (This will keep the crackers from puffing up as they bake.) Bake the crackers for 15-17 minutes, checking to make sure they do not over-brown. Allow the crackers to cool before breaking them apart. They will continue to become more crisp as they cool. Store in an airtight container.</p>
<p>CRUMPETS</p>  <p>TOP</p>	<p>Sourdough Crumpets</p> <p>You're feeding your sourdough starter and you reluctantly have to discard two-thirds of it during the process. Enjoy that, do you? Absolutely not! Here's one of the best things ever to do with that discard starter. In just 10 to 15 minutes, start to finish, you can turn unfed starter into these wildly delicious sourdough crumpets.</p> <p>PREP: 3 mins BAKE: 8 mins TOTAL: 11 mins YIELD: 4-5 crumpets</p> <p>A stack of sourdough crumpets topped with butter and jam - select to zoom</p> <p>Ingredients 1 cup (227g) sourdough starter, unfed/discard 1 teaspoon granulated sugar 1/4 to 1/2 teaspoon table salt 3/8 teaspoon baking soda* *If your discard starter is particularly sour, increase the baking soda to 1/2 teaspoon.</p>

	<p>Instructions</p> <p>Bake Mode Prevent your screen from going dark as you follow along. Place the starter in a medium-sized bowl. Stir in the sugar and salt, then the baking soda. The batter should rise up and bubble a bit, becoming almost billowy.</p> <p>Heat your griddle over medium-low heat; 300°F is perfect. Lightly grease the surface with cooking oil (if your pan isn't non-stick), then melt a pat of butter atop the oil.</p> <p>Lightly grease four English muffin rings (1" high and 4" across) and place on the griddle. Divide the batter evenly among the rings. Each ring will take a generous 1/4 cup of batter; a generously heaped muffin scoop is the perfect tool for this task. Cook for about 5 minutes, until the tops are set and full of small holes. Carefully flip the crumpets over, remove the rings (they should pop right off), and continue to cook for about 3 minutes, until they're golden on the bottom.</p> <p>Enjoy the crumpets warm, split and spread with butter and jam. Or toast to brown and crisp them before serving.</p> <p>Store any leftovers at room temperature for several days. Freeze, well wrapped, for longer storage.</p> <p>Tips from our Bakers Don't have any starter? Here's a recipe for homemade sourdough starter. If you're making it from scratch, you'll need to feed it for 5 to 7 days before it's ready for baking. Want a head start? Purchase our classic fresh sourdough starter — it'll be ready for baking soon after it arrives at your door. Looking for tips, techniques, and all kinds of great information about sourdough baking? Find what you need in our sourdough baking guide.</p> <p>Don't have English muffin rings (or suitably sized canning jar lids)? Instead of crumpets, make pikelets. Griddled free-form (so they're flatter) and with fewer holes than a typical English crumpet, Australian-style pikelets are a kind of "toaster pancake," perfect for toasting and spreading with butter and jam.</p> <p>Join pastry chef Gesine Bullock-Prado as she demonstrates how to make Sourdough Crumpets from start to finish. Watch Episode 3 of the Isolation Baking Show now.</p> <p>Taking the pancake idea one step further, the flavor of these crumpets or pancakes, while quite delicious with butter, syrup or jam, is equally good with savory additions. Try adding a half cup each of grated zucchini, cheese, apple, chives, or onion, or a combination of your own, and serve them with lunch or dinner.</p>
<p>DINNER ROLLS: TOP</p>	<p>These amazing, pull-apart style dinner rolls are soft and fluffy with just a touch of sweetness. Just like our sourdough ciabatta rolls and sourdough sweet potato rolls, you won't believe how easy they are to make! These sourdough dinner rolls are the pull-apart kind of rolls that everyone goes crazy for.</p>

The taste reminds me of a cross between the sweet yeast rolls that they used to serve at restaurants like O'Charleys® and the little rolls that you get at Chik-fil-A® with the chicken nuggets for breakfast. Serve these rolls alongside dinner or turn them into ham and cheese sliders for a delicious lunch or appetizer.

WHAT YOU NEED

active sourdough starter
bread flour
water
salt
butter
milk
sugar

Here are a few ways to modify this recipe if needed.

bread flour - All-purpose can be substituted for bread flour.

sugar - The recipe calls for 3 tablespoons of sugar but it can be reduced if needed to 1 tablespoon.

milk/butter - Non dairy butter and milk can be used for a vegan option.

SAMPLE BAKING SCHEDULE

The following baking schedule has been tested in a kitchen with an ambient temperature of 68°F (20°C).

8:00 PM: Feed sourdough starter.

7:30 AM: Melt butter, milk, salt and sugar and allow it to cool down to room temperature.

8:00 AM: Mix dough and let rest 1 hour.

9:00 AM: Stretch and fold dough, cover and let rest 30 minutes.

9:30 AM: Stretch and fold dough, cover and let rest 30 minutes.

10:00 AM: Stretch and fold dough, cover and let rest 2 hours.

12:00 AM: Divide dough, place in baking dish, cover and let rise 3-4 hours or until puffy.

4:00 PM: Bake.

NOTE: Warmer kitchens need less time to rise, colder kitchens will need more time to rise.

HOW TO MAKE THEM

Let's go over the steps needed to make these amazingly soft sourdough dinner rolls.

Step 1: This recipe calls for active sourdough starter so you will need to have your starter active and bubbly when you go to mix the dough. I feed my starter the night before I want to make the rolls.

Step 2: Melt the butter, milk, sugar and salt over low heat in a saucepan. Allow it to cool completely. Mix the liquid with the sourdough starter and flour in a mixing bowl. Cover and let rest 1 hour at room temperature.

Step 3: Perform 3 sets of stretch and folds, spaced 30 minutes apart. After the last set, cover the bowl and let the dough rest at room temperature for 2 hours.

NOTE: The dough is ready to shape when it has risen by about 50%. Adjust the rising time according to the temperature of your kitchen.

Step 4: Turn the dough out onto a lightly floured surface and divide the dough into 12 equal pieces. Each piece should weigh approximately 65g using a kitchen scale.

TIP: If you don't have a kitchen scale, gently press the dough into a rectangular shape and use your best judgement to cut into even portions.

Shape each piece into a ball by gathering up the sides and pinching them together.

Turn the dough over so that the seam side is down on the work surface and gently form a smooth ball.

Place the dough balls into a lightly greased, glass baking dish. Cover the rolls with a kitchen towel and allow them to rise at room temperature for 3-4 hours.

TIP: If you'd like to prepare the dough and bake the rolls at a later time, shape the rolls, cover the dish with plastic and keep in the fridge for up to 36 hours. When ready to bake, allow them to have the second rise at room temperature until puffy and proceed with baking.

Sourdough dinner rolls rising.

The dough should look puffy and have risen by about 50% when they are ready to bake.

Step 5: Bake the rolls in a 375°F (204°C) for 25-30 minutes. The top of the rolls should be light golden brown and a digital thermometer inserted in the center should read at least 190°F (88°C).

Brush the tops with melted butter after they come out of the oven. Carefully remove the rolls from the baking dish and serve hot!

TIPS FOR SUCCESS

kitchen temperature: It's very important to take the ambient temperature of your kitchen into account when working with sourdough. Our recipes are tested in a kitchen that is 68°F (20°C). If your kitchen is warmer, you will need to reduce your rising time in the first and second rise to avoid over-proving the dough.

baking dish: Baking the rolls in a glass baking dish gave us the softest rolls. They can be baked in a 9" x 13" metal tin but you will need to bake them at 400°F (204°C) for less time. Check on the rolls around 22-25 minutes to make sure they don't over-bake.

INGREDIENTS TO MAKE ½ CUP (100 G) OF ACTIVE SOURDOUGH STARTER

1 tablespoon (15 g) sourdough starter
⅓ cup + 1 tablespoon (50 g) all-purpose flour
3 ½ tablespoons (50) water
DOUGH INGREDIENTS
2 tablespoons (28 g) butter
1 cup (240 g) milk
3 tablespoons (44 g) sugar
1 teaspoon (5 g) salt
½ cup (100 g) active sourdough starter
3 cups + 2 tablespoons (375 g) bread flour
1 tablespoon melted butter (for brushing the top of the rolls after baking)
INSTRUCTIONS
FEED YOUR STARTER

8 PM Feed starter: 12 hours before you plan to mix the dough, add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar. Stir until combined, loosely cover the jar and let the starter rise at room temperature. (The ingredients will create a total of 115 g active starter but, because some of it will stick to the sides of the jar during the transfer, we are making a little more than needed.) The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.

MAKE THE DOUGH

7:30 AM Melt butter: In a small saucepan, melt the butter, milk, sugar and salt together over low heat. Pour the mixture into a mixing bowl and allow it to cool down to room temperature.

8 AM Mix the dough: Add the flour and active sourdough starter to the bowl and stir with a spatula until the ingredients are combined and there are no dry bits left in the bowl. Cover the bowl and allow to rest at room temperature for 1 hour.

9 AM First rise: Perform 3 sets of stretch and folds spaced 30 minutes apart, keeping the bowl covered between sets. To perform a set, pick up the dough on one side and stretch it up and over itself. Turn the bowl a quarter turn and repeat this step until you have turned the bowl a full circle. After the final set, cover and allow the dough to rise for 2 hours or until it has risen by 50% in size. (See notes.)

12 PM Shape and Second rise: Turn the dough out onto a floured surface and divide it into 12 pieces, approximately 65 grams each. Shape each piece into a ball by gathering up the sides and pinching them together. Turn the dough over so that the seam side is down on the work surface and gently form a smooth ball. Arrange them in a lightly greased glass baking dish. Cover the dish with a tea towel and let rise for 3-4 hours.

4 PM Bake: About 20 minutes before you are ready to bake preheat your oven to 375°F (190°C). Bake for 25-30 minutes or until they are golden brown on top. The internal temperature of the rolls should be 190°F when fully baked. Brush the top of the roll with melted butter and serve.

NOTES:

It's very important to take the ambient temperature of your kitchen into account when working with sourdough. Our recipes are tested in a kitchen that is 68°F (20°C). If your kitchen is warmer, you will need to reduce your rising time in the first and second rise to avoid over-proving the dough.

	<p>If you'd like to prepare the dough and bake the rolls at a later time, after shaping the rolls in step 4, cover the dish with plastic wrap and store in the fridge for up to 36 hours. When ready to bake, allow them to have the second rise at room temperature until puffy and proceed with baking.</p> <p>If using a tin baking sheet bake rolls at 400°F. Rolls can also be baked in a muffin tin for 23-25 minutes.</p> <p>Nutrition: Serving: 1roll Calories: 163kcal Carbohydrates: 29g Protein: 5g Fat: 3g Saturated Fat: 2g Cholesterol: 7mg Sodium: 220mg Potassium: 58mg Fiber: 1g Sugar: 4g Vitamin A: 91IU Calcium: 28mg Iron: 1mg</p>
<p>DISCARD</p> <p>TOP</p>	<p>Can you freeze sourdough discard? Yes. Sourdough starter is quite resilient, and the natural yeasts, lactic acid, and bacteria in the starter can withstand freezing. According to this article, it can only be frozen for up to two weeks and still work well. Still, you may be able to use it in discard recipes that do not require any leavening.</p> <p>How long can you keep sourdough discard? If you have discard that you aren't planning on using right away, you can place it in a jar and keep it in the fridge for 7-10 days. After that 7-10 days, you will need to feed it to keep it healthy.</p> <p>What can I do with my sourdough discard? There are so many things you can make with discard – the opportunities are endless. From pizza to waffles and cinnamon rolls to muffins, instead of tossing out your discard, you can make a delicious recipe instead.</p> <p>When should you throw out a sourdough discard? If it starts to grow mold, throw it out. If it has a dark liquid on top of the starter, this is called a hooch. Pour the liquid out and then feed the discard. It is still fine to use.</p> <p>Is sourdough discard good for you? Yes. It is fermented grains, but it may not be as nutritious if the recipe includes unfermented flour as well. I love making things like pancakes or dutch babies, things that use just discard, because there are no unfermented flours included. This means all the grains are fermented and the phytic acid is broken down, making the vitamins and minerals in the grains more bioavailable.</p> <p>What is the difference between sourdough discard and starter? Discard is the part of the sourdough starter that is removed before feeding the starter. Sourdough starter is the active portion that is continually being fed and is nice and bubbly. This type of starter is what you want to use to make bread.</p> <p>Is eating sourdough discard healthy? Sourdough discard is rich in probiotics, which can help promote a healthy gut microbiome and improve digestion. It's also a good source of fiber, which can help regulate blood sugar levels, lower cholesterol, and promote feelings of fullness.</p> <p>How long does sourdough discard last? Storing it in the fridge: It's possible to keep the sourdough discard fresher for up to 1 week by storing it in an airtight container in the fridge.</p>

	<p>Why do you throw away sourdough discard? If you don't get rid of the excess, eventually you'll have more starter than your feedings can sustain. After a few days, your daily 1/4 cup flour and water won't be enough to sustain your entire jar of starter, and your starter will be slow and sluggish, not much better than discard itself.</p> <p>How do I know if my sourdough discard is bad? The flavor will get more acidic the longer it sits. Too long at room temperature without feeding and you risk your sourdough discard starting to grow mold (usually fuzzy) or bad bacteria (red, orange or pink streaks). If that happens, you need to throw it out.</p> <p>Can you use day 1 sourdough discard? At room temperature (70 F), sourdough discard should last about 1-2 days. Beyond that, it won't go bad necessarily, it will just become more acidic as time goes on (especially in warm weather). Not ideal for sweet recipes. In the fridge, it will keep for about a week or so, and in the freezer it will last indefinitely.</p> <p>Can I freeze sourdough discard? Can you freeze sourdough starter discard? While feeding an active starter is a better idea, freezing discard will also work. I would suggest freezing discard that has been more recently fed, it may take longer for the starter to become thriving and active after thawing.</p>
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[TOP](#)

A few sourdough discard donuts FAQs...

The first thing you may be wondering is, “why use sourdough discard?” Most of us with sourdough starters really hate to waste perfectly good ingredients every time we feed our starter. So we get creative and use it in recipes like this one. If you have a nice tangy sourdough, the starter also adds the tiniest hint of flavor. It’s delicious in savory recipes, but fabulous in sweet recipes! In this sourdough donut recipe, I think the tang of the starter cuts the sweetness slightly. And the fact that these donuts are sweet but not too sweet, even with the glaze, is what makes them taste straight from a shop!

Second, you might be curious about baking these doughnuts. Don’t do it. This recipe isn’t for baked donuts and you won’t end up with the best results. To get the light and airy texture, you need the quick hit of heat that oil provides. In this case, even the air fryer couldn’t come close. Donuts in the air fryer came out pretty dense by comparison. Doughnuts are a treat, so it’s okay to fry. As someone who really hates the smell of frying oil, you know the results are worth it if I’m telling you to deep fry. Promise.

Third, and probably one of my favorite things about this recipe, you CAN prep the dough and let it rest overnight! Random side story... last year I hosted a “donut day” at my house. I like to have neighbors over for coffee and treats, sometimes with themes. I was up SO early that morning to get everything ready between frying and rising time. NOT required with this recipe! I can’t even tell you how nice it was to prep the dough the night before, leave it in the fridge to rise, then cut and fry the doughnuts the next day while making coffee. Less than an hour to fresh glazed doughnuts in the morning was amazing! Like, I could even possibly make these donuts for a holiday breakfast or weekend brunch kind amazing.

Sourdough Discard Donuts Recipe
yield: ABOUT 16 DOUGHNUTS prep time: 20 MINUTES cook time: 40 MINUTES chilling time: 1 HOUR total time: 2 HOURS
Make the softest glazed donuts and use your sourdough discard with this delicious sourdough discard donuts recipe! Make the same day, or rest the donuts overnight to prepare in the morning. Either way, you'll love the results!

1/2 cup sourdough discard (6 ounces)
3/4 cup whole milk (6 ounces)
1/4 cup granulated sugar
2 1/4 teaspoons active dry yeast
2 large eggs, lightly beaten
8 tablespoons unsalted butter, melted
3 1/3 cups all-purpose flour, plus a little more for dusting (15 ounces)
1 teaspoon kosher salt
Glaze Recipe:
3 cups powdered sugar, sifted
1/2 cup heavy cream
1 tablespoon vanilla extract
pinch salt

Instructions

Place the milk in a microwave-safe measuring glass and warm for 20 seconds so that it's fairly warm but not very hot. You don't want to burn the yeast!

Pour the milk into the bowl of your stand mixer fitted with the dough hook or a large mixing bowl. Stir in the sugar, then sprinkle the yeast over top. Allow the mixture to sit for 5 minutes until it looks a little foamy. While this is happening, melt your butter and set it aside to cool a little.

Stir in the sourdough discard, eggs, butter (which shouldn't be hot by now), and salt. Add the flour in 3 batches and stir until combined. If you are using the stand mixer, knead on low speed for 4-5 minutes until smooth. Otherwise, knead as best you can by hand. Try not to add too much flour. The dough is on the soft and slightly wet side, but shouldn't be sticky.

Place the dough in a lightly oiled bowl and cover. Refrigerate for an hour or two, until cold, or overnight (about 8-10ish hours).

Once the dough is cold, remove from the refrigerator and place it on a lightly floured surface. Roll to 1/2 inch thickness. Cut the doughnuts out with a 3-inch doughnut cutter (see notes).

Set the cut donuts on lightly floured parchment paper-lined baking sheets. Give them enough room to expand. Spray with a little nonstick spray and cover with plastic wrap. Allow to rise 45-60 minutes at room temperature until they look puffy.

Toward the end of the rising time, heat your oil to 350 F over medium heat. A thermometer is really helpful here to monitor temperature.

Line 2 baking sheets. One will have parchment paper and the other should have a double layer of paper towels for draining the fried donuts.

Prepare the glaze by sifting the powdered sugar into a small mixing bowl. Stir in the heavy cream, vanilla extract, and salt. It should be a smooth glaze that's neither too thin or too thick. You can make it thicker by adding more sugar, and thinner by adding more cream.

Add doughnuts in batches to the hot oil and cook for about one minute per side until the doughnuts are a golden brown. Donut holes will take a little less time.

Remove the cooked donuts from the hot oil with a slotted spoon and place on the paper towels briefly to drain. Add a new batch of donuts to the oil.

While those donuts are cooking, dip the still-warm donuts on the paper towels into the glaze, turning once to fully coat. Remove and place on the parchment paper-lined sheet to set.

Repeat this process until all the donuts and doughnut holes have been cooked and glazed. Enjoy immediately!

If you happen to have extra doughnuts, you can store them at room temperature in a box, or lightly covered. They tend to sweat in airtight containers. As with all donuts, these are their very best the day they are made. Enjoy!

Goody Godmother says this is her sourdough discard Donuts recipe. She was looking for a stiff, sweet starter, but they all use sugar, and she wanted to use honey. She used 10 grams starter, 50 grams, unbleached flour, 25 grams honey and 25 grams of water. [Sourdough Discard Donuts Recipe - Goodie Godmother](#)



DUMPLINGS

Easy Sourdough Dumplings - Farmhouse on Boone Link



Sourdough Dumplings

Made with sourdough discard, minced parsley, and sea salt, these soft, pillowy dumplings will elevate your favorite vegetable or chicken soup.

Ingredients

1 1/4 cups all-purpose flour
3 teaspoons baking powder
2 teaspoons salt
1/4 cup butter, cut into chunks
1 cup sourdough discard
1 egg
1 tablespoon minced parsley

Instructions

Combine flour, baking powder and salt into a large mixing bowl.

Divide your cold butter into tablespoons and cut it into the flour mixture with a pastry cutter or fork.

Incorporate the sourdough starter, egg, and minced parsley.

Once your dough comes together, scoop about 1 tablespoon of dumpling dough out and form into a ball. Continue until you've made all your balls, about 25.

Drop each ball into a large pot of simmering soup one at a time, making sure they do not start sticking together.

Cover your soup pot and continue to simmer for about 15 minutes. The dumplings will begin to float to the top and expand.

Notes

The dumplings should be the last thing you add to your soup.

If you have extra active sourdough starter after making your bread, use it for these dumplings! Otherwise, you can use discard straight from the fridge.

Make sure your soup is simmering – not boiling – when you add in your dumpling dough. Otherwise, you may end up with soggy dumplings.

Cover your soup with a lid after adding your dumpling dough. The steam helps to cook them to perfection!

Long fermentation: You can mix the dough up and then leave it out for several hours to long ferment. After this, place the dough in the fridge for a few hours so they are easier to shape.

	<p>To freeze: Make dumpling dough and freeze for future use. Simply form your dough into balls and add to a baking sheet. Freeze them just until they've hardened enough to be easier to work with. Take them out of the freezer, wrap each dough ball individually in plastic wrap and add to a freezer bag or airtight container. Place in the freezer for up to three months.</p>
<p>ENGLISH MUFFINS 1</p> <p>TOP</p> 	<p>Sourdough English Muffins Delightfully light and airy English muffins with a bit of chew and tang.</p> <p>Ingredients 1 cup active sourdough starter (see note) (240 grams) 1 cup warm water (no more than 110° F) (240 grams) 1 tsp honey (5 grams) 2 ½ cups bread flour (365 grams) 2 tbsp salted butter, melted and cooled 1 ½ tsp unrefined sea salt (5 grams) cornmeal, for dusting the parchment paper</p> <p>Instructions Place all of the ingredients except for the cornmeal in the bowl of a stand mixer. Knead on medium-low for 15 minutes.</p> <p>Transfer the dough to a greased bowl. Cover and allow to ferment at room temperature for 1 hour. Transfer to the refrigerator and allow to ferment for 20 hours.</p> <p>Cut out 12 four-inch squares of parchment paper. Arrange them on a large baking sheet. Sprinkle each one very generously with cornmeal all the way to the edge of the paper.</p> <p>Divide the dough into 12 equal pieces. Form each piece into a smooth ball by pinching the corners into the middle and rolling on your work surface to create surface tension.</p> <p>You can lightly grease your work surface if the dough is sticking.</p> <p>Place each ball onto a parchment paper square, flattening with your fingers. You may need to press very firmly.</p> <p>Cover and allow to rise at room temperature until quite puffy, about 2-6 hours. To speed up the process, you can turn your oven into a proofing box (see note).</p> <p>Preheat your oven to 350°F. Preheat a cast iron griddle or skillet over medium low heat for 5 minutes. Carefully transfer as many of the English muffins as will fit onto the griddle. Cook for 5-8 minutes per side, or until nicely browned. Transfer to a baking pan and bake for 10 minutes.</p> <p>Repeat with the remaining muffins.</p> <p>Cool on a wire rack for at least 10 minutes before slicing.</p>

Store any leftovers in an airtight container for up to 3 days. For longer storage, place in the refrigerator or freezer.

Recipe Notes

An active sourdough starter is one that has been fed 4-12 hours previously, has doubled in volume, is active and bubbly, and passes the float test.

To turn your oven into a proofing box, preheat it to the lowest setting and immediately turn it off. Make sure the oven is warm, not hot, when you put the muffins in.

If you have problems with the muffins sticking to the parchment paper, you could try greasing the squares first, then sprinkling them with the cornmeal.

TIPS AND TRICKS:

My SD English muffins: What do you do to cover trays of bakes? When I use saran wrap, it sticks to the items and I feel like it doesn't allow them to rise properly.

This time, I used excess saran wrap and sort of made a tent, but then it was airy and the outside formed a skin and I feel like this contributed to my English muffin balls. ... instead of flat bisquit type treats.



Did you bake these? English muffins are cooked stove top, you'll avoid getting balls

I've never actually tried baking English muffins. I've always done them on a griddle top or in a pan on stovetop.

ENGLISH MUFFINS 2



[TOP](#)

Sourdough English Muffins Recipe from Little Spoon Farm

[Sourdough English Muffins - Easy Overnight Recipe! - Little Spoon Farm](#)

These easy sourdough english muffins cook up light and fluffy, with a delicious sourdough flavor! Mix everything the night before and wake up to a beautiful dough that's ready to be cut out and cooked to "nook and cranny" perfection!

INGREDIENTS

PREP YOUR STARTER:

1 tablespoon (15 g) sourdough starter
½ cup + 1 tablespoon (50 g) all-purpose flour
3 ½ tablespoons (50) water

DOUGH INGREDIENTS:

½ cup (100 g) active sourdough starter
1 tablespoon (20 g) honey (sugar or maple syrup)
1 cup (240 g) milk
3 cups (360 g) all-purpose flour
1 teaspoon (5 g) fine sea salt
¼ cup (40 g) cornmeal (for sprinkling)

INSTRUCTIONS:

FEED YOUR SOURDOUGH STARTER

12 hours before you plan to mix the dough, add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar. Stir until combined, loosely cover the jar and let the starter rise at room temperature. (The ingredients will create a total of 115 g active starter but, because some of it will stick to the sides of the jar during the transfer, we are making a little more than needed.) The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.

MAKE THE DOUGH

Add 100g of the active starter and the rest of the ingredients (except corn meal) to a large bowl and use your hands to mix until well combined. Cover and let rest 30-60 minutes. Turn the dough out onto a floured surface and knead the dough by hand for 5 minutes. (A stand mixer with a dough hook attachment can be used on the lowest speed.)

Place the dough back into the bowl, cover and let ferment on the counter at room temperature 8-12 hours. (Room temperature is 65-70°F)

CUT AND COOK

Turn the dough out onto a floured surface, flour the top of the dough and press it out using your fingertips until it is 1" in thickness.

Use a 3" biscuit cutter to cut rounds and place them on a parchment lined baking sheet that's been sprinkled with cornmeal. Sprinkle the tops with cornmeal, cover with a tea towel and allow to rise for 1 hour at room temperature.

Preheat your non-stick skillet over LOW heat. Place 4 muffins into the skillet spaced 2" apart, cover and cook the first side for 4 minutes. Turn the muffins over and cook for an additional 4 minutes. (When done, the center of a muffin should register about 200°F on an instant-read thermometer.)

NOTES

Use the scoop and level technique to measure your flour if you do not have a kitchen scale. To do this, use a spoon to fluff up the flour in the bag. Use a spoon to scoop the flour into a measuring cup until it is heaped on top. Take a butterknife and level off the top. This should give you the most accurate measurement for flour.

If you live in a very warm or humid environment, you may need to make adjustments in the recipe. I recommend reducing the milk by 30g and using granulated sugar instead of honey to help the dough from being too sticky to work with. Add more liquid if the dough is too stiff. Store at room temperature for up to 5 days in a container or freeze for up to 3 months.

Nutrition

Serving: 1muffin | Calories: 161kcal | Carbohydrates: 32g | Protein: 5g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 2mg | Sodium: 299mg | Potassium: 70mg | Fiber: 1g | Sugar: 3g | Vitamin A: 39IU | Calcium: 33mg | Iron: 2mg

EZEKIEL BREAD



[\(1\) Facebook](#)

EZEKIEL BREAD

(This is NOT a sourdough type bread but its in the bible so I HAD to include it here.)

PART 1: JUST THE MIX (Basically the flour for this unique recipe below)

- 2 cups Spelt
- 2 cups Kamut
- 2 cups Hard White Wheat
- 1/2 cup Millet
- 1/2 cup Barley
- 2 tbsp Lentils
- 2 tbsp Great Northern Beans
- 2 tbsp Black Beans
- 2 tbsp Garbonzo Beans

	<p>Mix all together and store in an airtight container. For the bread, mill 3 cups of the mixture.</p> <p>PART 2: THE BREAD RECIPE</p> <p>3 cups Ezekiel mix (from above) ground in a grain mill or blender 1 cup very warm water 105-110 degrees F 1/4 cup olive oil 1/4 cup honey 1 tsp salt 1 egg optional 1 tbspc lecithin optional 2 1/2 tsp instant yeast</p> <p>INSTRUCTIONS</p> <p>In the bowl of a stand mixer or a large bowl, mix the water, oil, honey, lecithin, egg, salt, and 2 cups of the flour. Mix well. Sprinkle the yeast and continue mixing while adding flour 1/2 cup at a time. Add enough flour until the dough begins to pull away from the side of the bowl. Knead for 10 minutes. Place dough in a greased bowl, cover, and allow to rise until doubled. Once doubled, deflate the dough and shape into a loaf. Place in a greased loaf pan. Cover and allow to rise until it tops over the pan. Preheat oven to 350 degrees F. Bake for 30-35 minutes. Remove loaf immediately from pan and place on a cooling rack. Allow to cool completely before slicing.</p> <p>The beans and lentils contain water which is released as they're kneaded, so the bread starts off dry but becomes suitably moist over the first knead. It will look dry for the first five minutes or so of kneading; resist the temptation to add more water for at least five minutes.</p> <p>People with diabetes and those trying to lose weight should only eat it in small amounts. Ezekiel bread is not consistent with a keto diet. Although Ezekiel bread is technically flourless, it is not a gluten-free product. Those with celiac disease or gluten intolerance shouldn't eat it.</p>
<p>FAQ's TOP</p>	<p>Below is a list of questions asked on social media and their responses that Ive found helpful over time:</p> <p>BEST TIP EVER: When in doubt, stick a food thermometer into your bread is ready when it reaches 208 degrees Fahrenheit in the middle of your loaf. (98 degrees Celsius)</p> <p>BEST TIP EVER #2: To anyone who needs to know..you can literally just cook the starter without anything else in it. It wont be tasty..but you can do it..add a bit of salt and honey and you've got something edible. Not everything has to be complicated, some of us have lives and kids and cranky husbands to deal with.</p> <p>Best Tip Ever #3 A cup of flour weighs about 160g(5.6oz).</p> <p>Best Tip Ever #4 <i>Things I've learned in the facebook group (all in good fun):</i></p>

Starter:

Always measure

Never measure

Any flour works

You should be using rye flour

Never use bleached flour

Bleached flour totally works

Wait for bubbles

Bubbles aren't important

Mixing:

Starter MUST be warm/cold and between 5 minutes - 5 months old

Never use metal

Metal totally works

Stretch and Fold:

You mean, coil fold

Must be every 15 minutes

Must be every 30 minutes

Must be every 60 minutes

Who has time?

Bulk Ferment:

Must be on the counter

Must be in the fridge

30 minutes is fine

2 hours is fine

5 hours is fine

12 hours is fine

24 hours is fine

Shape:

Bannetons only

Glass Bowl

Never use metal

Metals bowls are totally fine

With parchment paper

Don't use parchment paper

Bake:

400

425

450

500

Lid off

Lid on

With ice

Without ice

Hot oven always

Cold oven is fine

*Crumb read:
It's too gooey
It's supposed to be gooey
Too many holes
Too few holes*

Friends, throw some stuff in a bowl, stick it in the oven, slather it with butter and let us celebrate with you! Happy baking!

Sourdough Experts:

[181 Page Free Book about Sourdough](#) by this You Tube guy: [Hendrik \(donations appreciated\)](#)

Sources of Info/Intel/YouTube: [\(44\) "The Sourdough Journey" Tom Cucuzza - YouTube](#)

Tom Cucuzza explains all of the steps from creating a starter all the way to baking a loaf. His sense of humor keeps it interesting. Take notes to refer to as you go on your journey.

Or this guy: [\(44\) Ben Starr - YouTube](#)

The starter is gluten free because of the process..but what about the rest of the flour you add? The key is that the flour you add to the dough DOES go through "the process." That's the dough's bulk fermentation and the cold proofing if you do that step. It's literally the same fermentation and "digestion" of the gluten that happens in your starter. You're letting those same yeast and bacteria work their magic and multiply using all of the flour you feed them.

Sourdough has prebiotic properties.

Why not just buy sourdough at the grocery store?

Do not be fooled by storebought sourdough, it only tastes like sourdough but does not have the added benefits of low gluten. Also, very important to note, that MOST store bough bread contains potassium bromate.

BREAD MADE IN THE USA IS TOO HIGH IN GLUTEN-WHICH IS THE REASON FOR SO MANY GLUTEN ALLERGIES HERE. BREAD MADE IN THE USA IS TOO HIGH IN SUGAR-OTHER COUNTRIES DO NOT ADD SUGAR TO THEIR BREAD. BREAD MADE IN THE USA IS TOXIC DUE TO THE PROCESS USED TO MAKE IT.

Bread sold in the states contains **toxic potassium bromate**. Potassium bromate is used in the bread making process in the states because it helps bread rise faster, higher and makes bread manufacturers a lot of dough. **But it's also heavily linked to cancer, nervous system damage and kidney damage**, and in the states it's in pretty much all food stuff. Bagels, bread rolls, breadcrumbs, you name it. While it is completely banned in the UK and EU, all bread products in the states contain potassium bromate. For those products that don't contain it, there are worse things. For instance, like Pillsbury breadsticks, a lot of the nice little fun things you can get in the freezer is at Walmart, like Jimmy Dean sandwiches, breakfast rolls and such. They contain a **azodi carbonomide**, which is a chemical compound in yoga mats as well as shoe soles. So why do so many US manufacturers use a **azodi carbonomide** instead? It makes the bread stuff look a lot lighter. Yeah, both in bread and cereal flour is used as a whitening agent and dough conditioner. While the FDA thinks it's totally fine to add this chemical pop out to basically any bread product of the sun, it is

banned in Europe, Singapore and many other countries for its heavy link to respiratory problems, as well as other health issues. And in Singapore specifically, if your caught using this substance in any of your manufacturing process, you are jailed for 15 years and a fine of up to \$450,000 bucks! It's that bad!

One reason that American supermarket bread tastes so bad is that each loaf contains a relatively large amount of yeast and goes through a very fast fermentation process. Traditionally-made artisan bread is slowly fermented with a small amount of yeast or sourdough starter.

Manufacturers use enzymes on bread to make the dough hold more gas, thereby becoming lighter, and to make bread stay soft for the longest possible time. Another critical group of preservatives is antimicrobials, which prevent mold from growing on the bread.

The majority of wheat grown in the U.S. (about 60%) tends to be hard red wheat which is high in protein content (mostly in the form of gluten). In Europe, the majority of wheat grown is soft wheat, lower in proteins and thus lower in gluten content.

The reasons why supermarket bread is bad are the poor flour quality, lack of freshness, fast fermentation times, added additives, and excessive use of sugar, and the overall poor quality of the ingredients used while making the bread.

I only have all purpose flour. Can I still make this recipe?

For best results, use bread flour for this dough...but yes, if all you have is all-purpose flour, it will work.

Fun Fact: You can replace one egg with 3 tablespoons (50 grams) of discard in many recipes like cookies, brownies and etc. (One egg is about 50 g worth of starter)

Fun Fact: The alcohol is created to defend the flour. It protects it.

You can convert ANY recipe to sourdough:

1. Add 1 cup of active starter for every packet of yeast.
2. Remove ½ cup flour and ½ cup liquid
3. Increase rise time.



Q: Can I just use tap water?

A: Yes, well water is fine but don't use distilled water.

QUESTION: I'm supposed to pull my dough in on its self but it is way too sticky. Not sure what I'm doing wrong. No matter what recipe I use it ends the same way!!

ANSWERS:

Get your hands wet with water and leave the dough in the bowl while you do the stretch and folds.

Your hydration isn't that high so shouldn't be difficult to work with. Try after mixing everything, let it sit for an hour. Then wet your hand before stretching and folding in the bowl. The first set always sticky which is normal. After another two more sets, your dough should be good. Always wet your hand each time. (I did 4 sets).

Bulk fermentation shouldn't let it rise in double. Over rise will cause the dough back to mess and sticky.

Depends on your temperature in the house, if over 76f, I won't go over 4/4.5 hrs for BF.

My first thought is that it's too much water. but if it's a tried and true recipe, maybe it's the kind of flour you use. Often times different kinds of flour will absorb the water differently. If you really just can't work with it, then it may just be too wet, add a little flour till it gets to where you want it.

QUESTION: What are all these tiny bubbles on the surface of my baked bread?



Questions: What causes "tiny blisters" on the surface of my sourdough?

Answer: Blisters on sourdough are caused by the CO2 slowly leaking from the surface of the dough. This occurs during a long, cold ferment, along with blisters, long ferment will also increase the depth of flavor in your dough and give you that true sourdough flavor.

What do you clean your counter/stove with before placing your dough on it?

How do you normally clean your kitchen to make other things?

Diluted thieves cleaner then I wipe back down with water, then towel dry then I spray with water instead of using flour for nonstick. (Thieves Cleaner is a product made with essential oils)

If you don't have thieves or some other non-toxic, food safe cleaner, use vinegar and let it dry completely before proceeding.

My starter was in the fridge over the busy weekend. How long should it "warm" on the counter till I feed it again? I always feed mine directly out of the fridge but it will not hurt if you wait till it reaches room temp to feed it.

I don't let mine warm up before feeding. Just take it out and feed. Mine lives in the fridge unless I'm using, still doubles in 4-6 hours or less.

Can I add whole wheat flour to this recipe?

You can, but I wouldn't. The dough will be too dry and dense without adjusting the water quantity.

Your beginner recipe here uses 150g of sourdough starter. The Everyday Sourdough in my book uses only 50g. What's the difference? And why?

When I first learned how to bake sourdough bread, I used 150g of starter. Overtime, it was too much to maintain (especially when doubling and tripling recipes). So, I scaled down.

That's why most recipes in my book *Artisan Sourdough Made Simple* include 50 g of starter instead. One amount is neither right or one; it's just a matter of preference.

What's the purpose of olive oil in this recipe? Adding olive oil to sourdough was the method I followed when I first learned how to bake. The natural fat emulsifies the dough and makes a plush crumb. I sometimes substitute with butter or coconut oil and get the same effect.

Why do some of your recipes call for the second rise in a Dutch Oven? And others in a cloth-lined bowl? The freeform Dutch oven second rise will only work with dry, low hydration doughs (like this one) because it will not spread out too much. On the flip side, when working with wet, high hydration doughs you'll need to use a cloth-lined bowl sprinkled with flour to hold its shape. Otherwise, it will spread.

Why don't you preheat your Dutch oven before baking?

Because this recipe follows a freeform second rise directly in the baking pot, it cannot be preheated beforehand. The dough will begin to cook before going into the oven! However, if you are doing the second rise in a cloth-lined bowl as mentioned in question #5 above, you can preheat the pot if you'd like. When bread dough is placed into a hot pot it begins to expand instantly which is great for the overall shape and structure of the bread. And in fact, I used to follow this technique when I first started baking. But overtime, I found the preheat to be too cumbersome for small kitchens with little kids running around. Plus, I kept burning my wrists. Long story short: you can achieve comparable results without the preheat. The choice is up to you.

I forgot about my starter, it's been on the counter for over a year, can I still use it?

There's a video of Ben Starr on YouTube using 5 year old discard with hooch on it. He just stirred it and used it. As long as there is no mold it's good.

Can I half the dough to bake 2 loaves? If so, what will that do to the baking time?

Yes, you can definitely halve this recipe. Bake for 20 minutes (lid on) and 30 minutes (lid off). Check at the 45 minute mark.

If I half the recipe, where should I store the second dough if I'm not baking at the same time?

Store the second dough in the fridge until ready to bake. Place the dough in a cloth-lined floured bowl (seam side down) and use the cloth overhang to cover it. If the dough is in the fridge for longer than 1 hour, rest at room temperature while the oven heats up.

How do I get the dough out of the cloth-lined floured bowl?

Open up the cloth overhang to reveal the dough in the bowl. Place a piece of parchment paper on top of the dough. Flip the bowl over. Remove the bowl and cloth. The dough is now smooth side up and ready to be scored. If your dough isn't responding well to scoring bake it in your preheated oven for just 3-5 minutes then take it out and score it. Just drying out the surface of the dough a tiny bit makes it way easier to score.

Can I have the measurements for this recipe in cups, please?

YES, but note that because of water to flour ratios breadmaking is better performed by weighing the flour and water in grams on a kitchen scale.

3/4 cup bubbly, active starter

1 cup + 1 tbsp warm water

2 tbsp olive oil

4 cups bread flour

1 1/2 tsp fine sea salt

NOTE: Weight and volume measurements are not equivalent, only approximate. I strongly recommend weighing your ingredients instead. With that said however, I understand the convenience of measuring cups. For best results, please aerate the flour first (I fluff it with a fork directly in the bag), then lightly spoon and level it into the cup. Too much flour will make the bread dense. If your sourdough starter is very bubbly, the volume amount might be off. If necessary, add up to 1 cup as needed. Finally: the water can be increased up to approximately 1 1/3 cups, for a more soft and pliable dough.

I guess I'm not understanding ratios, what does it mean when people say 1:1:1 or 2:1:1? It means they are using 1 part existing starter and 1 part new flour and 1 part new water. For example, 50 grams of starter, 50 grams of flour and 50 grams of warm water is 1:1:1...or 100 Grams of existing starter plus 50 grams of flour and 50 grams of warm water is 2:1:1.

Is sourdough bread bad for your gut?

Sourdough bread may be easier to digest than white bread for some people. According to some studies, sourdough bread acts as a prebiotic, which means that the fiber in the bread helps feed the "good" bacteria in your intestines. These bacteria are important for maintaining a stable, healthy digestive system.

Is sourdough bread a probiotic or prebiotic?

According to some studies, sourdough bread acts as a prebiotic, which means that the fiber in the bread helps feed the "good" bacteria in your intestines. These bacteria are important for maintaining a stable, healthy digestive system. Sourdough is also lower in gluten than other forms of bread.

Is sourdough bread inflammatory?

Best Bread for Gut Health – Wildgrain

The best bread to reduce gut inflammation is bread made from whole grains. Refined grains, such as the grains found in white bread and white pasta, are known to increase inflammation across the whole body. Sourdough bread and rye bread are both good options for an anti-inflammatory diet.

Is sourdough discard good for plants?

Sourdough is great for use in the compost heap, used dried and sprinkled onto soil, or diluted and poured around crops in the garden. The very same beneficial bacteria that benefits our gut benefits the garden too.

How do you put a sourdough starter to sleep?

How To Store Sourdough Starter In The Fridge - The Pantry Mama

Your fridge needs to be around 3C. This will slow fermentation down and basically pause your sourdough starter. The bacteria in your starter will continue to work, but the yeast will basically go to sleep.

Sourdough bread has a lower glycemic index compared to other breads.

Long fermentation process breaks down gluten so many people that are gluten intolerant are actually still able to eat sourdough breads.

Sourdough is high in protein.

The fermentation process of sourdough also allows healthy bacteria to be created, making it full of vitamins and nutrients. This bacteria is called lactic acid, which breaks up and removes phylates.

Eating sourdough helps to lower insulin and blood sugar levels because of the slow fermentation process that sourdough goes through.

Sourdough bread purchased from most grocery stores are not going to have the benefits listed above. They will only provide the flavor of sourdough as they are not able to use the slow fermentation process that a sourdough needs in many factories and commercial bakeries.

Top things you wish someone had told you sooner about sourdough?

1. You don't ever have to make discard, if you plan ahead.
2. You don't have to bake every week.
3. Your starter can languish in the fridge for 2-3 months and still be revived with a feeding the day before you plan to bake again.
4. You can cold ferment for several days, I've done up to 5.
5. You can freeze dough at that point as well.
6. You also don't need real bannetons.... any container that has the shape you want will work.
7. You can use starter after it falls and still get good bread

Do not over complicate it, do you have fun, leave the Science out, for generations our bread makers, made it without measurements, without scales. Trust your instincts to bake sourdough by feel!

Can you stir sourdough starter with a metal spoon?

Things that WON'T kill your sourdough starter

METAL: Stirring your starter with a metal spoon or placing it in a metal bowl won't kill your starter. While we don't recommend making or keeping your starter in contact with reactive metals like copper or aluminum, stainless steel is harmless.

You don't need an expensive Dutch oven

You don't have to bake at 500F

Don't have to pre heat for an hour

Don't have to have tons of tools

you can use your starter 2-4 hours after you feed it, if its strong, you don't have to wait 12 hours after feeding it.

Someone help me w the no discard? I discard every time I feed my starter!

Only feed before you plan to bake is my understanding. Keep her in the fridge in the meantime.

Do I need to preheat my dutch oven before I put the dough in it to bake?

You don't have to preheat the Dutch oven..but some people will tell you it helps the bread bake more evenly and not burn on the top or bottom as much.

How often should I be discarding?

You don't have to discard ever. Feed your starter a few days before you make bread and put the rest in the refrigerator to rest. The point of discard is to keep from having too much starter if you are feeding it daily. Its best when you feed your starter an amount that is about equal to what in the jar to begin with.

What is proofing?

You don't have to proof in the fridge overnight, unless you want some sourdough flavor.

Here is the ultimate guide to proofing:

[The ultimate guide to proofing bread dough | The Perfect Loaf](#)

8 Steps to Sourdough:

1. Levain
2. Autolyse
3. Mix
4. Bulk Ferment
5. Divide and Preshape
6. Shape
7. Proof
8. Bake.

What is the Difference Between Bulk Fermentation and Proofing?

The proofing step is often confused with bulk fermentation. Generally, both steps are concerned with letting the dough rest and rise as fermentation continues. But the key difference is that the proofing step takes place after the dough has been shaped into its final form before baking. So, the dough is no longer in a single, large mass as it is in bulk fermentation. Rather, the dough has been divided into smaller pieces, shaped, and then placed in its final proofing container to rise.

Bulk fermentation is an exact science.

If I buy a banneton will it improve my bread making?

You absolutely don't need banneton baskets or rice flour. Think about ladies in the days of covered wagons, they didn't have all this fancy gear and they still made bread.

Is there an easier way to stretch and fold?

If you use a mixer this will develop the gluten so no need for stretch & folds. HOWEVER, unless you have a powerful stand mixer with a dough paddle it wont work and some people even say it burned up their mixer. Some newer bread machines have a sourdough setting and kneading ability.

You DON'T need every fancy tool, bowl or pot on the market to make a beautiful delicious bread. Grandma didn't.

Every loaf of bread I make looks different, should I be trying to get it uniform every time? It doesn't matter if it is under-proofed, overproofed, gummy, crust too hard, etc. It all still taste amazing compared to anything you could buy. It's as simple as you allow it to be. It's as complicated as you decide to make it.

I live in a colder part of the country, is that going to make a difference?

As long as your average room temperature is 70 or above you shouldn't have a problem. Afterall, some people don't even leave their out on the counter, everything they do is in the refrigerator. You find what works for you and run with it.

Ive been reading this page (SOURDOUGH GEEKS ON FACEBOOK) for a while now and Im starting to feel overwhelmed and defeated. What advice do you have for me?

It can take weeks or months to get a starter active enough to bake a good loaf. Also there is a learning curve to get that loaf. Get a scale ASAP, and bread flour, whole wheat flour, and rye flour and rice flour. Don't be afraid to feed your starter some of the no- no items. Sprinkles of sugar, honey, yeast.

I too have been so confused. Im semi new to all this. . I was gifted starter and told to "pour 1/2 out and feed 1/2c flour and 1/2c filtered water every day. ". I have. Its baked my sourdough loaf bread great but the starter isn't pancake thick. Its rather thin. It does have bubbles but does separate. I don't have a scale and quite frankly the measuring by grams confuses the heck outta me. It blows my mind to hear "1:5:5 ratio" or 1:?:? Ratio. I want to do it right but this newby is SO CONFUSED! it shouldn't be this hard should it?

If it is an established starter, you can store it in the fridge and feed it once a week.

When people say that it should at least double in 4-6 hours with a 1:1:1 feed, they don't always clarify that temperature is key. It will only do that when warm enough, with an ideal range being 76-78°. You can do a test to see if it's ready to bake with by observing a 1:1:1 feed in the ideal temp range. If it's cooler where you keep it that may be why it takes longer to peak. If you have a strong-but-cold starter, you don't want to discard and feed before it peaks/doubles, because you will gradually decrease the yeast population (see Tom Cacuzza, The Sourdough Journey). In the fall/winter my kitchen is below 70°, so it takes longer, but it's always falling by the next morning (24 hrs later) when I discard and feed. Right now I keep mine on top of my fridge with a double-walled plastic hospital water bottle over it. I stored it in the fridge once when I wanted to put a pause on it. It sounds like a good idea to store it there if you won't have much time to bake. Some people use it straight from the fridge and others let it warm up and do a few peak-to-peak feeds over a few days to get it up to strength.

You're getting solid advice here. The time it takes for starter to "double" is very dependent on your starter's "temperament," ambient temperature, and feeding ratio. You can keep very small amounts of starter on hand, and feed with

substantially larger amounts of flour & water. I've fed what was left in the bottom of a jar with up to 100g flour and water. And it took a very long time to double. As for telling when your starter is ready, if it's big and bubbly, it's ready! And if it's past its maximum rise, but still bubbles if you stir it, you can use it. I've done it many times!

Once you get your scale you'll want to pour out some into another container and put that in the refrigerator. That will be your discard. Great for recipes also. Keep 25-50 grams. Always feed it at least as much as it weighs. So if you keep 50grams, feed unbleached all purpose flour 50 grams and 50grams of bottled water (not distilled) or water that has sat out for 24 hours (no longer chlorinated). Once it doubles in size use to bake while it's active. If you were to lose your main starter you could always take some discard and start feeding it. There are lots of ways to make your starter more active or to refresh it. Research. Always cover with either a glass top or a lid - but not tightened. It needs to release air. Don't use a coffee filter bc that can let mold grow. Like others have said put that baby in the fridge for now.

For the first 10 days you have to throw out the discard because there is a potential of harmful bacteria. Keep it small to minimize waste. After the 10 days you can store the discard and use it in recipes that don't rely on it for leavening. Once starter is mature you can switch to a no discard method. There are a few. If you can get an active starter from a friend, or maybe buy from a bakery, you can start baking right away with no waste.

One of the biggest misconceptions about bulk fermentation is that people explain it poorly. Recipes always talk about wait for it to double but double in size is a 100% rise which makes it proofed and ready to bake at that time. If you try to cold ferment at 100% it's automatically expected to be over proofed. You should be looking for a 50-75% rise before it goes into the fridge. It will continue to proof/rise the last 50-25% in the fridge before it gets down in temp enough to actually cold retard and stop rising.

The temperature of your house is fine. Mine is the same and it doubles daily. Chasing warm spots is just going to make it so your starter never acclimates and will always struggle to rise on its own. Also, unless there was mold, your old starter was fine. They are extremely hard to kill and people throw out perfectly good starters daily because they don't understand this.

Can I just keep this starter in the fridge all the time?

Mine lives in the fridge door, year-around. The only time it comes out is when I take a cup out to use for discard recipes, feed it 1:1:1, and back in the fridge it goes. It rises and falls as it should. I've gone 2 months between feedings with no problems, even when I'm sloppy in my feeding measurements. My thought is the fridge is much more consistent than a kitchen counter/microwave/top of the water heater, right?

Hey friends. I put my starter in the fridge for a little over a week and ever since I can't get it to rise. It's still has bubbles though. How can I revive her?!

I feed mine, put it in the refrigerator overnight, pull it out in the morning and use it right away. I don't wait for it to double or any of that stuff and I make beautiful loaves.

I keep mine in the fridge all the time and I feed her 1:1:1 right out the fridge and if I'm not satisfied with the rise I feed it again next day 1:1:1

Just let her sit out until she wakes up. She'll be fine. Just a little sleepy and cold. Do not heat her at all. Heat kills yeast

I wholly believe in feeding with part rye flour; I fed mine this morning straight from the fridge and it more than doubled in two hours. It always takes longer if I don't mix my AP or bread flour with some rye.

Feed it 1-2-2 every 12 hours until it doubles. Then feed it 1-1-1 every 12 hours until it doubles consistently. Then back to every 24. My friend just had the same issue. This was how we fixed it. I leave my starter in the fridge for 2-3 months with no problems. Good Luck!

I regularly store my starter in the fridge for a minimum of a week at a time. I bring it up and let it get to room temp. After that, I use a 1:1:1 starter. 30% of the flour is dark rye.

I keep my starters in the fridge and only pull them out when I need to bake. And I feed them straight out of the fridge, too. The key is WHAT you're feeding. I make 'starter food' out of a blend of equal parts of four different organic flours: bread, AP, WW, and most importantly rye. And then I feed either a 1:2:2 or a 1:3:3 ratio. Never have an issue.

Put the starter in a warm spot, over 70°. Let it wake up for half the day then feed a 1:1:1 ratio, discard the rest. Make sure you use warm water and a warm jar, not hot. Let it sit out until it doubles in size or until the next morning. If you still have bubbles, your starter is still alive, just sounds like it needs to be woken up, the warmth will do that.

I've kept mine in the fridge for years. Recently I have found that after I take it out, if I stir it well, and let it rest in a place 65+ for about 15-30 minutes it starts to show signs of relaxing & a little rise, then I add non-bleached bread flour and some warm water 85-100F mix well again and it rises very well, usually triples in a few hours. You could also try a little rye or wheat flour if you want. It rarely adds rye or wheat though. When mixing, I use non-chlorinated water and equal weights of flour & water, the amount of starter doesn't matter. I keep just a few tablespoons of starter and as little as less than 1 tablespoon.

When you feed it, add 1/4 tsp of honey.

So many "all I ever use is AP" comments. All Purpose flour is NOT interchangeable. Some are never meant to make bread and are as low as 8% protein and some are as high as 13%. Even skilled bakers struggle with 8% protein AP flour. New bakers: don't use AP flour mindlessly unless you know what to look

for in a flour, otherwise, you might end up with hockey pucks and think it's something you did wrong. When it was just the flour all along. Folks who've been baking with AP flour, please stop making blanket statements about AP flour being awesome. It's not - well, unless you're using one that's specs are appropriate for bread making.

Ananda Pradayini Dasi a lower protein content so absorption of water is much different. It will be wetter and need more work. It will work out. If not put it in a pan 9x13 with lots of olive oil on the pan and let it bubble up, put olive oil on top and put your fingers in and jiggle it up, add salt and bake! 450 15-20 minutes and you'll have a delicious focaccia.

Pretty close to drop kicking this off the porch. day 8 no bubbles, no rise. Should I keep at it? It's starting to faintly smell like sourdough, but I'm confused as to why it's not doing anything. Currently at 1:1:1 and keeping it in the oven with the light on. Feeding every 8 hours.

that's a ton of feeding, you aren't giving it much time to develop. most feed every 24 hours.
keep on the counter

ok! I've read so many things! Some say 12 others 8 I honestly haven't heard of 24. I'll definitely try that!

I definitely suggest 24 hours as well.

Mine took 30 days from scratch. It requires patience.

Mine took about two weeks to start getting floofy. It was very discouraging at first, but stick with it!!

What is the temperature in your oven? It may be too warm. What type of flour are you using?

I learned where I am it is very humid. I had to add less water than flour to get mine to rise finally. And now it's been amazing!

ive heard that people will try a ratio more like 1:2:2 to help with rise!

I didn't feed mine until the exact 24 hour mark hit and it made a huge difference!! Also try less water ratio

Most ovens with light on are way too hot. Gotta keep door cracked.

Every 8 hrs is a lot! I fed 1/day from the beginning.

only feed twice a day at most otherwise you are weakening the starter by overfeeding.

1:1:1 fed twice daily. don't keep more than 50g.

can try to boost with a tablespoon rye flour or whole wheat with your flour. not addition to, but total.

50 g starter

50g water

50g flour

a combination of 1 T. rye and remaining flour your unbleached flour for total of 50g

It looks like it is forming a crust. It also looks like it is active under the crust. I think if you take the crust off, feed the active bit, then cover it with a loosely fixed lid it should be good. I might be reading it wrong

You're feeding it way too often and diluting the starter each time. Starter can absolutely be overfed. You're not even giving it enough time to develop into starter so I doubt its actually 8 days old as far as development. You only need to feed it every 24ish hours.

Also, your oven light is probably too hot. Most are. High temps can kill your yeast colony. Other than that, once you get it out of the oven and fix your feeding schedule, the playing dead phase is completely normal and can last for days or even weeks. It can take up to a month to get a starter established. Most people throw out their starter because of lack of patience, not because there is anything wrong with their starter. Starters need time, patience, and consistency.

I think you are feeding way too much. Let it get hungry and then feed. Once a day

Feed once a day. Maybe try 25g starter, 100 flour, 100 water. I do that and sit it in my oven with the light.

Add a tablespoon or 2 of rye flour the next time you feed. It really gives it a boost.

I think you may be feeding it too much. Try once a day for a few days. Give it time to develop some hooch on the top to let you know it's hungry.

Mines two weeks tomorrow and I get like a 2 mm rise lol

Yes!! Mine did not rise until day 23. Now he never misses. It takes a bit to get going. Totally normal.

keep going. mine did nothing til day 11

Wheat and rye flour do better for feedings. Where I am, it cooler in the house. I use a utility cupboard above a dishwasher.

I do a feeding every 24 hours, Kevin doughstner rises. I keep mine a thicker cake like consistency. He's made dumplings, chocolate rolls, and sourdough rye rolls

Is my starter supposed to smell like straight alcohol I bought her from local, and she's about 6 months old. Feed weekly 1:1:1 using non bleached flour, refrigerate. Haven't baked with it yet as my work schedule doesn't fit in just yet

Always doubles after feeding, but that smell omg you'd think we were drinking straight alcohol over here

Discard down to 50g and feed 100g flour 100g water. She's just hungry

from what I've learned, it's not about the DISCARD weight, it's about the weight of what you KEEP. The feed MUST weigh more than the weight of what left you are feeding...

For a 1-1-1 feed you'd keep (for example) 113g starter then add 113g flour and 113g of water. It sounds like you are feeding it a lot less than the starter you have so it'll be hungry. I'd feed 1-2-2 for a while and see if it helps. I keep 30g starter, feed 60g flour 60g water.

The amount you need to measure is how much STARTER you are feeding, not how much discard you are removing.

Baby is just hungry.

I was having issues with not getting the stank to go away. I switched to a paper towel with a rubber band and feeding my starter with whole wheat flour. One I put the paper towel on it took like 2 days to go away but I was feeding twice a day on the counter. Good luck

But your starter is in the fridge right?

Take 100gramms in a new, clean jar and feed it 200gr water and 200gr flour.

Should do the trick.

She looks good, just discard a hefty amount and feed it and cover. She's just hungry and bad bacteria is starting to overgrown. So just discard a lot and feed.

I usually discard 113g, feed 113g flour feed 113g filtered water. Should I discard more?

I would discard more till the smell balances out. Does she always smell like this or is this new?

It's hungry, feed it.

Alcohol or more like acetone? Mine smelled like acetone bad and was fixed in one feeding by doing 1:2:2. Half as much starter as flour and water. It's just super hungry

I'm a newbie but it sounds like when mine become acidic I took a weekend when this happened to mine and did the peak to peak feed and it made a huge difference

What i did was take a very small amount of your starter and feed a bigger feed. Like 5g and feed 20g flour 20g water. (1:4:4 ratio)As soon as it peaks, again take 5g and repeat. When it peaks again take 5g but feed a larger amount, like 5g starter, 50g water, 50g flour. By this peak it should be back to its desirable smell!

This will help strengthen it and get rid of the bad smell. If you are not ready to bake you can feed and maintain a tiny bit or starter without wasting or having a ton of left over discard.

When feeding you want to discard all but what you are feeding. You can keep the discard in a jar all combined in the fridge till ready to use for discard recipes

Yes that is the smell you want.

Wow 1:1:1 is super low, mine would smell like alcohol if I fed that after just an hour~~000~~

Most bakers do 1:5:5 (twice a day)

But the ones that really know what's going on do 1:6:6 (twice a day)

Don't let everyone on the internet fool you. You DO NOT HAVE TO HAVE A DUTCH oven. Bread baked on a flat pan also comes out great!



Reactive metals and Sourdough DO NOT play nice together. Do not use aluminum foil to cover your dough or any aluminum or reactive metal. It will oxidize and ruin your dough. Stainless steel is acceptable...but wood is optimal.

Name your best/top tips and tricks:

Only wash bowls and spatulas and such in cold water. Stuck on and dried flour/starter dissolves easily in cold water.

Stick with one recipe and follow it until you are comfortable before changing anything.

Start with lower hydration recipes and gradually work your way up as you learn to handle the dough.

If the bottoms of your loaves come out too hard, use a trivet or a coiled aluminum foil "rope" covered with parchment or a silicone sling to raise your boule or batard half an inch or so above the bottom of your cooking vessel.

Use a cookie sheet on the shelf below the one you're cooking on to decrease dark/hard bread bottoms.

Scrunch up your parchment paper in a ball really tight, then smooth it out before use. No more dents in your loaves.

You can grind your own rice flour in your Vitamix. Place rice in freezer for 15 minutes so it doesn't overheat, then grind until fine.

Check tension by poking. Hole fills in slowly=good.

Hole collapses=overproofed (bad).

Hole fills in quickly=proof longer.

when feeding ur starter to bake a loaf, use ur starter at or right after peak. not just when it doubles

Use your microwave as a proofing cabinet. Heat up a glass of water and keep your bowl next to it. During stretch and fold give another minute of heating. It also removes the risk of someone turning your oven while your starter / dough is in there.

Buy a scale, they're not too expensive and start saving now if you have too. It's WORTH IT'S WEIGHT IN GOLD for accurate every time measuring.

Use the same recipe but adjust your methods as you learn how to make a perfect loaf. Don't change two things with each successive loaf. One change so you can see what works.

Using coils instead of stretch and folds for higher hydration loaves. This builds gluten so well I barely even had a learning curve period to go through.

I like a folded piece of tin foil in the bottom of my DO to keep the bottom softer. I found with a coil of foil it made the bottom indented.

Don't go by the clock

Too many recipes give specific times for steps, but specific times don't matter. Stop looking at the clock. Look at the starter, the dough, your loaf. How it looks, how it feels, how it smells.

During colder months, warm the bowl you're going to put your warm water and levain in. It's crazy how cold that metal is!

Watch the sourdough journey on YouTube

Cheap proofing box for your starter and bulk fermentation: use a plastic tote and a cheap grow mat from amazon. B&T collapsible proofing box is \$200. Save yourself some money. This grow mat was like \$13 but some may be a little more if it has a temperature dial. Mine doesn't so I use a lid sorter I got long ago from IKEA to keep the jar off of the mat. Be creative and make do with what you have on hand. I used to work with someone who grew up in Tehran and he said they used to make yogurt in jars wrapped in blankets and stuffed into their sofa. Yeast and bacteria only need a warm place to be happy not some high end appliance.

	<p>Read all you can. There's more than one way to make a loaf. Eventually, you'll find the right process that works for you.</p> <p>Share, share, share your starter, your knowledge, your love of sourdough and if you have any questions don't hesitate to reach out to this group for guidance!!</p> <p>It's ok if you just want to wing it and go by what you think you should do, no measuring or reading. Just have fun with the dough and eventually it'll turn out perfectly.</p> <p>The time period can be a few hours up to 10 hours depending on your climate and temperature of your home.</p> <p>If you warm your starter in the oven with the light on, hang a dish towel so it is half in the oven and the other half over the door handle. Someone will have to open the door to remove the towel before turning on the oven.</p> <p>Learn all the rules so you know which ones to break to get your best results. You don't need fancy tools. This cookie sheet and bowl substitute for a covered baker.</p> <p>May be an image of food</p> <p>Invest in a clear straight edged bucket or bin for proofing, mark your starting volume and stop the proofing at precisely the rise you are aiming for rather than guessing.</p> <p>I'm pretty new to sourdough. My tip is to read the posts others write giving advice when someone asks a question. I've learned so much from what others have shared and I am much more confident and having great results now.</p>  <p>See those dark dots on the dough?? It is where it was covered with tin foil and the dough ate into the foil.</p>
<p>FLATBREAD</p>	<p><i>Flatbreads. Just discard in a pan with oil and cook till no more raw dough. Then freeze or use!</i></p>
<p>FOCACCIA TOP</p> 	<p>FOCACCIA BREAD</p> <ul style="list-style-type: none"> 1 1/2 cups (340g) ripe (fed) sourdough starter 1 1/2 cups (340g) lukewarm water 6 cups (720g) King Arthur Unbleached Bread Flour 6 tablespoons (74g) olive oil, plus extra for the pan and the top of the focaccia 1 tablespoon (18g) table salt 2 tablespoons (43g) honey 1 tablespoon instant yeast fresh rosemary or dried rosemary, for topping Spread



1 cup (227g) ricotta cheese
1 tablespoon honey
1/4 teaspoon table salt
A Baker's Pantry Starts Here

Instructions

Bake Mode

Prevent your screen from going dark as you follow along.

To make the dough: Combine the starter and water in a large mixing bowl.

Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. Combine the flour with the starter, water, and remaining ingredients. Mix and knead — by hand or stand mixer — until the dough is smooth and elastic. If you're using a stand mixer, this should take 5 to 7 minutes on the lowest speed using the dough hook attachment. If you're kneading by hand, you'll need 12 to 15 minutes.

Place the dough in a bowl that's been lightly coated with olive oil, cover, and allow to rise for 60 minutes.

Gently fold the dough over three or four times, and let it rise for another 60 minutes.

Take it a step further

Focaccia dough topped with vegetables arranged in a garden scene

BLOG

Watch your garden (focaccia) grow

BY KYE AMEDEN

Drizzle a generous 2 tablespoons olive oil into the center of a large rimmed baking sheet (half sheet pan).

Transfer the dough to the pan, and turn it over to coat it with the oil.

Gently stretch the dough into the edges and corners of the pan. As soon as the dough begins to shrink back, cover it, and let it rest for 10 to 15 minutes. Gently stretch the dough again, repeating the rest once more, if necessary, until the dough fills the pan.

Cover the pan and transfer it to the refrigerator to let the dough rise for 14 to 16 hours (overnight).

The next day, remove the pan of dough from the refrigerator and preheat the oven to 425°F for 30 minutes (if your kitchen is warm) to 60 minutes (in a cooler kitchen)

Just before you're ready to bake, gently dimple the dough at irregular intervals with your fingers, pressing down firmly but not abruptly; you don't want to deflate the focaccia too much.

Drizzle 2 tablespoons olive oil (or enough to collect a bit in the dimples), then sprinkle with rosemary and a bit of flaked sea salt.

Bake the focaccia for 20 to 25 minutes, until light golden brown.

Remove the focaccia from the oven. Allow it to cool enough for you to handle it comfortably, 10 to 15 minutes, then turn it out of the pan onto a rack.

To make the spread: Stir together the ricotta, honey, and salt.

Serve the focaccia warm or at room temperature, accompanied by the spread; it's best the same day it's made. You can freeze any leftover focaccia and reheat defrosted slices in a toaster or 350°F oven, just until warmed through.

Tips from our Bakers

Don't have any starter? Here's a recipe for homemade sourdough starter. If you're making it from scratch, you'll need to feed it for 5 to 7 days before it's ready for baking. Want a head start? Purchase our classic fresh sourdough starter — it'll be ready for baking soon after it arrives at your door. Looking for tips, techniques, and all kinds of great information about sourdough baking? Find what you need in our sourdough baking guide.

This recipe can also be baked in two 9" x 13" pans: one to keep, one to share. Or to make a smaller focaccia, cut the recipe in half and bake in a 9" x 13" pan.

Join King Arthur baker Martin Philip and his family as they bake Sourdough Focaccia together, start to finish. Watch Martin Bakes at Home — Sourdough Focaccia now.

ALTERNATE RECIPE:



CINNAMON ROLL FOCACCIA by Heather Marie Hayth

If you don't make cinnamon roll focaccia what are you even doing?!

ETA: Recipe that is very loose and open for interpretation so take with it what you will

Basic no knead focaccia recipe:

- 375g water
- 20g honey
- 50g active starter
- 500g flour (I used apf)

	<p>9g sea salt Bulk ferment overnight or until doubled. Line your desired baking dish with olive oil, plop dough into said dish and let it rest for 1-2 hours until puffy again. Cinnamon topping 6tblsp butter melted 1 Large spoon full of cane sugar 2 large spoon fulls of brown sugar 2tsp cinnamon Mix until well incorporated and drizzle on top after dimpling your dough Bake at 425° for 20 mins Glaze 3tbls butter 1/2 cup-ish powdered sugar Vanilla and heavy whipping cream and more powdered sugar to desired consistency.</p> 
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<p>FRITTERS TOP</p> 	<p>APPLE FRITTERS: Ingredients For the dough 250 g flour (all purpose) and more for dusting 1 small egg 40 g castor sugar 2 tablespoons of butter softened 70 ml full fat milk (extra if needed) 100 g fed starter For the apples 2 big honey crisp apples (use any type of apple) 3/4 teaspoon cinnamon pinch of salt 1 tablespoon butter 1/8 cups castor sugar (or more if you like it sweeter) For the glaze 1 cup powdered sugar 4 tbsp water/milk 1 tbsp milk powder (Use 4 tbsp condensed milk instead of water and milk powder) Instructions Weigh everything for the dough into a bowl of a stand mixer and mix on low speed until incorporated Mix on medium until dough is developed (for about a minute), add water or flour to adjust consistency Take dough out onto a floured surface and fold (slap and fold) several times to form a smoother dough ball Dough should be soft, slightly sticky Place in a bowl, cover and let ferment for several hours (5-7 hours or until you see it expanded a bit and air bubbles formed) You'd feel dough fluffier than it used to Now punch it down or rather round it up to a smooth ball. Surface is much silkier now and less sticky</p>
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	<p>Place in the same container, cover and refrigerate (mini 8 hours/ overnight) Make the apple mixture in the meantime Peel and core the apples, cut into 1/2 inch cubes Melt butter in a saucepan, add the apples along with cinnamon and sugar Cook stirring for about 10 -12 minutes until apples are a bit softer and syrup thickens and coated the apple pieces Let cool and refrigerate if using following day Next day or when you are ready to make the fritters, bring both dough and apples to room temperature Prepare a tray with a parchment dusted generously with flour, set aside Dough can stand for a few hours until it thaws and start to ferment again. If you didn't see a lot of action in the first proof, this is a good time to let the dough ferment a bit further Flour a bench surface and roll out the dough (1 cm thickness roughly, it doesn't matter really) Scatter the apple pieces on the dough, press lightly and roll to form a log. Using a sharp knife or scrapper, cut the log in to slices and repeat length wise The idea is to incorporate apple bits into the dough. The cutting action would cut the apples and force them into the dough Now use your fingers to mix everything and form the messy dough into a log again Use flour to stop it sticking Once a log is formed, divide into 8-10 pieces (you can decide how big or small) Take one piece at a time, on to your palm, form in to a disk, tuck any lose apple pieces in and place on the tray This doesn't have to look pretty nor perfect Once done cover the tray and leave aside for the final proof This might take 5-7 hours When ready, they will look puffed up and dough will be fluffier and softer Make the quick glaze and have it ready Heat oil in a deep pot (180 C – medium-high temperature) Drop one/ two fritter at a time and fry turning (about 1 minute each side) until deep chocolate color is achieved. Let excess oil drain (30 seconds) and dip both sides in the glaze while fritter is still hot(you can choose to drizzle instead) Leave on a wire rack so excess glaze can drip away. Place a tray underneath to catch the dripping glaze and you can reuse it Once done let then cool As they cool, the glaze will set and harden.</p>
<p>GLUTEN FREE</p> <p>TOP</p>	<p>GLUTEN FREE SOURDOUGH? Remember, this is science. The bacteria in the culture breaks down the gluten in the flour and give off an acid gas, that's where the bubbles and rise come from. A regular piece of bread has about 124,000 ppm of gluten, whereas a slice of SD has less than 200ppm.</p> <p>You can definitely make a gluten free starter, but not with almond flour. Try a gluten free flour blend like King Arthur Measure for Measure.</p> <p>Using high quality flour made will eliminate your problem with the gluten in flour. Check online for some good flours like https://centralmilling.com</p> <p>https://www.einkorn.com/ I have read that this ancient grain works for many people with allergies</p>
<p>GRAHAM CRACKERS</p>	<p>https://littlespoonfarm.com/sourdough-graham-crackers-smores/</p>

GRAIN FLOUR

[TOP](#)

WHAT IF I GRIND MY OWN FLOUR?

How many of you use fresh milled grain?

I use both hard white and hard red wheat. They add wonder flavor to sourdough.

Milling them is easy and doesn't take much time at all.

it is easy, just turn on the mill a minute later fresh flour.

Me! But I have a hard time finding recipes that work with 100% milled grain. I think that if I mill grain, I want to use 100% of it in my recipes so that I don't have to buy the pesticide filled/nutrition-less flour. However, most recipes call for a bit of both which seems just pointless to me. So I've been experimenting this last year and I've been slowly gathering recipes that seem to work for me. Otherwise they don't seem to rise nicely, too crumbly or too wet. I haven't learned the full "science" behind whole wheat but it's certainly an art that's being lost.

Me!! I am new to it and tried to make sourdough loafs today and they just come out dense. I have to learn hydration and try to get it right.

Small kitchen grain mills aren't that expensive and well worth it. But, you have to account for particle size and bran

Jason Gallivan certainly agree on that! Seems expensive up front but a stone mill will last a long time and the ability to make different flours is well worth it. Not sure I quite follow your comment on particle size and bran ...the Komo mill gr8 d's very fine, but the bran sure does make it a thirsty flour..

Carl Harris the bran will also cut gluten fibers. Particle size determines quality of the dough, smaller the size the better. The best flours are sub 100 most are greater than 100. Home mill will be WAY bigger than 100. So either you have to sift and run a million times are know that is larger particle and adjust your techniques

I use fresh milled rye whenever I make rye bread

Werner Mathiuet yes... its very flavorful isn't it? We use to us rye. Havnt had it for some time. we are going to probably purchase some in the very near future

I use only fresh milled grain. Red and white wheat, einkorn, kamut, oats, rye, soft white, spelt and just last week receive my durum to make pasta.

Amelia Powell do you share any of your recipes? It feels like an entire different world to me

Me! I have been enjoying a mix of hard white wheat and spelt.

I use fresh milled for the majority of our daily sourdough bread. Even the croissants are 70% fresh milled whole grain flour.



Sourdough Granola

Recipe by Samantha Citro / Recipe rating: 4.6 from 12 votes

Course: **Sourdough Discard Recipes, Sourdough Recipes** / Cuisine: **American** / Difficu

Servings

24 servings

Cooking time

30 minutes

Total time

40 minutes

Ingredients

4 cups rolled oats

1/2 cup chopped pecans

1/2 cup sliced almonds

2/3 cup dried cranberries

1/2 cup sourdough discard

1/2 cup honey

1/2 cup brown sugar

1/2 cup oil

1/2 tsp salt

1 tsp cinnamon

1 tsp vanilla

Directions

- 1 Preheat the oven to 325°F(160°C).
- 2 In a large mixing bowl combine the rolled oats, chopped pecans, sliced almonds, and dried
- 3 In a smaller mixing bowl stir together the remaining ingredients until everything is fully incor smooth.
- 4 Fold the wet mixture into the dry ingredients until everything if evenly coated.
- 5 Spread the granola mixture out evenly onto a parchment lined jelly roll pan and bake for 30
- 6 Allow the granola to cool and set for 30 minutes before breaking it apart and storing in an a

Notes

- **How to Store:** Store sourdough granola in an air tight container at room temperature for up
- **Mix it Up:** Try replacing the pecans, almonds, and dried cranberries called for in this recipe dried fruits.



Save

HAMBURGER BUNS



Sourdough Hamburger Buns

Sourdough hamburger buns are easy to make with your sourdough starter and a few simple ingredients. Mix the dough in the morning and bake them fresh for dinner the same day!

PREP TIME: 10minutes minutes

COOK TIME: 30minutes minutes

RISING TIME: 6hours hours

Servings: 6 buns Author: Amy Duska

INGREDIENTS

INGREDIENTS TO MAKE 50 GRAMS (¼ CUP) OF ACTIVE SOURDOUGH STARTER

2 teaspoons (10 g) unfed sourdough starter

3 tablespoons (25 g) all-purpose flour

5 teaspoons (25 g) water

DOUGH INGREDIENTS

¼ cup (50 g) active sourdough starter

3 cups (360 g) all-purpose flour

1 cup (240 g) water

1 ½ tablespoons (30 g) honey

1 ½ teaspoons (10 g) salt

EGG WASH

1 egg

1 tablespoon water

sesame seeds (optional topping)

INSTRUCTIONS

FEED YOUR SOURDOUGH STARTER

12 hours before you plan to mix the dough, add the ingredients to make ¼ cup (50 g) of active sourdough starter to a clean jar. Stir until combined, loosely cover the jar and let the starter rise at room temperature. The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar. (The ingredients will create a total of 60 g active starter but some of it will stick to the sides of the jar during the transfer, so we are making a little more than needed.)

MIX THE DOUGH

Add the ingredients to a large mixing bowl and use a spatula or your hands to mix them together until there are no dry bits in the bottom of the bowl. Cover the bowl and allow the dough to rest on the counter for 30 minutes.

PERFORM 3 SETS OF STRETCH AND FOLDS

Wet your hand with a little water to prevent sticking. Pick up the dough on one side and stretch it up and over itself. Turn the bowl a quarter turn and repeat this step until you have turned the bowl a full circle. The dough should form into a tight ball.

Cover the bowl and let the dough rest for 30 minutes.

Repeat the stretch and fold process two more times.

FIRST RISE

Cover the bowl and allow the dough to rise until doubled. (This took 6 hours in my 72°F (22°C) kitchen.)

After the dough has doubled, you can place the dough in the fridge for up to 2 days to bake them later OR proceed to the next step. See notes.

SHAPE AND SECOND RISE

Turn the dough out onto a floured surface. Divide the dough into 6 equal portions of 112-115 grams each.

	<p>Working with one portion at a time, shape the dough into a ball. Lightly flour the top of the dough and then place it on a parchment paper lined baking sheet. Repeat with the remaining dough.</p> <p>Cover the sheet with a clean kitchen towel and allow the buns to rise at room temperature until puffy, 1-2 hours.</p> <p>BAKE</p> <p>Preheat your oven to 375°F (190°C). Mix the egg with the water in a small bowl and lightly brush the top of each dough ball. Sprinkle sesame seeds on top if desired. Bake for 25 minutes or until the buns are golden brown.</p> <p>Remove the buns from the oven and allow them to cool before slicing.</p> <p>NOTES</p> <p>If you decide to put the dough in the fridge after the first rise take note that you will need to let the dough rise longer during the second rise due to the dough being cold.</p> <p>Nutrition</p> <p>Serving: 1bun Calories: 259kcal Carbohydrates: 55g Protein: 7g Fat: 1g</p>
<p>HAWAIIAN ROLLS</p> 	<p>Sourdough Hawaiian Rolls</p> <p>Sourdough Hawaiian rolls are everything you ever dreamed of! These amazing, pull-apart dinner rolls are sweet, fluffy, buttery, and so easy to make.</p> <p>PREP TIME: 15minutes minutes COOK TIME: 30minutes minutes RESTING TIME: 12hours hours Servings: 12 rolls Author: Amy Duska</p> <p>EQUIPMENT</p> <p>9" x 13" glass baking dish</p> <p>INGREDIENTS</p> <p>INGREDIENTS TO MAKE ½ CUP (100 G) OF ACTIVE SOURDOUGH STARTER</p> <p>1 tablespoon (15 g) sourdough starter ½ cup + 1 tablespoon (50 g) all-purpose flour 3 ½ tablespoons (50) water</p> <p>DOUGH INGREDIENTS</p> <p>2 tablespoons (28 g) butter 1 cup (240 g) pineapple juice ¼ cup (60 g) milk 3 tablespoons (36 g) sugar 1 ½ teaspoons (8 g) salt ½ cup (100 g) active sourdough starter 3 ⅔ cups (440 g) bread flour</p> <p>EGG WASH</p> <p>1 large egg (lightly beaten)</p> <p>INSTRUCTIONS</p> <p>FEED YOUR STARTER</p> <p>12 hours before you plan to mix the dough, add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar. Stir until combined, loosely cover the jar and let the starter rise at room temperature. (The ingredients will create a total of 115 g active starter but, because some of it will stick to the sides of the jar during the transfer, we are making a little more than needed.) The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.</p> <p>MAKE THE DOUGH</p> <p>Melt butter: In a small saucepan, melt the butter, pineapple juice, milk, sugar and salt together over low heat. Pour the mixture into the bowl of a stand mixer. Allow the liquid to cool down to room temperature.</p>

	<p>Mix the remaining dough ingredients: Add the flour and active sourdough starter to the bowl and stir with a spatula until the ingredients are combined and there are no dry bits left in the bowl. Cover the bowl and allow to rest at room temperature for 1 hour.</p> <p>Stand Mix and First rise: Using the dough hook attachment, mix the dough on speed #1 for 8 minutes. Cover the bowl and allow the dough to rise at room temperature until it has risen by 50% in size. (See notes.)</p> <p>Shape: Turn the dough out onto a floured surface and divide it into 12 pieces, approximately 74 grams each. Shape each piece into a ball by gathering up the sides and pinching them together. Turn the dough over so that the seam side is down on the work surface and gently form a smooth ball. Arrange them in a lightly greased glass baking dish.</p> <p>Second rise: Cover the dish with a tea towel and let rise for 3-4 hours or until puffy.</p> <p>Bake: About 20 minutes before you are ready to bake preheat your oven to 375°F (190°C). Brush the top of the dough with the lightly beaten egg. Bake for 25-30 minutes or until they are golden brown on top. The internal temperature of the rolls should be 190°F when fully baked.</p> <p>NOTES</p> <p>It's very important to take the ambient temperature of your kitchen into account when working with sourdough. Our recipes are tested in a kitchen that is 68°F (20°C). Both the first and second rise took about 4 hours each. If your kitchen is warmer, you will need to reduce your rising time in the first and second rise to avoid over-proving the dough.</p> <p>If you'd like to prepare the dough and bake the rolls at a later time, after shaping the rolls in step 4, cover the dish with plastic wrap and store in the fridge for up to 36 hours. When ready to bake, allow them to have the second rise at room temperature until puffy and proceed with baking.</p> <p>If using a tin baking dish bake rolls at 400°F (204°C). Rolls can also be baked in a muffin tin for 23-25 minutes.</p> <p>Nutrition</p> <p>Serving: 1roll Calories: 220kcal Carbohydrates: 42g Protein: 6g Fat: 3g Saturated Fat: 1g Polyunsaturated Fat: 1g Monounsaturated Fat: 1g Trans Fat: 1g Cholesterol: 6mg Sodium: 313mg Potassium: 81mg Fiber: 1g Sugar: 5g Vitamin A: 70IU Vitamin C: 2mg Calcium: 18mg Iron: 1mg</p>
<p>HISTORY OF BREAD</p>	<p>In the history of time groceries were not always as easy to get as they are now, often, you had to make due with what you had on hand and more times than not, it was flour and water or flour and milk. So heres a recipe to honor our history and the other ingredients we can add to make the bread taste better..and why.</p> <p>2 INGREDIENT MILK BREAD (NO YEAST, BUTTER, OIL, SUGAR OR EGGS) (Lengthy but included because it's interesting and you never know when you need to make whole wheat berries a part of your survival food)</p> <p>This is a very easy homemade bread. It's only 2 ingredients and doesn't require any yeast, butter, oil, sugar or eggs. The milk bread comes out soft and fluffy. It can be eaten as is or used for sandwiches, toast and more. It takes less than five minutes to prepare and then the bread is ready to go into the oven..</p> <p>INGREDIENTS</p> <p>Self-Rising Flour Milk (or milk alternatives like almond, oat, coconut milk) or Olive Oil as noted below.</p>

Self-Rising Flour: This recipe uses self-rising flour. If you do not have self-rising flour, you can easily make your own using all-purpose flour, baking powder and salt. See the recipe card at the end of the post for the exact amounts.

Milk: I used whole milk but low fat milk will also work. I do recommend whole milk because it adds some fat to the recipe, which helps make the bread softer. You can also use dairy-free milk alternatives like soy milk, almond milk, oat milk or coconut milk.
a loaf of bread with slices cut off.

HOW TO MAKE EASY MILK BREAD

The flour and milk are mixed together until no flour lumps remain. The mixture is then poured into a loaf pan and then it's ready to go in the oven. The bread bakes for about 35 minutes or until done.

TEXTURE

The bread has a similar texture to classic sandwich bread. It can be eaten right away with your favorite spread. You can also toast it or use it to make small sandwiches. We like using it to make open-faced sandwiches.

MORE INGREDIENTS YOU CAN USE FOR BREAD

(I looked this up after reading in the bible about bread in the Old Testament using only Olive Oil and Flour.) (Lori)

This article throws light upon the nine main ingredients used in making bread. The ingredients are: 1. Flour 2. Water 3. Yeast 4. Salt 5. Sugar 6. Milk 7. Egg 8. Oil/Fat 9. Bread Improvers.

Ingredient # 1. Flour:

It is the main ingredient used in making breads. Usually strong flours are used in bread making. Wholewheat flours have lesser concentration of gluten as the bran content is increased. This causes a weaker structure in the bread. Since the bran particles are slightly abrasive, they cut the gluten fibres resulting in a loaf with a smaller crumb.

The presence of the bran particles also allows a higher moisture absorption, resulting in a longer fermentation time. When the germ is present in the flour there is a higher enzyme activity, as a result of which the gluten develops faster and the breads are made with a shorter fermentation time.

Ingredient # 2. Water:

Water is the most commonly used liquid in bread making. It moistens the flour and helps in forming the dough. It also aids in the baking process. Water performs the following three main functions in the bread dough.

1. Helps hydrate and moisten the insoluble proteins.
2. Disperses the yeast amongst the entire dough.
3. Binds the flour and other ingredients into a dough.

It is observed that the water content in the dough greatly affects the rate of fermentation. The speed of fermentation is greater in ferment and dough process as compared to sponge and dough process, which have an increasing level of hydration.

As the fermentation time increases it becomes essential to reduce the water content to effect a higher ripening of the dough. The amount of water present will also greatly affect

the texture of the final dough obtained. Table 19.1 shows the uses of different types of dough.

Uses of Different Types of Dough

Hard water has a higher alkalinity. As yeast works best in an acidic medium, fermentation can be slower in the initial stages if hard water is used. However as the fermentation proceeds the acids produced will neutralize this alkalinity and then the fermentation will continue at a brisk pace. Also, the alkalinity and the mineral salts will tighten the gluten and thus the dough will be firmer.

Very hard water also has magnesium sulphate which has a retarding action on the yeast. Breads can be made with both hard and soft water, provided the physical adjustments are made. When the dough is needed for longer duration of time, the temperature in the dough increases due to friction.

This has to be watched carefully as the temperature of the dough should not go beyond 25°C for the yeast to start working. In such cases a baker often uses ice to make the dough. Ice keeps the fermentation activity of yeast at an ideal rate for gluten ripening.

The quantity used will vary depending upon the time of kneading of the dough or the friction factor, and the dough temperature required. Ice used must be in the form of flaked ice so that it is evenly distributed in the bread dough and causes an even cooling of the dough. It can be safely said that 5 kg of ice will be equivalent to 4 litres of water.

Ingredient # 3. Yeast:

Yeast is a single cell microorganism which causes the leavening in the dough. It converts the natural sugar in the flour into tiny bubbles of carbon dioxide that are trapped in the dough. During baking these bubbles expand to give the texture and lightness to the dough.

Yeast is available in two forms—dry and compressed. The ideal temperature for yeast to act is 25°C. The primary function of yeast is to change sugar into carbon dioxide so that the dough is aerated.

When dispersed in water with yeast food, the yeast exudes an enzyme that changes sucrose into dextrose, which is then absorbed by the yeast cell. Inside the cell, this is broken down into carbon dioxide and other by-products. Yeast also has enzymes which change protein into simpler compounds which can pass through the yeast cell membrane.

Yeast works best within a temperature range of 25 to 40°C. Above this, fermentation becomes rapid but the yeast gets weaker successively and is finally killed at 70°C. At this temperature, yeast is completely retarded though it is not damaged. Yeast can never dissolve completely in water, though it is just dispersed well into it. One could use a whisk to effectively distribute.

Compressed yeast must be cold to touch and must possess a creamy colour breaking with a clean fracture. If it is light in colour, and is dry, warm, with a pungent odour, it is in poor condition and the quality of bread might not be good. If it is dark brown in colour with a soft sticky consistency and an unpleasant odour, it is unsuitable for use.

Ingredient # 4. Salt:

The main function of salt is to control the action of yeast as it slows down the fermentation process. It should be mixed with flour for best results. It also provides flavour to the bread. It also affects the quality of the crumb, crust, and colour of the baked product.

So salt mainly performs the following functions:

- i. Imparts flavor;
- ii. Gives stability to gluten.
- iii. Controls the rate of fermentation.
- iv. Retains and of moisture; and
- v. Affects the crust colour and crumb, due to control on the rate of fermentation.

More salt or less salt will adversely affect the final product as shown in Table 19.2.

Effects of Less and Excessive Salt

Ingredient # 5. Sugar:

The main function of sugar is to act as food for yeast. It helps in developing flavour and colour. Sugar is the primary food that the yeast feeds on to produce alcohol and carbon dioxide. With the exception of lactose, yeast can break down all the other sugars present in the dough, either naturally in the flour or as an addition of sugar, mainly sucrose or sometimes, maltose.

Flour naturally contains about two and a half to three per cent of sugar in the form of sucrose and maltose. This is enough for the yeast in the initial parts of the fermentation. However in the final proof when maximum of the sugar is required to be broken down for an optimum rise, the natural sugars are exhausted and the addition of sucrose or maltose is required. Like salt, too much sugar or less sugar will impact the dough texture (refer to Table 19.3).

Impact of Sugar:

Sugar has a solvent effect on gluten and this greatly affects the quality of the crumb in bread loaves. To counteract this, a mineral improver is used and excess salt is used as salt has a stabilizing effect on the gluten.

Sugar has many roles to play in dough.

Few of these are as follows:

- i. Sugar is the primary food for the yeast.
- ii. It helps improve the crust colour.
- iii. Sugar also acts as preservative and this behaves as an anti-staling agent.
- iv. Some sugars act as bread improvers.
- v. Sugar helps the bread to retain moisture, thereby keeping the bread moist.
- vi. Some sugars impart flavours, for example, treacle, honey, and demerara sugar.

Ingredient # 6. Milk:

It makes the bread whiter and softer, and provides moisture and a distinct flavour. Milk also has a physical effect on bread in the form of the tightening effect of gluten by the action of 'casein' or the milk protein. However boiling or pasteurization neutralizes the effect to a great extent.

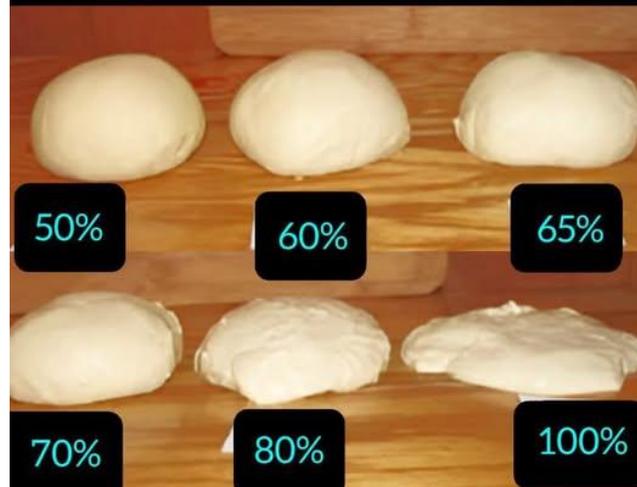
Lactose or milk sugar is the only sugar which cannot be fermented by yeast and hence it remains in the dough right till the end, resulting in a good crust colour. Milk is generally used in powdered and skimmed form and hence the amount of water taken up in the dough is slightly more, though not considerably.

	<p>Ingredient # 7. Egg: Eggs are used for richness and to give lightness and colour. Eggs are again rich in protein and hence will tighten the gluten strands, but this effect gets balanced, as the fat in a yolk helps to soften the gluten as well. The use of eggs will yield softer bread. In many types of bread where a hard structure is required like hard rolls, one does not use eggs in the recipe.</p> <p>Ingredient # 8. Oil/Fat: It is used to provide flavour and softness to the texture. Different kinds of fats are used for different breads such as olive oil for focaccia (Italian bread). Fats have a physical effect on breads rather than any chemical reaction. Fat being a shortening agent reduces the toughness of the gluten and mellows the final product. Fat also has lubricating effect on the fine gluten strands giving extra volume to the final product.</p> <p>These strands begin to slip over each other and thus affect the final quality. As the amount of fat increases, the fermentation rate decreases. This is because the fat will form a thin layer on the yeast cell membrane hindering the release and the absorption of the materials. Thus yeast quantity is slightly increased.</p> <p>Effects of Fat: The effects of using fat are as follows:</p> <ol style="list-style-type: none"> i. It increases the nutritious value of the bread. ii. It reduces elasticity, softens the crust and the crumb. iii. It helps retain moisture in the baked product, thereby keeping it moist. iv. It increases volume if used extensively. v. Fats such as butter and lard give flavour to the product. vi. If used in large amounts, it retards fermentation. <p>Ingredient # 9. Bread Improvers: Flour is of variable quality and hence it becomes necessary at times to add bread improvers to the dough to bring the final product to a set standard. Bread improvers may be divided into three main categories.</p> <p>These include:</p> <ol style="list-style-type: none"> i. Those of mineral nature, used by the miller. ii. Those of organic nature, mainly enriching agents. iii. Those of the mineral and organic categories which are also foods for yeast. Mineral improvers are popular because they increase the yield of the bread by necessitating the use of extra water. Some of the mineral improvers have a slight drying effect on
<p>HONEY WHEAT</p> 	<p>Honey Wheat Sourdough Sandwich Bread Honey wheat sourdough sandwich bread is made with a combination of whole wheat and bread flour for a soft sandwich bread that stays fresh for days. It can be mixed and baked on the same day!</p> <p>PREP TIME: 15minutes minutes COOK TIME: 45minutes minutes REST: 9hours hours Servings: 12 slices Author: Amy Duska</p> <p>INGREDIENTS TO MAKE ½ CUP ACTIVE SOURDOUGH STARTER</p> <p>1 tablespoon (15 g) sourdough starter ¼ cup + 1 tablespoon (50 g) all-purpose flour 3 ½ tablespoons (50 g) water</p> <p>DOUGH INGREDIENTS</p>

	<p>½ cup (100 g) active sourdough starter 1 ½ cup + 1 teaspoon (325 g) water 2 tablespoons (40 g) honey 2 tablespoons (30 g) olive oil 2 teaspoons (10 g) sea salt 1 cup + 1 teaspoon (125 g) whole wheat flour 3 cups + 2 tablespoons (375 g) bread flour</p> <p>INSTRUCTIONS FEED YOUR SOURDOUGH STARTER</p> <p>12 hours before you plan to mix the dough, add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar. Stir until combined, loosely cover the jar and let the starter rise at room temperature. (The ingredients will create a total of 115 g active starter but, because some of it will stick to the sides of the jar during the transfer, we are making a little more than needed.) The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.</p> <p>MAKE THE DOUGH</p> <p>8 AM - Mix the dough: To a large mixing bowl, add ½ cup (100 g) of active sourdough starter, water, honey, olive oil and sea salt. Use a stiff spatula to stir the ingredients. Add the bread flour and whole wheat flour to the bowl and stir with the spatula. Switch to your hands and mix the dough until it resembles a shaggy mess and there are no dry bits in the bowl. Cover the bowl and let the dough rest for 1 hour.</p> <p>9 AM - First rise: Wet your hand with water and stretch and fold the dough until it tightens up and starts to form a ball. Turn the dough in the bowl until it's slightly smooth on the outside. Cover the bowl and allow the dough to rise at room temperature, 68-72°F (20-22°C), for 3-4 hours or until it has risen by about 30-50%.</p> <p>1 PM - Shape and second rise: Turn the dough out onto a lightly floured surface and gently press it into a rectangular shape. Fold the two longest sides inwards about 1 inch. Fold the short side towards the opposite end until the loaf resembles a log shape. Place the dough seam-side down in a lightly greased 9" x 5" loaf pan. Allow the dough to rest at room temperature, uncovered until the dough has risen to the rim of the pan, about 3-4 hours. Four photos showing how to shape dough for a loaf pan.</p> <p>5 PM - Bake: Preheat the oven to 375°F (190°C) and bake for 45 minutes. Allow the bread to cool in the pan for 10-15 minutes before transferring to a cooling rack.</p> <p>NOTES</p> <p>To store: Store the bread in a bread bag, beeswax wrap or kitchen towel at room temperature. The loaf will keep fresh for a few days.</p> <p>To freeze: Wrap individual loaves in plastic wrap and insert into a freezer-safe container. Make sure they have cooled completely before wrapping.</p> <p>Nutrition Calories: 218kcal Carbohydrates: 42g Protein: 6g Fat: 3g Saturated Fat: 1g Sodium: 390mg Potassium: 92mg Fiber: 3g Sugar: 4g Calcium: 11mg Iron: 1mg</p>
HYDRATION	<p>Hydration is a key factor in bread-making, and if you've ever wondered what it means and why it's important, you're not alone.</p> <p>Let's break it down in a simple way.</p> <p>What Is Dough Hydration?</p>

Understanding Dough Hydration

What It Is & Why It Matters



Dough hydration refers to the percentage of water in a dough relative to the amount of flour, calculated by weight (not volume).

The formula is:

$(\text{Water weight} \div \text{Flour weight}) \times 100 = \text{Hydration percentage}$

For example:

500g flour + 250g water → 50% hydration

500g flour + 340g water → 68% hydration

500g flour + 400g water → 80% hydration

Measuring by weight ensures accuracy, as cup measurements can vary based on how flour is packed.

•••

Why Does Hydration Matter?

Hydration affects everything from dough texture to handling and final crumb structure:

Low hydration (50%-60%) → Firm, easy to handle, holds shape well. Suitable for sandwich bread, bagels, or pizza dough.

Medium hydration (65%-75%) → More extensible, softer crumb. Used for classic artisan bread, dinner rolls, or soft loaves.

High hydration (80%-100%) → Sticky, requires stretch & fold techniques. Produces open, airy crumbs like ciabatta or focaccia.

As hydration increases, dough becomes softer, spreads more, and needs different handling techniques.

•••

Does Hydration Apply Only to Sourdough?

No, hydration is a general term in bread-making, not just for sourdough! It applies to all yeast-leavened bread, from sandwich loaves to rustic, artisan-style breads.

However, sourdough bakers often discuss hydration more because it influences fermentation, gluten development, and the final texture of the bread.

•••

Here's what to take from this post.

Understanding hydration helps you control dough consistency, troubleshoot issues, and improve your baking skills.

Next time you want a firmer or softer dough, simply adjust the hydration level accordingly.

End of post.

As usual, I hope this helps.

Photo credit: "Discovering Sourdough" by Teresa L Greenway.

Taken from Neme's Kitchen Page. The hydration % is so well explained and why some of us may have struggled and didn't know why. Hope it helps in your sourdough journey. "You followed the recipe. You measured everything right. But then your dough feels like an uncooperative blob. Sticky, soupy, or just stiff like cement.

Whatever the case may be, it usually comes down to hydration.

Recently, someone asked me:

"What's the difference between low-, medium-, and high-hydration doughs? And how do I know which one I'm working with?"

So let's talk about that. Because hydration isn't just a percentage; it changes how your dough behaves.

If you just joined us here at Neme's Kitchen, a warm welcome to you. 🙋 There are loads of baking posts that you might find helpful.

•••

Let's carry on the subject of this post: Dough Hydration

First, What is Dough Hydration?

Hydration = the amount of water in your dough, measured as a percentage of the flour weight. (Not total dough weight, just flour.)

So if you're using 500g of flour and 350g of water, that's 70% hydration ($350 \div 500 \times 100$).

Hydration affects everything:

- How your dough feels
- How easy it is to knead
- How long it ferments
- How crusty or open your crumb will be

But let's make it simple.

Low Hydration Dough (55–60%)

These are your bagels, crackers, and stiff sandwich loaves.

This dough is firm and tight. It doesn't stick much, it's easy to shape, and it holds its form well.

Pros:

- Easy to handle
- Ideal for tight crumb and chewy results
- Shorter proofing times
- Good for hot/humid climates

Cons:

- Can feel dry or hard to stretch
- May struggle with open crumb
- Less fermentation activity

If you're kneading and your arms feel like they're getting a workout, and your dough forms a ball in seconds, it's probably low hydration.

Note: This is where beginner bakers feel most confident. But don't be afraid to add a little more water next time and see how the dough opens up.

•••

Medium Hydration Dough (65–72%)

These are your sandwich bread, pizza dough, and rustic loaves.

This is that sweet spot most recipes sit in. It's soft, pliable, maybe a little sticky, but not out of control.

Pros:

- Balanced dough strength
- Good oven spring
- Open but structured crumb
- Plays well with mixers and hand-kneading

Cons:

	<p>- Needs a bit of practice to handle</p> <p>- Can overproof if left too long</p> <p>You'll know it's medium hydration when your dough stretches nicely, sticks just a little, but still holds its shape.</p> <p>Note: If you're moving from basic breads into more artisan or sourdough territory, medium hydration is your new best friend. Start here.</p> <p>•••</p> <p>High Hydration Dough (75–85% and beyond)</p> <p>These are your ciabatta, sourdough boules, and artisan loaves with big holes. This dough is wet, slack, and sticky, and it laughs at your fear. It's the kind that sticks to your fingers, spreads out on the counter, and makes you question your baking choices. Lol...</p> <p>Pros:</p> <ul style="list-style-type: none"> - Super open crumb - Moist, chewy interior - Thin, crispy crust - Incredible oven spring (when handled right) <p>Cons:</p> <ul style="list-style-type: none"> - Harder to shape - Prone to overproofing - Needs folding, resting, and confidence 😊 <p>This dough is usually not kneaded; it's stretched, folded, and fermented slowly.</p> <p>Note: Don't add flour to make it easier. Learn to work with it wet, and your bread-making skills will improve.</p> <p>•••</p> <p>So How Do You Know What Hydration to Use?</p> <p>It depends on:</p> <ul style="list-style-type: none"> - The flour (some absorb more water, whole wheat, rye, stone-ground) - The bread style (bagels vs. ciabatta) - Your comfort level as a baker - The climate (humid areas may need less hydration) <p>•••</p> <p>Let me conclude with this...</p> <p>Hydration isn't just about numbers; it's about feel. Two doughs at 70% hydration can feel completely different depending on your flour, your environment, and your technique. So don't panic when your dough feels different. Touch it. Stretch it. Fold it. Let your hands learn what the numbers mean.</p> <p>Over time, you'll know exactly what your dough needs, with or without a recipe.</p> <p>End of post.</p> <p>As always, I hope this helps.</p> <p>PS: I made a simple hydration calculator and recipe sheet that does all the math for you; just type in your flour or dough weight, and it tells you exactly how much water, salt, yeast, or starter to use.</p> <p>It's perfect if you hate baking math. You'll find it in my [link in bio / website].</p> <p>Also, if you haven't yet, please join the YouTube channel (@Neme's Kitchen). We talk about stuff like this all the time in a simple way that actually makes sense.</p> <p>Happy baking!</p> <p>Let me know in the comments what hydration level you usually work with and which one scares you the most! 😊</p> <p>— Neme's Kitchen</p> <p>Photo credit: "Discovering Sourdough" by Teresa L Greenway."</p>
<p>ITALIAN HERB AND CHEESE BREAD</p>	<p>Italian Herb and Cheese Bread</p> <p>500 g flour</p>

75 g starter
 Mix them together
 350 g water
 Salt, Italian, garlic, & minced onion
 Stretch & fold x 4
 Rise for 9 hours or until doubles in size
 Lay out flatish & add in cheddar cheese. I prefer to grate it on my own.
 Roll up & shape, let sit 2 hours.
 Put in the fridge for about 6 hours.
 Score your dough.
 Top with garlic butter, Italian, salt, minced onion, & cheese.
 Bake on 450 for 30 lid on & 425 for 28 lid off.
 I also do my jalapeño cheddar the exact same way, just add in jalapeños.

Carmelized Onion, Gruyere & Garlic Sourdough Focaccia



LAME USES
[TOP](#)

A lame is a tool with a razor on the end used to carve designs in the top of your bread. The lame comes in a lot of shapes and styles or you could just use a clean razor blade.



Scoring the loaf for holidays and for added visual appeal.

One baker said this: Tried something new... a “seven minute score” (place in oven then take out at 7 min to do a deep score).
 +scored like absolute butter, was VERY satisfying

Scoring is not JUST for designs in your bread top, you can carve out a hollow and use your loaf to serve dip in for a party. (Pic below)



MUFFIN RECIPE:
 (From Alexandria Ballard)
[TOP](#)

1.33 Cups all purpose flour.
 2 teaspoons baking powder
 ½ teaspoon cinnamon
 ½ teaspoon salt
 ¾ cup light brown sugar
 ½ cup white sugar
 2 large eggs
 1 teaspoon vanilla
 ½ cup sourdough discard
 ½ cup full fat Greek yogurt
 1.5 cups blueberries, pears, apples or other fruit.

1. Preheat oven to 350F degrees.
2. Line a muffin tin with paper liners for faster clean up and less mess.
3. Combine dry ingredients into a bowl (flour, baking powder and salt)
4. In a different bowl mix butter brown sugar and white sugar. Then, add in the eggs, vanilla and sourdough discard.
5. Combine dry mixture to wet mixture and slowly stir in the fruit.
6. Spoon mix into your muffin tins.
7. Bake for 15-20 minutes or until a toothpick comes out clean.

Remove and cool.

NAAN
[TOP](#)

NAAN: [Easy Sourdough Naan Flatbread Recipe - Little Spoon Farm](#)
 INGREDIENTS
 ½ cup (125 g) sourdough starter discard (unfed)
 2 ½ cups (300 g) all-purpose flour
 ½ cup (120 g) milk (dairy or plant based)
 ¼ cup (60 g) plain yogurt (dairy or plant based)
 1 tablespoon (15 g) olive oil

1 ½ teaspoons (7 g) sea salt

INSTRUCTIONS

Mix the dough: Mix the wet ingredients in a large mixing bowl. Add the flour and salt to the bowl. Use your hands to incorporate the ingredients until they are well combined and there are no dry bits left in the bowl. The dough will be stiff. Cover the bowl with plastic and let rest at room temperature until doubled in size. In my 68°F (20°C) kitchen, it takes roughly 8 hours. Warmer kitchens will take less time, colder kitchens will take more time.

Divide and shape: Turn the dough out onto your work surface and use a bench scraper to divide the dough into 8 equal pieces, about 78g each. Shape each piece into a ball and cover them with a kitchen towel. (At this stage the dough balls can be stored in a covered container, in the fridge for up to 3 days before cooking.)

Preheat skillet: While the dough is resting, preheat a cast iron skillet over medium-high heat for 10-15 minutes. If you are worried about sticking, feel free to oil the skillet, but I find it's not necessary.

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Roll dough: Working with one ball of dough at a time, use a rolling pin to roll the dough into a round shape with a ⅛" thickness. Use a little flour if necessary to prevent sticking. The dough rounds should be about 6" in diameter.

Rolling out the dough into rounds.

Cook naan: Place the rolled dough into the skillet and cook for 2 minutes. Flip the naan over and cook on the second side for 1-2 minutes. Flip the naan one more time and watch for the dough to puff up with air. Once it is full, remove it from the skillet and repeat with the remaining dough. Serve hot or at room temperature.

Sourdough naan cooking in a cast iron skillet.

NOTES

Store the cooked naan at room temperature in a plastic bag for up to 3 days.

If you store the dough in the fridge to cook later, allow the dough to come to room temperature before cooking for best results.

Freeze the naan in a freezer safe container for up to 3 months.

Nutrition

Calories: 186kcal | Carbohydrates: 34g | Protein: 5g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 3mg | Sodium: 447mg | Potassium: 74mg | Fiber: 1g | Sugar: 1g | Vitamin A: 32IU | Vitamin C: 1mg | Calcium: 33mg | Iron: 2mg

Alt Recipe:

Sourdough garlic Naan bread.

500 g. Bread flour

100 g. Active starter

1 cup of yogurt

200 g, warm milk

2 eggs

2 Tbsp of sugar

8 g. Sea salt

In small bowl add starter, milk, eggs, yogurt and mixed until everything is combined. In large mixer bowl add flour and salt mixed well then add wet ingredients. Mixed everything together and rest the dough for 30 minutes

then knead the dough until you get windowpane test. Rest the dough in room temperature for 4 hours. Separate the dough in to small balls I get 8 from this recipe. Rest the dough with plastic sheets cover for half hour, then use rolling pin to flatten the dough in oval shape, rest the dough another half hour, cook the dough in hot pan until get bubble flipping the bread over and cook the bread for a few minutes you will get air pockets then transfer to cooling rack and brushing garlic butter and chopped coriander on top. Cover the bread with kitchen towel to keep the bread soft or serving hot bread with your favorite Indian dish.



NIC-NAMES

[TOP](#)

Fun Note: People who are major sourdough geeks name their starter. Some examples:

Yeasty Boys, Doughy Tribianni, Fernandough, Robert Breadford, Doughy Parton, Seymour, Dildough, Bready Mercury, Brudough, Frodough, Barak Doughbama, Andoughnio Banderas, Jeffrey Doughmer, Clint Yeastwood, Leonardough, Sir Mixalot, Hans Doughlo, Bread Pitt, Breadyly Cooper, Yeast Witherspoon, Bready White, Voldoughmart, Starvin Marvin, tarticus, Jon BonDoughvie, Abednigo (because he goes into the fiery furnace), Doughlene, Vincent VanDough, Elvis Breadley, Jane Dough, Liam Yeaston, Doughlores, Doughie Howser, Pandoughra, Doughcephus, Lazarus, Stevie Wonderbread, Doughremy, Princess Doughwana, John Dough, Bunaddict, Thoroughbread, Madoughna. Elon Crust, Isaac Gluten, Ryehanna, OBE (pronounced 'obi') is an acronym for Ongoing Biology Experiment, Edgar Allen Dough, Danny Doughvito, Doughseph Leaven, Justin Trudough, Dough Biden, Indiana Scones, Doughnnie Wahlberg, Snoop Dough-g, Wayne Gluten, Breadney Spears, Dough-ana Ross, Frankenstarter, Doughwight Eisenflour, Bread Zeppelin, Doughnald Trump, Ernesdough, The Yeast of my Worries, DOUGH-pamine, Toast Malone, Scooby-Dough, Theodough and Bon Doughvi, Dough-ly Start'on (dolly parton), Dough-lene (jolene), Reba McEn-Starter (reba), Dough-Mama (yo mama), 5 starts at Bready's (5 nights @ Freddy's), Shmegal (LOTR, && for obvious reasons), Gremlin or Gizmo (do not add tap water or feed after midnight), Clint Yeastwood, Carmen sourdoughiego, Dough-ite D Eisenflour, Mine is Richard, Dick for short, (because I watch it rise on a regular basis), Breddie Krueger, Ricky Ricardough, Doughpamine and Captain Jack Sparedough, Crescendough, HercDoughLes, Doughretta Lynn, Blanche Deverdough, Guidough, Taylor Sift, Orlandough Bloom, Discardi-B, Carrie Breadshaw, Weir-dough, Cindoughrella, Gwen-dough-lyn, Doughmama, Dil-Dough, Sour D. LOAFY, samrize, Paula Abdough, Bread-and-butter Cullen, R2Dough2, "Beth" after Bethlehem..because it means house of bread, Mandoughlorian, Doughy Brasco, Austin Flours, Tamdoughgotchi, Bread Zeplin, #AudreyIII - I named from the start when she ate ALL the flour the first week of her existence. Little Shop of Horrors. "Feed me, Seymour!", Ramdough (Rambo), Homer, Phoenix, Scooby-Doo Dough, Shaggy Dough, Hooch Mama, COBY.... Combination Of Bacteria & Yeast, Juan Dough, Hope, Bill Rye the Sour Guy, Bad Boyfriend he stays drunk & I can't ever get him to rise & get to work, Doughmatic

(dramatic), Beth Doughton, Doughcus Pocus, Doughpey, Doughri Considine, Hairy Grows so fast and always in need of a trim, "My Boyfriend". I feed him every day, he's doesn't betray me and he rises when I want him too!, Edgar Allen Dough, Doughri Logic, Bready and The Beast, Scrappy Dough, prison Mike, Dupli-Kate. From the invincibles. She duplicates herself as her superpower and is strong!, Cruella dough-ville, Mufasa. This starter is a king, Doughlinda, Little Dough Peep, Homer because Homer Simpson always yells "dough!" , Eeny, Meeny, Miney Dough., Doughbie Wan and Baby Doughda, Olivia Gluten Jon, Doughloris, BreD Winner, TheDoughnas Brother, I've got 2. Gary & Earl, and I'm not sure why but it's fun for me to tell my husband to check on Gary & Earl and tend to them if need be., I have three different starters., Quasimodough, Breadie Van Halen, Snoop Dough... it likes to get high and baked lol., Starving Marvin, Crumb on Eileen, Orlandough Bloom, Dough Si Dough, Ringo Starter, Ineeda Baker, Otis Breeding, Crusty Alley, Marilyn Mondough, Scarlett Doughhansen, DoughNaTello, Musk-Tang Sally, FooFermenters, Michael Bubbly, Dough Suzanna, Badoo (Bacteria Goo), Yeaster Bunny, PlayDough, Platdough, Dough-ra The Explorer, Eliza Doughlittle!, Neil Doughmond, Doughnilla Ice, David Hassledough, Will Wheaten, Dough Nameth, Barry MannaDough, Mary Magdoughla, Dough Prescott, Lucy Discardo, Encanto, Incognidough!! ,Doughphia breadtrillo, Queen Elizabread, Hondough, Super Mario ough, Emilio Yeastevez, Keanu Rise, Doughraptor, Mike Ross, DoughJangles, Doughpamine and Sourtonin, Penny Loafer , Loafeyette, Waldough, Sheldough and my discard is Amy Ferment Fowler., Marlon Brandough , Herculyeast!, Agatha Crusty, Bridget Bar-Dough, Pludough, Bedoughzle, Doughsephus, Jason Madougha, Diagram (assurance it will rise), Harwheat Specter from Suits!, Bready Rae Cyrus, Gwyneth pal-dough, Genie (in a bottle), PITA (pain in my ass)Dough Rogan, Post Doughlone, Mother Doughresa, Herculyeast , Jane Fondough, sir Rise A Lot, "Marcus Aurelius" because the rise and fall of Roman Empire, Hakuna Mastarta, Rosie The Riser, Otis Breeding Patrick Doughhomes, Mandoughlorian, Doughby Keith, Sourbatch Kid, GrowGoo, Super Mari-dough, Dough Exotic, Doughy Breadafuoco, Thomas Breadison., Doughpy, Austin Flours, Doughlf Lundgren, A-Knead-a Baker, Rye Charles, Oliver Scone, Ric Flour, Gale Gadough, Dough Montana, Kneady, Doughemian Rhapsody, The Half bread prince!, Bread Skelton, David Doughie, Dough-vé Maria, Celine Doughon, Napoleon Doughnamite, Robert DoughNiro, Danny Doughvito, Rocky Baldougha, Miss Chanandoughler Bing

Biblical Names:

Dough-teronomy, Mary Mag-dough-lene, Mary did you dough, Dough-ah's , tart (Noah Ark), Micah from Micah 7:8 "Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light.", Loave-iticus, DOUGHminion and Power. , Risearus, Dough-az (Boaz), Dough-badiah

Book of doughteronomy, Mine is Bethlehem- means bread of life, Genesis. 'in the beginning', HeBrews Bread, Holy Toast, Doughvotion, Doughthuselah (if your starter is old lol) , Dough-seph, ShenanDOUGHah, Sampson the Starter, Dough-badiah (Obadiah), Dough-magedon, Doughliath, Sour of Doughlomon, Goliath

Dough- lila, Doughborah, My discard is Lazarus, because it could always rise again..., Do-siah, Methuselah. Micah because of Micah 7:8 Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the LORD shall be a light unto me.

CHRISTMAS OPTIONS:

MistleDough, Doughelle (like Noel, but with dough), Jingle Boules, Rudolph (the bread nosed reindeer), "Rudoughlph", "Festive Ferment", "Jingle Starter", "Elfin' Dough", "Sour-bread Man", "Merry Leaven", "Christmas Crustmas", "Dough-ho-ho", "Frosty Fermentation", "Mistletoast", Sour Claus, Frosty (the doughman), San-dough Baby, Dough dough dough, Dough-elle, The abominable dough man, Dough a Deer, Our favorite starter is Fred. Fred Farter the Bread Starter. "Oh doughly night" the starter's brightly shining...,

Yuletide Yeast!, Mistle dough, Ru-dough-If, Frosty the Doughman, Rudoughlph, First Doughelle, Mistedough, Winter WonDOUGHland.

Gray's Anatomy

Miran-dough Bailey, Dough-Luca, Denny Dough-cette, Isadough Stevens , McDoughy, Breaddison Montgomery, Mark SLoaf, George O'Doughy

Country Singers

Doughby Keith, Bake Shelton, Reba McEn-starter, Carrie underproofed, Doughdee Messina, Keith Wheatley, Brooks and dough, Big and sour, Doughboy Troy, I got friends in dough places, Doughtry, Yeaston Aldean, Kenny yeasty, Yeaston Corbin

Dolly starton, Bread Paisley, Dough cephus, Dwight Doughkum, Dough Diffy , Conweigh Twitty, Mine is DoughDee Messina, Stretchy Nelson, Doughretta Lynn

Doughny Cash, George Stretch, Ala-Banneton-a, Tim McGrow, Shenan"dough"ah NaTaya Beasley, Yeast Urban, MiranDOUGH LamBURNT, Brad RAISE-ley, Carrie Undoughwood

My starter is called: "Mason McJarDough"

From <<https://d.docs.live.net/61b964de5c620603/Documents/Recipes/Recipes-Sourdough.docx>>

The way a professional chef explained it was, take the total weight of the starter. Say you have 8oz. You would then feed it 4oz filtered water and 4oz white flour. (4+4=8) The feeding should be AT LEAST the weight of the starter. You can feed it more, but not less than it weighs. Also (cuz I know you're going to ask) white flour for a feeding because the middle of the wheat kernel is the endosperm, which is the white part, what the yeast eat. If it has nothing to eat, it can't grow.

1:1:1= 50 g starter + 50 g of water + 50 g of flour
1:2:2 = 50 g starter + 100g of water + 100g flour

How do I get blisters:

I believe it has to do with the steam given off by the dough, that is trapped in the DO. You can create more steam by using a few different methods. One by using a spray bottle with some water just spray down the dough before baking. This might ruin any flour stencils if you use them. The other method with a DO is add some ice cubes, this is my favorite method but not the only way. If you are open baking your bread ensure the convection is off, it removes the steam. With the convection off you may add a pan of water, I have used a few different types. I have heard that there's an oven rack that is a pan for this purpose. If you use this method bring the water to a boil and then add it to the pan. The last method I know is using a spray bottle, or sprayer that you might use in the garden, and spray down the oven well.

From <<https://www.facebook.com/>>

PANCAKES

TOP



Sourdough Discard Fluffy Pancake Recipe

[Sourdough Pancakes {For the Absolutely Fluffiest Pancakes Ever!}
\(tastesoflizzyt.com\)](https://tastesoflizzyt.com)

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- 1 cup sourdough discard (discard is runnier and works best in this recipe)
- 1 1/2 cups milk (or more to thin the batter)
- 1 large egg beaten
- 2 tablespoons vegetable oil

Instructions

In a large bowl, whisk together the flour, baking powder and soda, sugar and salt.

Add the sourdough starter, milk, egg and oil. Mix well just until combined.

Spray a pancake griddle with cooking spray or grease well with butter. Heat to about 300-350 degrees.

Pour ¼ cup pancake batter on the hot griddle. Cook until the pancake starts bubbling on top, then flip the pancake.

Cook for an additional 1-2 minutes or until the pancake is cooked through.

Serve warm with butter and syrup.

Video

Notes

The calories shown are based on the recipe making about 12 pancakes that are about 6” in diameter, with 1 serving being 1 pancake. Since different brands of ingredients have different nutritional information, the calories shown are just an estimate. **We are not dietitians and recommend you seek a nutritionist for exact nutritional information.**

Nutrition

Calories: 148kcal | Carbohydrates: 24g | Protein: 4g | Fat: 4g | Saturated Fat: 3g | Cholesterol: 19mg | Sodium: 305mg | Potassium: 136mg | Fiber: 1g | Sugar: 4g | Vitamin A: 72IU | Calcium: 69mg | Iron: 1mg

PASTA

TOP



SOURDOUGH PASTA WITH DISCARD

[Sourdough Pasta: Making Fermented Pasta Dough - The Pantry Mama](#)

INGREDIENTS

- 100 g Sourdough Starter Can be discard or active starter
- 250 g Bread Flour All purpose is fine too
- 2 Eggs

INSTRUCTIONS

You can make this pasta dough by hand or in a stand mixer or Thermomix.

Making Pasta by Hand

On a clean counter top, pour out 250g of flour, making a well in the centre.

Crack the eggs into the centre of flour and then pour the sourdough starter on top of the eggs.

Using a fork, gently beat the eggs and the sourdough starter together, gradually bringing in some of the flour.

Once the flour, eggs and sourdough starter are roughly combined into a shaggy dough, knead the pasta by hand until it forms a smooth dough. If the dough is sticky, add a little more flour until you achieve the right consistency.

Set the dough aside for 30 minutes (or overnight if you want it to be slow fermented pasta).

	<p>Making Pasta in a Stand Mixer or Thermomix Add the flour, eggs and sourdough starter to the bowl. For Thermomix, use the knead function for 3 minutes until the dough is clumping together. For a stand mixer, use the dough hook and knead the dough on low speed (not more than 2) until the dough forms a smooth ball. Turn the dough out on to the counter and gently knead it into a ball. Set the dough aside for 30 minutes (or overnight if you want it to be slow fermented pasta).</p> <p>Rolling & Cutting Sourdough Pasta Once the dough has rested for 30 minutes - or overnight - it's time to roll, cut and hang the pasta. If you've had the pasta dough in the fridge, let it come to room temperature as it will be easier to roll. You can use a rolling pin or a pasta machine (you'll find detailed instructions for both in the post above). Use plenty of flour on the surface of the dough to stop the dough sticking to either the rolling pin or pasta machine. Once the dough is cut to the desired shape/length, hang the pasta on a pasta hanger for at least 30 minutes to dry.</p> <p>NUTRITION Calories: 1119kcal, Carbohydrates: 201g, Protein: 44g, Fat: 13g, Saturated Fat: 3g, Polyunsaturated Fat: 4g, Monounsaturated Fat: 4g, Trans Fat: 1g, Cholesterol: 327mg, Sodium: 131mg, Potassium: 371mg, Fiber: 7g, Sugar: 1g, Vitamin A: 480IU, Calcium: 87mg, Iron: 4mg</p>
<p>PIE CRUST</p> <p><u>TOP</u></p> 	<p>Sourdough Pie Crust Recipe Sourdough Pie Crust [sweet or savory sourdough pastry] - The Pantry Mama A tender, flaky sourdough pie crust that can be used for sweet or savory pies. You can use it for a top or bottom crust, or both! Ferment this pie crust for up to 48 hours for an even more tender and flavorful crust!</p> <p>INGREDIENTS 250 g All Purpose Flour 5 g Salt (or to taste) 10 g Sugar (optional - see notes) 230 g Unsalted Butter must be COLD 200 g Sourdough Starter or Sourdough Discard 10 g White Vinegar or Apple Cider Vinegar 50 g Iced Water just in case</p> <p>INSTRUCTIONS This dough makes enough pastry for a top and bottom crust. If only need the top or bottom, just halve the amounts listed. Add all purpose flour, salt and sugar to a large mixing bowl and stir together until well combined. Set aside for now. Grate the cold butter into a bowl. If the butter starts to melt or is very soft once grated, place the bowl into the freezer. This will help to firm the butter up and make the next step much easier. I cannot stress enough how important it is for the butter to be COLD. Place the cold, grated butter into the bowl with the flour, salt and sugar and use a spatula, pastry cutter or simply your finger tips to coat the butter in the flour. You want the butter to stay cold, so try to touch it as little as you can.</p>

	<p>Now, add the sourdough starter or discard and vinegar and bring the mixture into a dry, shaggy dough. It's best just to use your hands to squeeze the pastry dough together. It will be a rough, dry dough.</p> <p>If the dough really isn't coming together at all, add a little iced water until you are able to bring it together.</p> <p>Tip the rough dough out onto the counter, divide the dough into two pieces and bring each piece into a rough ball. Wrap each ball of pastry dough in parchment paper and squash it down into a disc shape. Wrap each disc in cling wrap and place both discs into the fridge.</p> <p>If you prefer to just refrigerate as one ball, that's fine too. You can just divide the pastry into two pieces when you want to roll it out.</p> <p>Leave the dough a minimum of one hour to fully hydrate and become cold. You can leave the dough in the fridge for up to 48 hours before you use it.</p> <p>When you are ready to use the sourdough pastry to make a pie crust, take the dough out of the fridge and unwrap it. Dust the dough lightly with flour and use a rolling pin to roll the dough out to your desired size.</p> <p>This recipe makes enough for a top and bottom crust. I have used a 1.4L pie dish and it generously filled the dish with some to spare.</p> <p>NOTES</p> <p>BUTTER The butter MUST BE COLD. Frozen, grated butter is best. If you have time, grate the butter and place it into the freezer 30 minutes before you want to make the dough.</p> <p>SUGAR You can leave the sugar out if you prefer but I think you'll get a better colored crust if you leave it in.</p> <p>FERMENTATION TIME You don't have to ferment this pie crust. You can use it after it has been in the fridge for just one hour, but you will get a flakier, more flavorful pie crust if you leave the dough in the fridge for at least 4 hours and up to 48 hours.</p> <p>SOURDOUGH STARTER OR SOURDOUGH DISCARD You can use either active, bubbly starter or sourdough discard (unfed) in this recipe. Make sure whatever you use is 100% hydration. You'll get the best results using sourdough starter that has been fed within the last 24 hours, but you can use discard that's up to a week old.</p> <p>NUTRITION Calories: 2801kcal, Carbohydrates: 244g, Protein: 33g, Fat: 190g, Saturated Fat: 119g, Polyunsaturated Fat: 8g, Monounsaturated Fat: 49g, Trans Fat: 8g, Cholesterol: 495mg, Sodium: 1972mg, Potassium: 327mg, Fiber: 8g, Sugar: 16g, Vitamin A: 5748IU, Vitamin C: 0.1mg, Calcium: 95mg, Iron: 12mg</p>
PIZZA CRUST	<p>For Pizza, you can do this: Samantha Still writes: Sourdough discard pizza! Just dumped 2 cups of sourdough discard straight from the fridge onto my pizza sheets. Baked at 425 for 15 minutes. Then added sauce, seasoning and cheese. Baked for another 15 mins.</p>



And this person said something similar:

We make a lot of pizza. I preheat a cast iron with a little olive oil to 450°. I mix around a cup of discard with a little water and add seasonings. Salt, pepper, garlic, Italian, chipotle. A sprinkle of baking soda. Pour that in the hot cast iron, bake 10 minutes, add my toppings and bake an additional 10 minutes. Less than 30 minutes start to finish.

Or this whole recipe full of detailed instructions:

- 1 cup (227g) sourdough starter, unfed/discard
- 1/2 cup + 2 tablespoons to 3/4 cup (141g to 170g) water, lukewarm
- 2 1/2 cups (300g) King Arthur Unbleached All-Purpose Flour
- 1 teaspoon table salt
- 1/2 teaspoon instant yeast or active dry yeast
- 4 teaspoons King Arthur Pizza Dough Flavor, optional but delicious

Bake Mode

Stir any liquid on top of your refrigerated starter back into it before measuring 1 cup (227g) into a large mixing bowl. Note: This is a good opportunity to feed the remainder of your starter, if necessary.

To make the dough: Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. In your large mixing bowl or bowl of your stand mixer, combine the lesser amount of water, the flour, salt, yeast, and Pizza Dough Flavor with the sourdough starter.

Sourdough Pizza Crust – Step 2

Mix to combine, adding the remaining water 1 tablespoon at a time if the dough looks dry. Knead for about 7 minutes using a stand mixer with its dough hook, until the dough cleans the sides of the bowl.

Sourdough Pizza Crust – Step 3

Place the dough in a lightly greased container, cover, and let rise until almost doubled in bulk. Depending on the vitality of your starter, this will take between 2 and 4 hours. For a faster rise, place the dough in a warm spot (or double the yeast).

Sourdough Pizza Crust – Step 4

For two thin-crust pizzas: Divide the dough in half and shape each into a flattened disk. Drizzle two 12" round pizza pans with olive oil, and brush to coat the pan evenly.

Sourdough Pizza Crust – Step 5

Place the dough in the pans, cover, and let rest for 15 minutes. After this rest, gently press each piece of dough toward the edge of its pan. If it starts to shrink back, cover and let rest for 15 minutes before continuing.

Sourdough Pizza Crust – Step 6

For a thicker, large pizza: Oil a 14" round pizza pan or 18" x 13" half-sheet pan. Place the dough in the pan and press it out to the edges, again giving it a 15-minute rest before continuing if it starts to snap back.

Cover the pan(s) and let the dough rise until it's as thick as you like.

Sourdough Pizza Crust – Step 8

Toward the end of the rise, preheat your oven to 450°F.

Sauce and top each pizza as you like, but don't add cheese yet (this ensures a crispy crust). Bake thin-crust pizzas for 5 minutes before removing from the oven and adding cheese. For thick-crust pizza, bake for 10 minutes before removing from the oven and adding cheese. Return to the oven and bake for 5 to 7 minutes more, until the cheese is melted.

Sourdough Pizza Crust – Step 9

Remove the pizza from the oven and enjoy hot.

Sourdough Pizza Crust – Step 11

Storage information: Store leftover pizza, well wrapped, in the refrigerator for up to five days.

Tips from our Bakers

Don't have any starter? Here's a recipe for homemade sourdough starter. If you're making it from scratch, you'll need to feed it for 5 to 7 days before it's ready for baking. Want a head start? Purchase our classic fresh sourdough starter — it'll be ready for baking soon after it arrives at your door. Looking for tips, techniques, and all kinds of great information about sourdough baking? Find what you need in our sourdough baking guide.

Be aware of some sourdough dynamics here. The less-used your starter, the more liquid on top, the more sour it's likely to be; using a starter that hasn't been fed for weeks will yield a pizza crust that rises slowly, and tastes quite tangy. This type of crust is handy when you want to make dough in the morning, and have pizza ready for dinner. On the other hand, a starter that's fed regularly will yield a less-sour crust, one that will rise more quickly. This is a great "weekend" crust, as you can shape it at 8 a.m., and have pizza for lunch. Find more helpful tips in our blog post, Sourdough Pizza Crust.

Another way to bake: Instead of par-baking the crust, consider leaving off the cheese for the first two-thirds of the bake time. This allows liquid from the sauce and toppings to evaporate, concentrating their flavor. Melted cheese can act like a lid, trapping moisture and making dough soggy instead of crisp. After the edges of the pizza begin to brown, remove from the oven, add cheese, and return to the oven to finish baking.

Option 2: THE EASY PEASY WAY

For Pizza try Amy Jordan's recipe:

I will never make pizza any other way! 10" cast iron skillet in oven during Preheat to 450. Then add olive oil to coat and dumped in 2 cups of

straight discard. I flavored the discard by stirring in salt, Italian seasoning, granulated garlic and added a pinch, seriously just a pinch of baking soda just before spreading into pan. Put back in oven for 10 minutes and then took out and added toppings. Put back in oven to melt cheese (10 min+/-). Tasted like Pizza Hut Pan Pizza crust, only better. No mixing, no proofing, no wait. 20 minutes from start to stuffed!!!!



Instead of an ordinary pizza, load it with your favorite omelet ingredients. Baked dough for 10 mins, then add pizza sauce, spinach, red onion, tomato, ham, cooked and crumbled bacon, mozzarella, parmesan. A little sprinkle of cheddar cheese. Then poured scrambled eggs over the top. Placed it back in the oven for 10 more minutes and then broiled the top for a couple of minutes until the top browned. The crust got a little salt, garlic cloves, pinch of garlic powder. and a pinch of baking soda. The olive oil kept everything from sticking in my cast iron pan.

LITTLE SPOON FARM STRETCH AND TOSS PIZZA DOUGH

INGREDIENTS

SOURDOUGH PIZZA CRUST

scant ½ cup (100 g) sourdough starter discard
2 teaspoons (10 g) fine sea salt
2 tablespoons (30 g) olive oil
½ cup + 1 tablespoon (50 g) whole wheat flour
3 ¾ cups (450 g) all-purpose flour
1 ½ cups + 2 tablespoons (350 g) water (see notes)

PIZZA TOPPINGS

pizza sauce
homemade pesto
your choice of toppings

INSTRUCTIONS--THE NIGHT BEFORE

Add the pizza crust ingredients to a large mixing bowl and use your hands to mix until they are fully incorporated. Cover the bowl and allow the dough to ferment at room temperature overnight.

THE NEXT MORNING

Perform a set of stretch and folds. Wet your hand with water to prevent the dough from sticking. While the dough is still in the bowl, gently pull one side of the dough up and over itself. Turn the bowl and repeat this on all sides of the dough until you turned the bowl full circle.

Cover the bowl and place in the fridge, up to 36 hours until ready to bake. (The dough can be used at this point to make your pizza, the cold ferment is optional.)

THAT NIGHT

Remove the dough and let rest on the counter for 30 minutes to come to room temperature.

Divide the dough into 4 equal pieces and on a generously floured work surface, shape each portion into ball shape. Cover the mounds with a tea towel let rest 30 minutes.

Turn on your oven's broiler and heat a cast iron skillet over medium to medium-high heat. While the skillet is preheating, use your hands to press a ball of dough into an 8" circle on a floured surface. Use more flour as needed to prevent sticking. (If you find the dough difficult to shape into a pizza crust, let it to rest on the counter for 15 minutes in order for the gluten to relax.)

When the skillet is hot, lay the circle of dough onto the skillet. Immediately place the sauce and toppings on the crust and cook for 5-6 minutes or until the bottom of the crust is starting to char.

Once the bottom has turned brown and charred, transfer the cast iron skillet to the broiler to finish baking the top of the pizza 2-4 minutes. Remove, slice and serve hot.

NOTES

This recipe has been EDITED on 12-15-20 from the original, with the following changes: water- reduced from 1 ½ cup (375g) to 1 ⅓ cup + 2 tablespoons (350g). If you do not have an oven-safe or cast iron skillet, start the pizza on the stove-top in a non-stick skillet. (If it is not a non-stick skillet, spray a little cooking oil to prevent the crust from sticking.) When the pizza is ready to go under the broiler, carefully slide the crust onto a baking sheet to finish it.

Nutrition

Serving: 1crust | Calories: 541kcal | Carbohydrates: 100g | Protein: 14g | Fat: 9g | Saturated Fat: 1g | Sodium: 977mg | Potassium: 166mg | Fiber: 5g | Sugar: 1g | Calcium: 24mg | Iron: 6mg

FARMHOUSE ON BOONE RECIPE:

Sourdough Pizza Dough

Yield: 4 Crusts Prep Time: 20 Minutes Cook Time: 13 Minutes Additional Time: 8 Hours Total Time: 8 Hours 33 Minutes

Soft, chewy, and tangy, this sourdough pizza dough is the perfect recipe for those family pizza nights. Start the dough in the morning and it will be ready to bake up with your favorite toppings by the afternoon.

Ingredients

1/2 cup starter (113g)

4 cups flour (600g)

1.5 cups water (354g)

2 tsp salt

2 tbs olive oil (26.6)

Instructions

The morning of pizza night, add the ingredients to a stand mixer bowl.

With a dough hook, mix the dough on medium speed until the dough passes the windowpane test, which might take up to 10 minutes.

Place in an oiled bowl and cover with a lid or plastic wrap. Rest at room temperature for about 8 hours.

Preheat oven to 475.

	<p>Divide the dough into 4 equal sections and allow to rest while you prepare your toppings. Roll out on a lightly floured surface. I like to create a bit of a ridge around the outside for hand stretched thickness. Spread pizza sauce and top with your favorite toppings. Bake for 13-15 minutes (I like to use a preheated pizza stone or cast iron skillet but you can also use a pizza pan.). Finish off with a 3 minute broil to achieve the browning on top of the crust.</p> <p>Notes</p> <p>Be careful not to over-ferment the dough. This will leave you with a sloppy mess. If you can't bake it after 8 hours of fermentation, you can place it in the fridge to bake a later time.</p> <p>This dough can be made days or even weeks in advance. If you are planning to use it within a few days, place in the fridge in an air tight container until ready to use. Freeze the dough after rising for up to 2-3 months.</p> <p>This recipe is great for baking in the oven, a pizza oven, or even on a grill.</p>
<p>PRETZELS</p>  <p>TOP</p>	<p>There's nothing better than soft, chewy, warm pretzels from a street vendor — except possibly making them yourself, using this easy recipe. You can make these pretzels on a moment's notice, too: the recipe calls for sourdough starter straight from the refrigerator, no need to feed it first.</p> <p>Sourdough Pretzels</p> <p>3/4 cup + 2 tablespoons (198g) water 1 cup (227g) sourdough starter, unfed/discard 3 cups (360g) King Arthur Unbleached Bread Flour 1/4 cup (28g) King Arthur Baker's Special Dry Milk or nonfat dry milk 1 tablespoon (14g) granulated sugar or 2 tablespoons (18g) non-diastatic malt powder 1 tablespoon butter or vegetable oil 1 1/2 teaspoons (9g) table salt 2 teaspoons instant yeast</p> <p>Topping:</p> <p>1 tablespoon (14g) granulated sugar or 1 tablespoon (9g) non-diastatic malt powder 2 tablespoons (28g) water pretzel salt 2 tablespoons (28g) melted butter, optional</p> <p>Bake Mode</p> <p>Prevent your screen from going dark as you follow along. Prepare a baking sheet by spraying it with vegetable oil spray, or lining it with parchment paper. If you're not using King Arthur Flour's brand, grease the parchment with vegetable oil spray to make double-sure the pretzels won't stick.</p>

Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. Mix and knead the dough ingredients — by hand, mixer, or bread machine — to make a cohesive, fairly smooth dough. It should be slightly sticky; if it seems dry, knead in an additional tablespoon or two of water.

Cover the dough and let it rest for 45 minutes. It will rise minimally. Towards the end of the rising time, preheat the oven to 350°F.

Turn the dough out onto a lightly greased work surface, fold it over a few times to gently deflate it, then divide it into 12 pieces, each weighing about 2 1/4 to 2 1/2 ounces.

Roll each piece of dough into an 18" rope. Shape each rope into a pretzel.

Dissolve the malt in the water. Brush the pretzels with the solution, and sprinkle lightly with coarse pretzel salt.

Bake the pretzels for 25 to 30 minutes, until they're a light golden brown. Note: This is correct; there's no need to let the shaped pretzels rise before baking.

Remove the pretzels from the oven, and brush with melted butter.

Tips from our Bakers

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Want to make your pretzels even chewier? Substitute our high-gluten flour in place of the bread flour called for; no additional changes are necessary.

Alternate Recipe:

Keisha Rich I use Make It Dough.

I made a few changes. I added 1/4 cup sugar to the recipe, replaced the butter with oil and I use baking soda for the bath (NO LYE). You also have to play around with the amount of water. For 5 cups flour, I usually need to add a little more water to get the perfect dough. You may not need to add any extra water though.

After baking, I brush the hot pretzels with real butter

Soft Pretzels by "Make it Dough"

Dough

600 grams bread flour

282 grams water

75 grams active sourdough starter

28 grams unsalted butter softened

14 grams barley malt syrup

	<p>Lye Bath/Or, I prefer a Baking Soda Bath 900 grams cold water 28 grams food grade lye Topping Pretzel salt for sprinkling</p> <p>Make the dough: Dissolve the sourdough starter and barley malt syrup in the water. Stir the bread flour into the water mixture, a third at a time. The dough will feel dry, incorporate the butter into the shaggy dough and continue kneading until all of the flour is hydrated. Cover the bowl with plastic wrap and let dough rest for 1 hour. Strengthen the dough: Turn the dough out on a clean work surface and knead for 5 to 10 minutes. Developing gluten is key for chewy pretzels so make sure your dough is completely smooth before you stop kneading. Your dough shouldn't feel sticky, but if it does, coat your hands and work surface with a little bit of oil. Bulk fermentation: Round the dough into a tight ball and place it in a clean, lightly-oiled bowl. Cover the bowl with plastic wrap and let the dough rise in a warm place, untouched until doubled in volume, about 4 to 6 hours. Cold proof: Deflate the dough, round it into a tight ball. Cover the bowl with plastic wrap and let the dough rest in the refrigerator overnight. Pre shape the dough: The next day, divide the dough into 10 equal portions. Flatten the dough into a rough rectangle. Roll the dough tightly into a 6-inch log, cover the dough with plastic wrap and let it rest for 15 minutes. Shape pretzels: Working with one portion of dough at a time, roll it into an 18-inch rope with tapered ends. Grab the tips and form a U shape. Twist the ends twice, and flip them over. Tack the ends to the sides and place the shaped dough on a baking sheet. Final proof: Let the shaped dough rise uncovered at room temperature for 1 hour or until the dough looks puffy, but not doubled. Place the dough in the freezer for at least 30 minutes. Prep: Preheat your oven to 500 F. Line two baking sheets with silicone mats. Lye bath: In a large glass or stainless steel bowl, dissolve 28 grams of food grade lye in 900 grams of cold water, use a stainless steel whisk to make sure all of the lye has dissolved. Using protective gear, carefully dip the frozen pretzel dough in the lye solution and submerge for 15 to 20 seconds. Place dough on prepared baking sheets, at least 2 inches apart. Bake: Sprinkle pretzel salt on pretzels while the surface of the dough is still wet. Score the dough using a lame or a sharp knife. Turn the temperature down to 450 F and bake for 15 to 20 minutes or until the pretzels are evenly browned. Transfer the pretzels to a wire rack. Enjoy and store: Enjoy freshly baked pretzels warm with butter or sweet brown mustard. These are best eaten the day they are baked, store any leftover pretzels in an airtight container for up to 3 days.</p>
<p>PIZZA ROLLS</p> 	<p>PIZZA ROLLS</p> <p>120 Grams Starter 24 Grams water ¼ Teaspoon salt 120 Grams All Purpose Flour Cornstarch for rolling out the dough.</p> <p>Knead rough dough and let it rest for 20 minutes. Knead dough smooth and rest for 30 minutes. Roll the dough and cut into squares.</p> <p>Fill with finely chopped pepperoni, ½ cup mozzarella cheese, and about ¼ cup pizza/marinara sauce. (just enough sauce for the pepperoni and cheese to stick together.)</p>

	<p>Put a heaping teaspoon of filling on one square of dough and seal with water.</p> <p>Cook in the air fryer for 3 minutes at 350 degrees..or bake in the oven till toasted.</p>
<p>POP TARTS</p>  <p>TOP</p>	<p>https://littlespoonfarm.com/sourdough-pop-tarts-recipe/</p> <p>Strawberry Pop Tarts (From “Sourdough Geeks” Facebook Comments)</p> <p>My favorite is to put apple butter in them. Discard pop tarts are amazing!</p> <p>Ingredients:</p> <ul style="list-style-type: none"> 1 cup + 1 Teaspoon All Purpose Flour 8 tablespoons unsalted butter (cold) ½ teaspoon fine sea salt 2 Tablespoons granulated sugar ½ cup sourdough discard 1 teaspoon white vinegar <p>Filling:</p> <ul style="list-style-type: none"> ½ cup strawberry jam egg wash <p>Glaze:</p> <ul style="list-style-type: none"> ½ cup powdered sugar 1 teaspoon water <p>Instructions:</p> <ol style="list-style-type: none"> 1. To make the crust in a medium-sized mixing bowl, whisk the flour, sugar and salt, grate the cold butter, using a cheese grater into the flour mixture. Use a bench scraper or pastry cutter to cut the butter into the flour until it forms large crumbles. 2. Add the sourdough starter discard and vinegar to the mixture and use a fork to bring the dough together. Use your hands to bring the mixture into a cohesive ball and press into a rectangular shape. Add the teaspoon of cold water if the mixture is too dry. 3. Wrap the dough in plastic wrap and use a rolling pin to flatten the dough and smooth the edges. Let the dough chill in the refrigerator for at least one hour, up to twenty four hours. <p>Assembly:</p> <ol style="list-style-type: none"> 1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper. 2. Roll the dough into a rectangle with a 1/8 inch thickness on a lightly floured surface. Cut the dough into four long strips. Brush the edges with egg wash. 3. Add two tablespoons of filling to one side of each triangle and fold the dough over itself. Use a fork to press and seal the edges. Brush the egg wash over the top of each pop tart. 4. Place the pop tarts into the baking sheet and bake for 25 to 30 minutes, or until the crust is Golden Brown. Remove from the oven and place on a cooling rack. <p>For frosting I used powdered sugar, vanilla, strawberry jelly, and cream</p>
<p>PROOFING</p>	<p>The ultimate guide to proofing bread dough</p> <p>Credit to: The ultimate guide to proofing bread dough The Perfect Loaf</p> <p>In this guide to proofing bread dough, I'll walk through a challenging—yet critical—step in the sourdough bread-making process. Proofing is near the end of the entire process when shaped bread dough is left to ferment and rise untouched in preparation for baking. During this time—which varies based on the dough and temperature—fermentation continues to play the critical role of changing available sugars to organic acids and gasses to flavor and leaven the dough, all of which result in a loaf with ample volume and improved eating quality.</p>

What is Proofing Bread Dough?

Proofing bread dough, sometimes called a dough's second rise, final fermentation, or proving dough, is the step after shaping the dough before it's baked in the oven. During this time, the dough continues to ferment (with sourdough, instant or commercial yeast, or a combination) to build up additional acidity and increase volume.

8 steps to making sourdough bread proofing selected

Proofing bread dough is the step before it is baked in the oven.

What is the Difference Between Bulk Fermentation and Proofing?

The proofing step is often confused with bulk fermentation. Generally, both steps are concerned with letting the dough rest and rise as fermentation continues. But the key difference is that the proofing step takes place after the dough has been shaped into its final form before baking. So, the dough is no longer in a single, large mass as it is in bulk fermentation. Rather, the dough has been divided into smaller pieces, shaped, and then placed in its final proofing container to rise.

Bread dough just shaped and ready for proofing

Bread dough shaped as a bâtard and ready for proofing

What is the Best Temperature for Proofing Dough?

There is no best temperature when proofing sourdough bread dough; it all depends on the dough you're working with, the flavor and texture you seek, and your desired baking schedule. Generally, there are two types of proofing: same-day proofing at a warm temperature and cold proofing (retarding) for many hours.

1. Proofing bread dough at a warm temperature

Same-day proofing is where the shaped dough is left out at a warm temperature until sufficiently proofed. The amount of time the dough is left to proof at warm temperature depends on the dough makeup (the type of flour, water, and how much preferment was used) and the temperature at which it's proofing.

What happens when I proof bread dough at ambient temperature?

Less sourness

A more mild flavor profile overall that highlights the grain flavor

A harder to score dough since it's warm

How long is bread dough proofed at ambient (room) temperature?

Generally, and for most recipes you'll find here, the proofing time at warm temperatures will be between 1 1/2 to 3 hours.

Build Your Own Dough Retarder via @theperfectloaf

Dough proofing in the refrigerator.

2. Retarding bread dough (proofing at cold temperature)

Cold proofing, or retarding, is where the shaped dough is placed into the refrigerator (or a dough retarder) to let proof for many hours at a cold temperature (usually overnight). Then, the dough is typically baked straight from the refrigerator or after it's brought up to room temperature.

I often proof my sourdough bread dough in the refrigerator overnight because I find the baking schedule easier for the home baker. But in addition, I love the depth of flavor a long, cold fermentation brings to the final bread.

My Spelt, Rye, and Whole Wheat Sourdough Bread recipe is a great example of a loaf with incredibly deep flavor—contributed partly by a long, cold fermentation overnight.

What happens when I proof bread dough overnight in the refrigerator?

Potentially increased sourness

A more complex flavor profile

Easier to score since the dough is cold and firm

Potential crust blistering

How long is bread dough proofed at cold temperature?

Generally, the dough is proofed at a cold temperature for 8 to 16 hours, depending on the temperature. The period is commonly overnight for a home baker (and many professional bakers).

Read my guide to the importance of temperature in baking for more on why it's such an important factor when making sourdough bread.

Can I proof bread dough at room temperature instead of in the refrigerator?

Yes! If a recipe calls for proofing bread dough overnight in the refrigerator, it can be proofed on the counter at a warmer temperature for a shorter period. Rather than placing the dough in the refrigerator overnight, leave it covered on the counter for 1 to 4 hours until it's ready to bake.

Since the dough is proofed at room temperature, I find using the poke test a very effective way to tell when the bread dough is ready for the oven. When you poke the dough, a finger press should slowly spring back to fill in the indentation partly.

How long can I proof my bread dough in the fridge?

Generally, I like to proof bread dough in the fridge for 10 to 16 hours (usually overnight, baking it the next day in the morning). You can certainly leave the dough in the fridge longer than this, but know that the longer you leave the dough to proof at a cold temperature, the more sourness and less rise you will have in your sourdough bread. I've left bread dough for up to 48 hours in the fridge, and while the final loaf was sourer and had less rise, it was still incredibly delicious.

How many hours is “overnight?”

When baking a recipe with an overnight proof, the recipe will almost always call for retarding dough in the refrigerator. In this case, the recipe often ambiguously states to “proof the dough overnight.” The exact number of hours can vary, though, based on when the dough was first mixed (and more accurately, when the preferment was added to the main dough). For instance, if you started mixing the dough at 9:00 a.m. versus 5:00 p.m., the total proof time would be drastically different because the dough would be proofed longer in the refrigerator. In the end, I find little difference if the dough is proofed in the refrigerator between 10 to 16 hours or so.

However, if you find a dough that's sticky, slack, and spreads excessively when baking, it has likely overproofed and needs a reduction in the total fermentation time.

How can I stop overproofing my dough that's proofed in the refrigerator?

To fix a dough that's overproofed because it's been proofing in the refrigerator too long:

Mix the dough later in the day, so it goes into the fridge later

Cut bulk fermentation slightly short, perhaps 15 to 30 minutes

Proof the dough at a colder temperature. A typical home fridge is around 39°F (4°C); you could try a degree or two colder if you're able to change the temperature

Fully proofed sourdough shokupan bread

Sufficiently proofed sourdough shokupan, ready to bake.

How Long Should I Proof my Sourdough Dough?

The proofing time for bread dough varies based on the dough's makeup (amount of preferment, flour choices, and hydration) and the temperature at which it's proofed. The dough should generally be proofed for around 1 to 4 hours at a warm temperature or overnight (or more) at a cold refrigerator temperature.

As the proofing temperature increases, the total fermentation time will decrease.

While it's not completely a linear correlation, as shown below, the general idea holds that warmer dough ferments faster and colder dough ferments slower.

Ultimate Guide to Proofing Fermentation Time versus Dough Temperature

As dough temperature increases, total fermentation time decreases. A linear correlation may not be completely accurate, but it gives an idea of the relationship.

Here are my general guidelines for how long a dough needs to proof at various temperatures. This chart is most accurate for the types of doughs I make here, which are 100% naturally leavened (no commercial or instant yeast used), and in baker's percentages, and have a levain percentage around 16 to 20% to total flour weight.

Proof Time	Temperature	Example Location
1-2 Hours	80 Degrees F	Very Warm Kitchen or Proofer
2-4 Hours	74-76 Degrees F	Warm Kitchen
6-8 Hours	46 Degrees F	Dough Retarder
10-16 Hours	39 Degrees F	Home Refrigerator

Dough proof times at various temps. Note that there are a lot of assumptions with this chart but it is a good starting point.

Shaping buns and rolls

Soft sourdough rolls proofing directly in their baking pan. Keeping this, or any, dough warm speeds up the proofing process.

How can I speed up dough proofing?

By the time your dough is in its proofing step, you can speed up or slow down proofing by changing the temperature of the dough. By keeping your dough

warmer, you'll increase fermentation activity and reduce the time the dough needs to be sufficiently proofed before baking. There's a limit, though, and typically I'm not particularly eager to go above 85°F (29°C).

As proofing temperatures get too high, I find the dough becomes unstable and can quickly overproof (especially for high-hydration sourdough bread).

How to Determine When Your Bread Dough is Fully Proofed

To determine when your sourdough bread dough is ready to bake, there are two key components: first, you must take a holistic view of the dough formula and its process. Second, focus on key sights and textures as the dough nears the end of proofing.

1. Use instinct and experience and assess the formula and process

First, consider the recipe at hand. All of the following factors can increase fermentation:

the whole grain percentage of the dough

the amount of preferment

the final dough temperature (warmer means faster fermentation)

the temperature and duration for the final proof

Because these increase fermentation activity, they are key drivers for determining when to bake bread dough. For instance, if the temperature is high, say 80°F (26°C), it might mean you need to bake earlier than a dough that's kept at 78°F (25°C). Or, if the dough has a very high amount of preferment mixed in, the dough will need to be baked earlier (assuming all other pieces are equal).

Next, if you're following a recipe, use the recipe's timeline as a guidepost for how long proofing should last. Recipes here will always list temperatures for dough fermentation, so if your dough temperature is below the temperature listed in the recipe, expect that bulk fermentation or proofing will take longer. Conversely, bulk and proofing will take less time if the dough temperature is higher than listed in the recipe.

Then, assess the dough on hand in addition to looking at the formula and process with your experienced baker's eye.

Next, let's look at a few visual and textural things to look for.

Sufficiently proofed dough ready to bake. It has risen, relaxed, and passed the poke test.

2. Consider the dough's current state (visual and textural)

As you get farther into proofing, poke the dough periodically (using the poke test, below) to evaluate fermentation levels and determine the amount of fermentation in the dough and how much it's relaxed.

What should you look for when the dough is proofing? Look for some rise in the dough, large bubbles, airiness, and lightness. When you poke the dough, it should feel alive, soft, and extensible. The dough's texture will begin to break down as gluten is broken down while the dough proofs—and this is a good thing, to a point.

The dough needs to break down and relax outward, allowing it to rise with less restriction during baking.

If you've ever seen dramatic ruptures when baking underproofed dough, this is one reason: the dough hasn't had enough fermentation time to soften and become more extensible.

Next, use the poke test to get a good feel for how well-fermented the dough is.

What is "the poke test?"

The poke test is a technique where you poke proofing dough in its proofing container at several spots on top. Based on how the dough responds to your poke, you'll get a general idea of whether the dough has had enough fermentation time and is ready to bake.

Here's a look at what a poke with the poke test might mean: After poking the dough, the indentation... The dough is...

Springs back quickly Underproofed (poke test fails)

Springs back slowly, not completely filling back in Properly proofed (poke test passes)

Never springs back Overproofed (poke test fails)

Read through my comprehensive guide to the poke test here →

Does my dough have to double in size?

No, your dough does not necessarily have to double in size before it is sufficiently proofed and ready to bake. The rise in the dough is highly dependent on the dough's makeup, especially the hydration. You want to see some rise in the dough (which will vary based on the formula), showing signs of strong fermentation.

Exactly how much should my dough rise during proofing? 30, 40, or 50%?

If you're a frequent reader here, you'll know I don't give specific dough sizes during proofing (e.g., your dough is fully proofed when it gains 30% volume). Why? Every dough will rise differently depending on the flour makeup, the hydration, the dough strength, and how tightly you've shaped it. In my opinion, it's hard to give an exact percentage volume increase for every situation.

Instead of using how much a dough gains in volume as an indicator for baking, use your experience and intuition in combination with the poke test to determine when it's ready to bake.

Overproofed dough and the poke test

Using the poke test on overproofed sourdough bread dough. A finger press results in an indentation that never springs back.

What happens if I proof my dough for too long?

If you've overproofed your sourdough bread dough, you can bake as soon as possible, pivot, and use the dough as a base for focaccia, or drop it into a loaf pan and bake sandwich bread. In both cases, the pan used to hold the dough will help prevent it from spreading excessively in the oven, a common result with overproofed dough.

To make focaccia, gently scrape the dough out of the basket into a focaccia pan. Using wet hands, gently stretch the dough out to fit the edges of the pan. Then, drizzle olive oil over the dough, top with coarse sea salt and chopped rosemary, and bake!

What Does Underproofed, Properly Proofed, and Overproofed Bread Look Like?

Here are a few examples of loaves baked at various dough states. The first image is a dough baked too early and underproofed. The second (middle) image is a dough that was baked at the proper proof time (it passed the poke test). Finally, the last loaf has been proofed too long and should have been baked earlier.

What does underproofed bread look like?



Underproofed bread dough is simply dough that has not had enough total fermentation time: the time from where your preferment (such as a sourdough starter or levain) is added to the dough until baking...but let me say this.. they are all delicious, don't be so picky, you are already winning for making your own bread without all those toxic preservatives.

Explosive oven spring (rise) in the oven

An ear that potentially splits open (ruptures) excessively

A bottom-crust that may be "U" shaped rather than flat

Several scattered large holes with other areas tight and dense

How do I fix underproofed bread?

To fix underproofed bread, next time, give the dough more time to ferment before baking. This could mean additional time in bulk fermentation, proof, or a combination.

Sliced sourdough bread icon

What does properly proofed bread look like?

Properly proofed bread has had sufficient fermentation time but not too much. I like to call it the goldilocks of proofing. The bread dough is baked when sourdough fermentation has created ample organic acids and carbon dioxide gasses to flavor and leaven the dough. The result is bread with a tall rise, delicate structure, pleasant eating quality, and abundant flavor.

A controlled rise in the oven with a clean score (cut)

Even holes across the cross-section of a loaf

No large gaping holes (though these can also be due to errors in shaping)

What does overproofed bread look like?

Overproofed bread dough is dough that's had too much fermentation activity. This could be dough left to ferment for too long or dough that's fermented at too warm of a temperature for too long.

Lack of oven spring

An (interior) crumb with lots of little holes but not dense spots
Potentially a large hole up top near the crust

How do I fix overproofed bread?

To fix overproofed bread, bake it sooner to reduce total fermentation time. You can reduce the amount of fermentation in the dough by shortening the bulk fermentation time, the proof time, or a combination.

One tactic I've found to help avoid overproofing my bread dough is to take notes with each bake. Recording the formula, temperatures, and, ultimately, the durations for each bake help me spot trends and diagnose problems. Download my free baking notes page for help.

Whole Wheat Sourdough end of Proof

Proofing dough in 14-inch-long oval wicker baskets.

Everything You Need to Know About Proofing Containers

When you proof bread dough, it needs a container or other support while it continues to ferment and rise. The container can be anything from a clean kitchen bowl to a cane banneton to a wicker basket or even a large piece of sturdy cloth. And if you're baking a sandwich or pan loaf (like a Pain de Mie), the dough will be proofed directly in the pan and eventually baked inside.

The best baskets for proofing bread dough

Any bowl or basket will work well to hold bread dough during proofing, though some bowls and baskets work better than others. I like to use containers with little space to let the dough rise uninhibited. If you're working with a highly hydrated dough or one that is slack and weak, be sure the container is more tight-fitting so the dough doesn't spread too much.

An important consideration in choosing a proofing container is to be sure it's nonstick so the dough removes cleanly. To make it nonstick, use a flour sack towel or specially made liner, or dust it with white flour (more below).

Proofing baskets for round loaves

With round loaves, there's more wiggle room in how much dough you can fit into a basket because they rise above the rim if there's a bit too much, but as long as it doesn't overflow, there's no issue.

(After trying hundreds of bread-proofing baskets over the years, I've settled on a few I think are the best. I've linked the containers below in the tables.)

Dough weight	Round basket size	Example loaf
500 to 650g	8-inch round	
700 to 1,000g	10-inch round	Easy no-knead sourdough bread
1,100 to 1,300g	12-inch round	A large sourdough miche

Proofing baskets for oval loaves

Dough weight	Oval basket size	Example loaf
600 to 900g	10 or 11-inch-long oval	Jalapeño-cheddar sourdough bread

950 to 2,000g 14-inch-long oval Brown rice and sesame sourdough bread

How do you keep dough from sticking to proofing baskets?

The dough should remove cleanly and easily from a proofing basket (in this case, a banneton with a liner).

When bread dough is strong and shaped tightly enough, it will remove cleanly from the proofing basket. Dough sticking to a proofing basket is usually the result of dough that's under-strengthened, over-hydrated, or not shaped tightly enough. To keep bread dough from sticking to proofing baskets, be sure you don't over-hydrate your dough, mix or knead the dough sufficiently (I like using the slap and fold technique), and shape the dough tightly so there is a taut outer skin on the dough.

It can also help if you use cloth proofing basket liners, which helps the dough remove cleanly and also helps keep the baskets clean.

How do you remove dough from a proofing basket?

After your dough is fully proofed, tip the proofing basket over and assertively knock the basket on the counter to encourage the dough to fall out of the basket cleanly. If the dough is stuck at any point in the basket, gently scrape it with your fingers.

What is a banneton?

A banneton is a round, oval, or even triangular basket typically made from cane that's bent into shape. These baskets are sometimes lined with cloth but are often dusted with flour to impart a coiled effect on the proofing dough, which leaves a beautiful pattern on the final loaf.

What is a couche?

A couche, also called baker's linen, is a piece of cloth or canvas used to provide structure to proofing dough. A couche is often used to support ciabatta or baguette dough during proofing, but it can also be used for larger loaves that are oval or other unique shapes.

A couche is useful when proofing baguettes because the canvas can be folded to create wells for the long, thin baguette dough.

A couche will last indefinitely if well-cared for; I've had my pair for over ten years. Never wash or wet your couche. Knock out any excess flour and brush it to remove caked-on flour.

How to Proof Bread Dough in a Cold Kitchen

If your kitchen is cold, which is often the case in the winter, you'll notice slow fermentation activity and generally a sluggish dough. To keep dough fermentation on schedule (and for the best flavor and texture), we can use a few tricks in the home kitchen to keep the dough warm and fermentation strong in our bread dough.

Proof your bread dough in your oven with a light on

Also, when proofing bread dough in the oven, put a sticky on the outside that says: "DOUGH PROOFING, DO NOT TURN ON."

	<p>This is the easiest technique because most of us have an oven already! Turn on the interior light in your home oven and place your dough inside. It may not seem like it will do much, but that light can get hot and create a warm, insulated environment for your proofing bread dough. I also like to put a small thermometer next to my dough to be sure it doesn't get too hot (keep an eye on this, some ovens can get up to 100°F (37°C) with just that small light on!).</p> <p>Also, when proofing bread dough in the oven, put a sticky on the outside that says: "DOUGH PROOFING, DO NOT TURN ON."</p> <p>Proof your bread dough in a dough-proofing box How to use the brood and taylor dough proofer Perhaps the easiest way to keep your bread dough warm during proofing (your sourdough starter or levain, too) is to use a dedicated bread proofing box. This box lets you punch in the desired temperature to keep your dough at, and that's it, no fuss.</p> <p>Covering the Dough While Proofing I live in Albuquerque, New Mexico, at a very high altitude, and it's very dry here. But even if you're at a lower altitude and more humid environment, I always recommend covering the dough during proofing to ensure a skin—dried dough—doesn't form on top of the dough. If bread dough develops a skin on the top, it can harden off significantly, reducing the total rise in the dough.</p> <p>What should be used to cover dough while proofing? I cover proofing bread dough with large, reusable plastic bags (which are also handy for covering sheet pans and many other tasks). Any airtight cover will do the job here, though, and even something like a shower cap (yes, the hair shower caps) with an elastic band works well.</p> <p>Do I need to cover dough when proofing in the oven? Yes, I recommend covering your dough when proofing in a home oven. Even though a home oven will retain some humidity, it's not completely sealed. Cover your bread dough when proofing it in the oven to ensure it does not develop a thick skin on top.</p>
<p>PUMPKIN SPICE BREAD <u>TOP</u></p>	<p><u>Sourdough Discard Pumpkin Spice Bread [perfect for fall] - The Pantry Mama</u></p> <p>You'll need 100g of sourdough starter discard and 400g of pumpkin puree to make this delightful sourdough discard pumpkin spice bread. It's full of pumpkin flavor, with a little bit of tangy sourdough starter. A match made in heaven if you love all things pumpkin.</p> <p>Let's make some sourdough discard pumpkin spice bread!</p> <p>Preheat oven to 180C/350F. Lightly butter a loaf pan and set aside. In a large bowl, lightly whisk the eggs together. Now add oil, vanilla extract and sourdough starter and whisk together until they form a light batter. Now add all the other dry ingredients on top and stir thoroughly to combine. You don't want to over mix the batter, but stir it just enough to ensure all of the dry ingredients are moistened.</p>

Pour mixture into the prepared loaf pan. The batter for this sourdough pumpkin discard bread is quite runny, but don't worry, it will bake up just fine.
Bake at 180C/350F for around 1 hour. Baking time will depend on the size of your tin and your oven. I place the loaf pan on the middle oven rack in the oven for the best results. The sourdough pumpkin quick bread is cooked when a skewer is inserted into the center of the loaf and comes out clean. The top should be golden brown (it may crack a little bit but that's ok too).
Allow to cool for 30 minutes before removing from the tin. It's normal for the sourdough discard pumpkin spice bread to sink a little in the middle as it sets and cools.
After 30 minutes, carefully take the loaf out of the pan and sit it on a wire rack to cool before slicing.

How To Store + Freeze

This sourdough discard pumpkin bread recipe can be stored in an airtight container for up to 5 days. I actually think it tastes better after sitting at room temperature for 24 hours.

It's also perfect to freeze. Wrap the cooled loaf in parchment paper and then aluminum foil. Freeze for up to 3 months.

I always freeze this unsliced, although if you want to freeze slices, you could either package them in ziploc bags or place a sheet of parchment paper between each slice for easy removal.

SOURDOUGH DISCARD PUMPKIN SPICE LOAF - PINTEREST IMAGE

This super easy sourdough discard pumpkin spice bread can be prepared in just minutes! You need one bowl to mix it and a loaf pan to bake it. Simple ... and absolutely delicious!

Wet Ingredients

3 Eggs

400 g Pumpkin Puree (canned or homemade)

150 g Sunflower Oil (or other light flavored vegetable oil)

100 g Sourdough Starter (Discard or active starter)

5 g Vanilla Extract (1 tsp)

Dry Ingredients

200 g All Purpose Flour

110 g Brown Sugar

150 g White Sugar

5 g Baking Powder

5 g Baking Soda

2 g Salt (just a pinch)

1 tsp Pumpkin Pie Spice (see notes for alternatives)

1 tsp Cinnamon

Cook Mode

Prevent your screen from going dark

INSTRUCTIONS

Preheat oven to 180C/350F.

In a large bowl, lightly whisk the eggs together.

Add pumpkin puree, egg, sourdough starter and vanilla together in a bowl. Use a fork to whip these ingredients together to form a light batter.

Now add all the other dry ingredients on top and stir thoroughly to combine. You don't want to over mix the batter, but stir it just enough to ensure all of the dry ingredients are moistened.

Pour mixture into a buttered loaf tin.

Bake at 180C/350F for around 1 hour. Baking time will depend on the size of your tin and your oven.
 The sourdough pumpkin quick bread is cooked when a skewer is inserted and comes out clean.
 Allow to cool for 30 minutes before removing from the tin. It's normal for the sourdough discard pumpkin spice bread to sink a little in the middle as it sets and cools.
 After 30 minutes, carefully take the loaf out of the pan and sit it on a wire rack to cool before slicing.

NOTES

Loaf Tin Size - I have used a 1 Litre loaf pan (the same one that I use to make this sourdough banana bread). It measures 20cm long x 7cm high x 12cm wide (this measure 8" long x 3" high x 5" wide).

Pumpkin Puree - I have used homemade pumpkin puree but canned puree is fine too. Just remember to buy puree not pumpkin pie filling.

Pumpkin Spice - if you don't have pumpkin spice, just add an extra teaspoon of cinnamon with a pinch of nutmeg or you can make your own pumpkin spice using the recipe in this sourdough pumpkin waffles post.

NUTRITION

Calories: 437kcal
 Carbohydrates: 58g
 Protein: 6g
 Fat: 21g
 Saturated Fat: 2g
 Polyunsaturated Fat: 1g
 Monounsaturated Fat: 16g
 Trans Fat: 0.01g
 Cholesterol: 61mg
 Sodium: 365mg
 Potassium: 175mg
 Fiber: 2g
 Sugar: 34g
 Vitamin A: 7872IU
 Vitamin C: 2mg
 Calcium: 79mg
 Iron: 2mg

SANDWICH BREAD



[TOP](#)

Sourdough Sandwich Bread

Yield: 2 Loaves Prep Time: 20 Minutes Cook Time: 45 Minutes Additional Time: 16 Hours Total Time: 17 Hours 5 Minutes

Soft and fluffy sourdough sandwich bread is made with all purpose flour, sourdough starter, butter and a little honey.

1/2 cup butter (softened) or coconut oil (113 g)
 2 tbs honey or sugar (42 g for honey or 24 g for sugar)
 1 tbs salt (17 g)
 1 cup starter, active and bubbly (227 g)
 2 1/2 cups water (590 g)
 8 cups all purpose flour (1120 g)*

Instructions

To a stand mixer, add all of the ingredients. I like to add the flour last, so I can add a bit less or more depending on my starter's hydration.

Knead until dough is stretchy and smooth. You want it to pull away from the sides of the mixing bowl and be smooth and elastic – about 10 minutes. It should pass the windowpane test.

Allow to bulk rise for 10-12 hours in a warm place like on top of a stove or refrigerator.

Divide in two equal parts.

Shape by rolling the dough flat into a rectangle and rolling it up.

Add to parchment lined or buttered loaf pans.

Second rise for 2-4 hours at room temperature, or until doubled.

Bake at 375 for 45 minutes, or until golden on top. You can add an optional egg wash for more browning.

Allow to cool completely before slicing.

TIPS:

Butter (softened) or coconut oil – I prefer using butter for that savory buttery flavor. If you are wanting to make a vegan version, you can use softened (not melted) coconut oil.

Honey or sugar – I like to use honey since it is a natural sweetener.

Salt – This gives the bread so much flavor and skipping it will leave you with a tasteless loaf.

Sourdough starter – You want a nice active and bubbly starter to make bread. Starter that isn't ripe won't produce nice fluffy bread.

How To Make Sourdough Sandwich Bread

To a stand mixer, add all of the ingredients. I like to add the flour last, so I can add a bit less or more depending on my starter's hydration.

Knead until dough is stretchy and smooth. You want it to pull away from the sides of the mixing bowl and be smooth and elastic – about 10 minutes. It should pass the windowpane test. Grab a small ball of the dough and stretch it into a square. It should stretch thin enough to see through without breaking.

Tip: This isn't a super hydrated dough and won't be very wet like other doughs.

Allow to bulk rise for 10-12 hours in a warm place like on top of a stove or refrigerator. You can go longer if you want the benefit of the fermentation, but if it gets over-proofed the dough will turn into a sloppy mess!

In the summer, I ferment mine more like 8 hours but can get away with longer in the colder months.

Notes:

Scott Ross...wherever you are (sorry I lost the post to tag you in!), posted this sandwich loaf recipe and I can't thank you enough! This is the fourth recipe I've tried that finally has not failed, has exceeded my expectations, and I haven't even cut into it yet, but I can tell they're going to be stellar! Thank you!! Here's the recipe:

1 Cup starter

	<p>2 1/2 Cups Luke warm water 2 Tablespoons Honey 1 Tablespoon Salt 1/2 Cup Butter (softened) 8 Cups Unbleached All Purpose</p> <p><i>Flour</i>In a stand mixer:Add water and starter to mixing bowl and stir until incorporated.Next add honey, salt, and butter.Turn on mixer with dough hook(s) inserted and add flour a cup at a time.After all flour is incorporated, let it knead for 10 minutes or until dough is smooth and stretches (window pane) without tearing.Transfer dough to a greased bowl and cover with plastic wrap and let rise until doubled or a bit more.Turn dough out onto a lightly floured surface and divide into two portions.Press and stretch each portion as wide as your loaf pans are long, and long enough to roll up into a "log" and fold the ends under on the "seam" side.Place in greased or nonstick loaf pans and cover with plastic wrap to rise until over the top of the pan.Place in pre-heated oven at 350°F for 45 minutes. Remove from loaf pans and place on a rack to cool. Brush tops with butter while warm to keep crust soft.</p>
<p>SCONES TOP</p> 	<p>SCONES</p> <p>Why are my scones so dense? With different flours comes different levels of protein. Typically, if there is a higher protein level within a flour, the more dense the scone would come out. Overworking the dough: when you overwork your dough, your scones can come out tough and chewy, rather than that desired light, crumbly texture. The trick is to use light pressure and only work the dough until it just comes together.</p> <p>Basically, scones are like a biscuit but with eggs and sugar added. These two additional ingredients take the pastry from flakey, light, and relatively plain, to a more dense, airy, and sweet-but-not-overly-so.</p> <p>Ingredients</p> <p>Dry Ingredients</p> <p>2 cups all purpose flour (280 grams) 1/2 cup granulated sugar (100 grams) 1 tablespoon baking powder 1/2 teaspoons salt (2.5 grams) 1 stick (113 grams) unsalted butter, frozen (Freezing the Butter is Super Important) 1 cup mix ins (chocolate chips, blueberries, dried cranberries)</p> <p>Wet Ingredients</p> <p>1/2 cup sourdough starter discard (142 grams) 1 large egg 1 teaspoon vanilla extract (5 grams) 3 tablespoons heavy cream (45 grams) (milk can be substituted)</p> <p>Topping (optional)</p> <p>2 tablespoons heavy cream (30 grams) 3 tablespoons coarse sugar</p> <p>Instructions</p> <p>In a large bowl, combine flour, sugar, baking powder and salt. Grate frozen butter into the dry ingredients with a cheese grater and cut in with a pastry cutter. (You can also use your hands or a food processor). Add in the mix-ins and coat with flour. Set the bowl aside. In a separate bowl, combine the wet ingredients. Fold the wet ingredients into the flour mixture. Be careful not to overwork the dough.</p>

On a clean, lightly floured surface, roll the dough out into a circle about 8" in diameter. Cut the circle into 8 equal parts.
Place on a prepared baking sheet lined with parchment paper about 2" apart.
Put in the fridge for 30 minutes up to 3 days for a longer fermentation. They will not ferment much at 30 minutes, but after 3 days the grains should be nicely fermented.
When ready to bake, preheat the oven to 400°.
Brush the top of the scones with cream and sprinkle with sugar. (Optional)
Bake for 20-25 minutes or until golden brown.

Notes

The key is to keep the scones very cold before baking so they don't spread out. I put mine in the fridge for at least 30 minutes before baking.

Also, it helps to use frozen butter, cold cream, and cold eggs. This also helps to make the scones more flaky.

If you want to long-ferment these scones, there are two ways to go about this. See below for two examples.

Freeze them totally baked for an easy and special breakfast any day of the week. Just pop them into the oven to reheat.

How to make the perfect scone - our top 10 tips

My first 2 attempts at scones produced delicious but very dense results. Here are the tips I found to prevent DENSE Scones:

Fluffy and soft with a little crisp to the edges and top. The perfect scone doesn't come easy.

There are many little gritty things that can get in the way of achieving that all-buttery point of perfection. Equipped with these pointers, you will soon have yourself wondering whether you should be opening your own bakery.

1. Flour

Know what flour you should use! We recommend using all-purpose flour. There is some debate as to what flour one should use to go around achieving the perfect scone. This is because within different flours comes different levels of protein. Typically, if there is a higher protein level within a flour, the more dense the scone would come out. So what would you prefer? A thicker and denser scone or a lighter and fluffier one? If you'd prefer a thicker one, go for a self-raising flour or a bread flour. But if you'd prefer a lighter and fluffier scone, we'd recommend all-purpose or pastry flour.

2. Scales

Make sure to use a scale to measure your ingredients, scones can easily go wrong if measuring isn't done effectively. We recommend electric scales but manual scales are fine as well!

3. Don't forget to sift!

Be sure to double or even triple sift your flour, as it takes away the clumps in the flour allowing for more air pockets in the scone dough - the result being a fluffier and more crumbly scone. It's like washing your rice before you boil it, it's boring, but makes a world of difference to the end result!

4. Mixing

Always remember to mix the dry and wet ingredients separately. One mixing bowl for the dry ingredients and one for the wet ingredients.

5. Sugar amount

We are all a little tempted to add that extra splash of sweetness into our scones, but make sure you don't use too much sugar as it will flatten them! We recommend using a maximum of 100g of sugar per 250g of flour.

6. Frozen Butter

Perhaps the most important of them all - make sure to freeze the unsalted butter completely, and grate it before adding to your dry mixture! This allows the butter firstly to melt inside the mixture when baking creating a moist texture inside the scone, and secondly to not clump the butter in one certain place, creating air pockets for that lovely fluffiness. We advise to leave the butter in the freezer right up till you add it to the mixture ensuring it is as cold as possible.

When mixing in the grated frozen butter to the mixture, use a pastry cutter as it is best for ensuring a balanced mixture. If you don't have a pastry cutter, you can always use forks. Just make sure not to over combine the frozen butter with the dry ingredients. Leave it nice and crumbly.!

7. The thicker, the better

Instead of using milk, always use a thicker liquid like buttermilk, heavy cream, or in some recipes, greek yoghurt. Generally, most people tend to stick with buttermilk, but we recommend trying out all of them to see what's your favourite.

8. Don't overwork the dough!

When the wet and dry ingredients have been mixed, try to not overwork the dough, it makes the scones very tough and quite dry. Even if the dough looks crumbly, that's a good thing! It allows for those air pockets to help increase the fluffiness.

If the dough is too crumbly however, just add a touch of buttermilk, double cream or whatever thick liquid you're using.

If the dough is too sticky, just add a touch of flour but remember not to put too much!

9. Golden brown finish

For that lovely golden brown crisp finish, always brush the top of your scone with buttermilk or your chosen thick liquid. And for a sweet crunchy taste, add 1/2 tsp of coarse or granulated sugar on top of each scone before putting them in the oven.

10. Refrigerate before baking

Lastly, we recommend to always try to put your scones in the fridge for 15-20 minutes, or freezer for 5-10 minutes, just before baking. Scones are always best baked cold as it makes them rise better, and allows for the frozen butter to melt inside the scone whilst baking creating that fluffy moist texture.

And of course, don't forget to pre-heat your oven up to around 208°C whilst leaving them in the fridge or freezer.

SCONES RECIPE OPTION 2:

INGREDIENTS

250 ml cream

600 g Self-raising flour sifted

1 pinch Of salt

250 ml Soda water (or lemonade)

Optional Milk for brushing tops this will help brown and have them rise more

Optional Jam and whipped cream to serve

INSTRUCTIONS

	<p>Preheat oven to 220°C fan. Place baking paper in your baking tray (unless you have a good quality non stick pan).</p> <p>Place, flour and salt into a bowl and mix until combined. Gradually add the cream then sodawater and mix until the dough sticks together. It will look really dry at first but trust me it will come together. Turn out onto a floured board dust with a little flour. Not too much or you'll have dry scones.</p> <p>Press the dough into 3 cm thick square. Using a round floured cookie cutter, cut out your scones then arrange them in a grid the baking tray.</p> <p>Brush with milk (If you like) and bake in very hot oven 10-15mins (tops will brown just a little). Serve warm with jam, cream and tea.</p> <p>NOTES</p> <p>If you chose to use Soda Water, your scones will be less sweet and won't brown as much so be careful not to overbake and make them dry out too much. You can tell when they're cooked by gently prising the top off one in the centre of the tin if you are unsure. We've tested using soda water and cordial rather than lemonade. We always have elderflower cordial at the school for a refreshing drink during classes. So that got a taste test as well as rhubarb cordial. I think I liked the rhubarb the best. It gave a nice tang without being too sweet. If you choose to use soda water and no extra sugar; your scones can be served as a quick bread to serve with soup and the like.</p>
<p>STROMBOLI</p> 	<p>Sourdough Stromboli</p> <p>Alternate Recipe: Sourdough Pizza Crust Recipe King Arthur Baking</p> <p>And this one: Sourdough Stromboli Veggie Supreme and Meat Lovers – A Cup of Sugar ... A Pinch of Salt (cupofsugarpinchofsalt.com)</p> <p>Choose from a variety of vegetarian or meat-focused fillings, and bake up two strombolis in just 18 minutes. The sourdough can ferment in the refrigerator for up to two days, or you can mix up the dough same-day and let it rise at room temperature.</p> <p>Servings Two 12-16-inch stromboli</p> <p>Dough 400g bread flour (3 cups) 200g whole grain turkey red wheat flour (~1 1/3 cups)* 400g water (1 2/3 cups) 90g sourdough starter (1/3 - 1/2 cup) 14g olive oil (1 Tbsp) 10g salt (2 tsp)</p> <p>CHOOSE A FILLING OR CREATE YOUR OWN Sauteed spinach, salami, pecorino romano and mozzarella Sauteed broccoli, cheddar, Ground beef mix, basil</p> <p>Spinach Filling 1 9 oz bag of fresh spinach or 16-ounce bag of frozen spinach, defrosted and drained in a colander 3 cloves of garlic 2-3 Tbsp of olive oil 1/2 tsp salt 1/4 tsp black pepper 1/8 tsp nutmeg 1/2 - 1 cup shredded or chopped mozzarella 1/2 cup grated or shaved pecorino romano or parmesan 10-15 slices of pepperoni, salami, chorizo</p>

Broccoli Filling

1 bag of frozen broccoli florets
1/2 medium onion diced
2-3 Tbsp of olive oil
1/2 tsp salt (skip this if you use a salty meat and cheese in the filling)
0-1 tsp red pepper flakes (based on your spicy preference)
1/2 - 1 cup shredded or chopped medium cheddar

Empanada Inspired Ground Beef Filling

1 lb ground beef (90% lean if possible)*
1/2 cup chopped onion
2 cloves of garlic minced
3 Tbsp chopped sweet pickled jalapenos OR 1/2 cup chopped bell pepper**
2 tsp ground paprika
1 tsp ground cumin
1/2-1 tsp salt (less if you use pickled jalapenos and cheese, more if you skip the cheese and/or use bell peppers)
1/4 tsp ground black pepper

*If you use a higher fat content ground beef, you may want to saute it alone first and then drain off some of the fat to toss out or to use in place of some of the olive oil.

In a medium bowl, mix all the dough ingredients together until incorporated. Turn out onto a floured counter and knead just long enough to develop a ball, adding enough flour so that hand-kneading is possible.

Lightly oil your bowl, return the dough to the bowl and cover.

Let ferment 6-10 hours at room temperature, or longer if you put the dough in the refrigerator. The dough of the beef version was at room temperature for a few hours and then 48 hours in the refrigerator. The dough will be about doubled by the end of the bulk fermentation (see gallery).

Assembly

At the end of the bulk fermentation, begin preheating your oven to 450F with a pizza stone, baking steel, or baking sheet inside. I baked the veggie strombolis on a stone and the beef strombolis on a baking sheet to confirm both work fine.

Scrape the dough onto your counter and divide it in two pieces weighing ~550g each.

Shape the dough into two balls.

Let the dough rest for 10-20 minutes while you prepare two pieces of lightly floured parchment paper ~12"x14", a bowl with egg wash, and bowls with your fillings.

Take one of the dough balls, flour it on both sides, and roll/stretch it into an approx 10" x 12" rectangle that is about 1/4" to 3/8" thick. Transfer the rolled out dough to your floured parchment paper. Repeat with the second dough ball.

Divide the fillings between the two doughs, spreading the fillings down the center of each. Leave about 1/3 of the dough empty on both sides.

With a pair of scissors or a sharp knife, cut one-inch strips of dough, perpendicular to the line of filling, on both sides of the filling (see photo gallery).

Fold the cut pieces of the dough inward at a 45-degree angle, making sure to alternate left and right sides. Fold the ends of the tube upward and seal the dough.

Wash the top of the stromboli with a beaten egg and sprinkle sesame seeds if you want to.

Cut back one side of the parchment of one of the strombolis, so you can fit both on your pizza stone without overlap of parchment and stromboli.

Baking

With a pizza peel or an upside down baking sheet, transfer your strombolis (still on their parchment paper) to the preheated stone/steel/sheet and cook for 18-20 minutes. Rotate the strombolis about 10 minutes in if you notice varied browning.

	<p>Remove from oven and let cool on a rack about 15 minutes before cutting. Serving at room temperature is good also. The beef version can be more juicy so be careful of hot oil when transferring to the rack.</p> <p>Storage and Reheating When cool, wrap and refrigerate to prevent spoiling, particularly of the meat-containing versions. You can reheat the stromboli in the oven at 350°F for 15-20 minutes, depending on the size of your leftovers.</p>
<p>SUGARCUTOUTCOOKIES</p> 	<p>Sugar Cut Out Cookies by Farmhouse on Boone Sourdough Sugar Cookies - Farmhouse on Boone</p> <p>Sourdough Sugar Cookies Yield: 4 Dozen Cookies Soft, buttery, and sweet with a hint of tangy. This sourdough sugar cookie recipe is perfect for holiday baking. These cut out cookies can easily be decorated and are so delicious.</p> <p>4.6 Stars (120 Reviews) PRINT</p> <p>Ingredients 1 cup unsalted butter, room temperature 1 1/2 cups granulated sugar 2 eggs 1/2 cup sourdough discard 2 teaspoons vanilla 4 1/2 cups all purpose flour 1 teaspoon baking soda 1 teaspoon salt Royal icing 4 cups powdered sugar 6 tablespoons room temp water 3 tablespoons meringue powder</p> <p>Instructions Preheat oven to 350 F (unless long fermenting.) In a stand mixer with paddle attachment, cream butter and granulated sugar together for a few minutes until light and fluffy. Add the eggs in one at a time and mix until well incorporated. Add vanilla and sourdough discard and mix until just combined. Scrape down the sides a few times. In a separate bowl, combine the flour, baking soda and salt. Add the dry ingredients to the wet ingredients about 1/3 at a time, and mix until just incorporated. Divide the dough into two discs, and wrap with plastic wrap. Place the dough in the refrigerator for at least an hour or for 3 days for long fermentation. On a lightly floured surface, roll out to 1/4" inch thickness between two pieces of parchment paper. Use cookie cutters to cut out shapes. Bake for 8-10 minutes or until the edges start to golden. Allow to cool completely before icing. How To Make Royal Icing: In a stand mixer or large bowl add the ingredients. Using a whisk attachment (or a hand held mixer) whip together until peaks form.</p>

	<p>If the icing is too thick, add 1 teaspoon of water at a time until the right consistency is reached. If it is too thin, add powdered sugar a tablespoon or two at a time until the desired consistency is reached.</p> <p>Add to a piping bag with a tip (or just a ziplock bag with a small corner cut) and decorate the cookies.</p> <p>Notes</p> <p>Don't over mix the dough. Add in the flour mixture and stir until just combined.</p> <p>Refrigerate dough to help keep the cookie shape during baking.</p> <p>This recipe can be made the same day, or long ferment in the fridge for 3 days. Make it according to the directions below and then just keep it in the fridge for 3 days (up to 4 days) before rolling out and baking.</p>
<p>SUGAR DROP COOKIES</p> 	<p>Sugar Drop Cookies by "Make it Dough" Soft and Chewy Sourdough Discard Sugar Cookies - Make It Dough</p> <p>INGREDIENTS</p> <p>Cookie Dough</p> <ul style="list-style-type: none"> <input type="checkbox"/> 226 grams butter cold and soft <input type="checkbox"/> 250 grams cane sugar <input type="checkbox"/> 2 egg yolks <input type="checkbox"/> 75 grams sourdough discard <input type="checkbox"/> 1 teaspoon vanilla extract <input type="checkbox"/> 300 grams all-purpose flour <input type="checkbox"/> 10 grams baking powder <input type="checkbox"/> 6 grams salt <p>Coating</p> <ul style="list-style-type: none"> <input type="checkbox"/> 100 grams cane sugar <p>INSTRUCTIONS</p> <p>Prep: Preheat the oven to 350 F. Line 3 baking sheets with parchment paper.</p> <p>Make the dough: Combine the butter and sugar in a large bowl. Mix until no lumps remain. 226 grams butter, 250 grams cane sugar</p> <p>Add the egg yolks one at a time. Stir in the sourdough discard and vanilla until fully incorporated. 2 egg yolks, 75 grams sourdough discard, 1 teaspoon vanilla extract</p> <p>Fold the dry ingredients in until no traces of flour remain. 300 grams all-purpose flour, 10 grams baking powder, 6 grams salt</p> <p>Portion out the dough: Divide the dough into 18 large even portions (about 3 tablespoons each).</p> <p>Roll the dough in cane sugar and arrange them on your prepared baking sheet. 100 grams cane sugar</p> <p>Arrange 6 portions of dough on each baking sheet, ensuring they are evenly spaced. Avoid overcrowding the cookies.</p> <p>Bake: Bake for 12 to 14 minutes or until the edges begin to brown. Bake on the middle rack and only 1 sheet at a time. Chill the other baking sheets while you wait.</p> <p>Cool: Let the cookies cool and set completely on the hot baking sheet for 5 minutes before moving them to a wire rack.</p> <p>Serve: These cookies taste best at room temperature and even better the day after they are baked.</p> <p>Store: Store in an airtight container at room temperature for up to 5 days.</p>

	<p>TIPS These recipes were developed and tested using grams for precise measurements. To increase your chances of success, I recommend investing in a kitchen scale. I've included rough volume estimates (in tablespoons and cups), but they might not be totally accurate.</p> <p>Remember all ovens are unique, these recipes were tested in my oven which runs cooler than others. You might need to lower the temperature if your bake appears to be browning too quickly. Monitor your bake closely and make adjustments if needed.</p> <p>NOTES Sourdough discard and active starter will work for this recipe. Slice your butter into tablespoon-sized pieces to speed up softening. Use a large cookie scoop (3 tablespoon) to measure out even portions. The cookies will spread a bit, don't overcrowd your baking sheet. Only bake 1 cookie sheet at a time. Don't move your cookies right after they come out of the oven or they will break apart.</p> <p>NUTRITION Calories: 237kcal Carbohydrates: 33g Protein: 2g Fat: 11g Saturated Fat: 7g Polyunsaturated Fat: 1g Monounsaturated Fat: 3g Trans Fat: 0.4g Cholesterol: 49mg Sodium: 270mg Potassium: 24mg Fiber: 0.5g Sugar: 19g Vitamin A: 343IU Calcium: 41mg Iron: 1mg</p>
<p>TACO ROLLS</p>  <p>TOP</p>	<p>Thanks to the person who made an oopsie with her cinnamon rolls and gave us all the idea of taco rolls!</p> <p>I tweaked my regular cinnamon roll recipe and made these bomb taco rolls</p> <p>I used clever carrot cinnamon roll recipe, however I did not use the granulated sugar. Instead I added some taco seasoning, garlic powder and onion powder to the dough. Soft Sourdough Cinnamon Rolls - The Clever Carrot</p> <p>I followed the rest of the instructions and the next day after bulk fermenting, I cooked the meat with taco seasoning, let it cool off, mixed in some sour cream and spread on the rolled out rectangle dough. I sprinkled it with garlic powder, dehydrated onions and grated cheese. Rolled and did the rest of the instructions like the cinnamon rolls, and baked 40-45 minutes. At the end I sprinkled more cheese on top and baked another 5 minutes to melt the cheese. I doubled the recipe and used about 1.5 pounds of ground beef. Dip in some salsa and voila</p> <p>Description These soft, overnight sourdough cinnamon rolls are the perfect weekend or holiday treat! Made with a luscious sweet dough and a not-too-sweet cinnamon filing, they are guaranteed to be a huge hit.</p> <p>Ingredients Sweet Dough</p> <p>160 g (2/3 cup) milk, whole or 2% 28 g (2 tbsp) unsalted butter, melted (see notes below for variation) 1 large egg 100 g (1/2 cup) bubbly, active sourdough starter</p>

24 g (2 tbsp) granulated sugar
 300 g (2½ cups) King Arthur all-purpose flour
 5 g (1 tsp) fine sea salt
 cooking spray or oil, for coating
 Cinnamon-Sugar Filling
 28 g (2 tbsp) unsalted butter (see notes below for variation)
 100 g (1/2 cup) granulated sugar

3 tsp. ground cinnamon
 1 level tbsp. flour
 Glaze
 2 tbsp unsalted butter, softened
 ½ cup whipped cream cheese, room temperature
 ¼– 1/2 cup powdered sugar, sifted (add more if you like it sweet!)
 1–2 tbsp milk

Notes, Tips & Variations
 For a richer dough, increase the butter to 115 (8 tbsp) and use 360 g (3 cups) flour total. The texture is incredible.
 Make sure the melted butter and milk mixture has cooled slightly before making the dough. If it's too hot, the dough will become incredibly sticky like cake batter (I've experienced this many times). If this happens to you, don't worry- wait for the dough to cool down before adding more flour, if needed.
 Recent recipe update: to prevent the cinnamon sugar filling from leaking while the rolls bake, instead of using 28g (2 tbsp) of melted butter, combine 84 g (6 tbsp) softened butter with the rest of the cinnamon-sugar filling ingredients listed above.
 Cook Mode Prevent your screen from going dark

Instructions
Baker's Schedule
 Overnight Option: Make the dough in the evening and let rise overnight. The following morning, roll, cut and shape the dough. Rest for 1-2 hours (second rise) before baking.

As an alternative, after resting for 1 hour, cover the dough and chill until ready to use. Rest at room temperature before baking. The dough should be plump and puffy before baking.

Make-Ahead Option (Freeze): Place the cut & shaped cinnamon rolls into a parchment lined 9-inch springform pan. Cover with two layers of plastic wrap. Freeze until ready to use. The night before baking, remove the old plastic wrap and replace with fresh wrap (this prevents any condensation from dripping onto the rolls). Defrost overnight, about 10-12 hrs. at room temperature, approximately 67 F. Bake the following morning as directed.

Make the Dough
 In the evening: Combine the melted butter and milk in a small bowl. Cool slightly before using.
 Add the egg, sourdough starter, and sugar to the bowl of a stand mixer fitted with the paddle attachment. Mix to combine. With the machine running, slowly pour in the milk mixture. Add the flour and salt. Continue mixing until a rough, sticky dough forms, about 1 minute. Scrape down the sides of the bowl. Cover with a damp towel and let rest for 30 minutes.
 After the dough has rested, switch to the dough hook. Knead on medium-low speed for 6-8 minutes (I use #2 or #3 on my stand mixer). The dough should feel soft, supple and pull away from the sides of the bowl when ready. If it's too sticky add a small bit of flour.

Bulk Rise

Transfer the dough to a medium-size bowl coated in butter. Cover with plastic wrap. Let rise overnight until double in size, about 8-12 + hrs. @ 67-68 F, depending on temperature.

Stretch and Fold the Dough (optional step): about 30 minutes- 1 hr. into the bulk rise stretch and fold the dough: grab a portion of the dough and stretch it upward. Fold it over toward the center of the bowl. Give the bowl a 1/4 turn; stretch and fold the dough again. Continue this technique until you've come full circle around the bowl (4 folds total). For video guidance, click here. This optional step will increase the overall volume of the rolls and aerate the dough.

Roll the Dough

In the morning: Line a 9-inch springform pan with parchment paper. I like to scrunch the paper into a ball first, open it up, and then line the inside with enough excess to hang over the sides for easy removal. It tends to fit better this way.

Lightly oil and flour your countertop to prevent sticking. Coax the dough out of the bowl. Gently pat into a rough rectangle. Let rest for 10 minutes for easier rolling.

Dust the dough (and your rolling pin) with flour. Roll the dough into a 16 x 12-ish rectangle using a tape measure for accuracy. If the dough resists, let rest for 5-10 minutes and try again.

Make the Cinnamon-Sugar Filling

If using the softened butter variation (listed in the notes above): add 84 g (6 tbsp) softened butter to a small bowl. Mix with the sugar, cinnamon and flour. With an offset spatula, spread onto the dough, leaving a 1/2-inch border around the edges.

If using the melted butter version: brush the entire surface of the dough, including the top, bottom and sides with 28 g (2 tbsp) melted butter. Use all of it. Combine the sugar, cinnamon and flour in a bowl. Sprinkle the mixture onto the dough leaving a 1/2-inch border around the edges. Smooth it out with your hands until it looks wet and sandy.

Shape & Cut the Dough

Starting on the long side of the dough (16-inch), roll it into a log pressing down gently as you go. Take your time with this step. The log needs to be tight so the swirls stay in tact. You should end up seam side down. TIP: if the dough starts to get sticky from the heat of your hands, lightly oil or flour your fingertips, take a deep breath and try again.

Cut the dough into 2-inch sections using a oiled knife or bench scraper. I lightly "mark" the dough first to make sure each piece is roughly the same size.

Second Rise

Place the rolls into the lined pan and let rest for 1- 2 hours, or until the dough puffs up. Alternatively, if you'd like to chill or freeze the rolls, please refer to the "Make-Ahead" option in the Baker's Schedule at the top of this recipe.

Bake the Cinnamon Rolls

Preheat oven to 350 F. Bake the dough onto the center rack and bake for 35-40 minutes (check at the 30 minute mark). The tops should turn light golden brown when ready.

Remove from the oven and cool in the pan for 15 minutes. This helps the butter to absorb back into the dough. Then lift up the rolls, while still on the parchment paper, and transfer to a wire rack.

	<p>Make the Glaze While the rolls are baking or cooling make the glaze. Add softened butter, whipped cream cheese and sifted powdered sugar to the bowl of a stand mixer. Beat until smooth, thinning out the consistency with a little milk as needed. The ingredients must be soft and at room temperature for best results.</p> <p>To serve, top the rolls with some of the glaze or lightly dust with powdered sugar. These rolls are best enjoyed slightly warm on the same day they are baked.</p>
TERMS	<p>ACTIVATION The process of creating a lively, vibrant sourdough starter either through refreshing a refrigerated starter or rehydrating and awakening a dehydrated starter. The goal of activation is to have a starter that peaks in activity and volume within 6-8 hours, indicating a high level of rise power for use as leavening.</p> <p>ALVEOLI Alveoli is a bread term that refers to the gas bubbles or pockets in the crumb of your bread. Many sourdough bakers strive for large alveoli in their bread, however this is not always the case. Large alveoli can be achieved by getting the right combination of fermentation, time and temperature.</p> <p>AMYLASES Amylases is an enzyme that converts starches to sugar. You will hear it talked about in relation to flour. The amylases convert the starches in flour to sugar to feed the yeast.</p> <p>AUTOLYSE This can also be referred to as the premix or fermentalyse. Traditionally, autolyse refers to the mixing (and then resting) of the flour and water - without the sourdough starter. Many recipes use the term for mixing and allowing the flour to absorb the water. It's the first step in mixing the dough for a sourdough loaf.</p> <p>BAKER'S PERCENTAGES Baker's percentages are a little different to the percentages you might be used to. When talking about baker's percentages, flour is always 100% and all other ingredients are a percentage of that. Baker's percentages make scaling a recipe up or down very easy.</p> <p>BAKING TIMELINE Baking timeline refers to the schedule you follow as you prepare and bake sourdough bread. Because sourdough relies on wild yeasts and natural fermentation, the baking timeline or schedule is a lot longer than yeasted breads.</p> <p>BANNETON A banneton is basically a shaping container used to ensure the dough retains its shape during the cold retard. Bannetons are made from rattan or cane and need to be floured to ensure the dough does not stick. Rice flour is best for this. Bannetons come in various shapes and sizes so you can choose the one that suits the type of loaf you'd like to bake.</p> <p>BATARD Batard is a French word for an elongated or oval shaped loaf of bread. Different to a baguette, a batard is usually wider and shorter.</p> <p>BELLY The belly of a loaf of bread is the rounded surface that opens up during baking. You generally want a large belly as this signifies superior oven spring. A good belly is usually present alongside a sourdough ear.</p> <p>BENCH REST Bench rest refers to allowing the dough to rest and the gluten to relax. Dough is usually laid directly onto the kitchen counter or "bench" for this. Dough can have bench rest after pre shaping for example. The dough relaxes and is then ready for shaping. Bench rest can also refer to dough that has been shaped, but is not going to be cold proofed. Bench rest can be used instead of "proofing".</p>

BIGA Biga isn't really a sourdough term, however you will hear it mentioned from time to time. Biga refers to a portion of pre fermented dough made with commercial yeast. It has origins in Italy and is often used for Cibatta in order to add a depth of flavor (similar to that of a sourdough starter).

BLISTERS Sourdough blisters refer to the blistering on the crust of sourdough bread. It's often associated with the San Francisco style of sourdough and comes from a long cold fermentation.

BOULE Boule is a French word for a round loaf shape. It is one of the most common loaf shapes for baking sourdough.

BULK FERMENT This is the part in the sourdough process where all the magic happens. It's where your dough does majority of it's fermentation. It's called bulk fermentation because the dough ferments as one "bulk" mass before being divided and shaped. It is sometimes referred to as the "first rise". This is the part of the process that can make or break your loaf. Too short and your bread will be under fermented. Too long and your dough will be over fermented. Bulk fermentation is complete when the dough has just doubled, is domed on the top and is light and pillowy. You'll see bubbles formed underneath the dough. Dough is perfectly fermented with a domed top, slightly tacky.

CAMBRO CONTAINER A straight sided, plastic container with a tight fitting lid that is often used in professional restaurants. It is used in sourdough baking for accurate bulk fermentation because the straight sides allow you to see when the dough has doubled more easily. You can see how to use a Cambro Container for sourdough baking here.

COIL FOLDS This is another method of strengthening the dough and developing the gluten network. Coil folds require you to put your hands under the middle of the dough and stretch it upwards and then flap it over itself. It's regarded as quite a gentle way to handle the dough, while still developing gluten.

COLD RETARD This is often referred to as the second rise, cold ferment, cold proof or cold retard.

It happens after the bread has been shaped and placed into the banneton or shaping container.

Even though it is sometimes referred to as the second rise, it's not actually meant to rise your dough. It is a "retard" meaning it slows the fermentation process. The yeasts are not very active at low temperatures, however the bacteria that develop the flavor of the bread are still active.

The cold retard can be used to develop the sourness of your bread. It can also be used to manipulate the timing of your bake. You can read more about the cold retard here.

COUCHE Couche refers to a piece of heavy linen fabric used to support shaped loaves in their final proofing. It is most often used for baguettes.

CRUMB Crumb this refers to the inside of the bread and the texture that it has when you cut it open. You'll hear people refer to it as open crumb or tight or closed crumb. Open crumb is much sought after, however a more closed crumb can be just as tasty (and the butter doesn't run through haha). You can see what sourdough bread should look like here. See also alveoli.

CRUMB SHOT The crumb shot refers to a photo of a cross section of sourdough bread. Many people share crumb shots to show off their crumb (particularly if they've achieved a

lacy or open crumb). Crumb shots are also shared for troubleshooting and analysis to solve any issues that the baker has with their bread so they can improve for next time.

DANISH WHISK A Danish whisk or dough whisk is specifically designed for mixing dough and can be very handy for the initial mix of sourdough - prior to autolyse. Dough whisks have either a wooden handle or stainless steel handle.

DEGAS To degas means to push all the air and gas bubbles out, flattening the dough. Degassing is a process associated with sandwich breads - but you don't want to degas traditional sourdough bread as you will lose the beautiful open crumb. This sourdough sandwich bread uses a degassing process.

DIATASTIC MALT POWDER Diastatic malt powder is produced by sprouting barley, letting it dry and grinding it up. This powder can then be used in baking bread. Adding a small amount to the dough will assist in give you better oven spring and a deeper, darker crust. Enzymes in diastatic malt convert starch in flour into sugars to feed the yeast, giving you better rise and a browner crust.

DISCARD Discard refers to the process of removing a portion of unfed starter from the jar before you feed your sourdough starter. The portion that is removed is then referred to as "discard".

DUTCH OVEN A vessel in which to cook sourdough. Dutch ovens are generally heavy based, cast iron pots with lids. Dutch ovens can be used to cook a variety of foods but they have become popular for sourdough baking because of their ability to trap steam and giving the bread superior oven spring.

EAR A sourdough ear is the flap of crust that lifts up during baking. It has become very sought after in recent times, however it has no real bearing on taste or success of the loaf. You will also hear people refer to "bread bunnies" in relation to the sourdough ear because when the bread is cut it, the slices look like little rabbits with ears. A sourdough ear does generally signify good oven spring, however it is possible to have oven spring without an ear.

ELASTICITY / EXTENSIBILITY Elasticity and extensibility refer to the stretchiness of the dough. Sourdough is generally a very elastic dough and should be quite extensible while stretching and folding. Its elastic qualities come from the gluten networks which are developed throughout the folding process.

ENRICHED DOUGH Enriched dough refers to sourdough that has been enriched with fats and oils. Milk, butter, olive oil, sugar and egg are usually used to enrich dough. Doughs that have been enriched with eggs and butter are usually more yellow in appearance. These Sourdough Hawaiian Bread Rolls are examples of enriched dough.

FERMENTALYSE Fermentalyse refers to a type of autolyse that includes both the starter and the salt (as in my basic recipe). Rather than prolonging the autolyse, it is common practice to add flour, water, salt and starter together.

FEEDING The process of adding flour and water to the sourdough starter to keep it active and healthy. This is usually done at least once per day, if the starter is kept at room temperature. For starters kept in the refrigerator, it only needs to happen once a week.

FLOAT TEST The float test is performed by putting a teaspoon of sourdough starter into a glass of water. If it floats it's said that it's ready to bake bread with. If it sinks, you need to work on building your starter a little longer. There is much controversy over whether this

test is accurate because you need to perform the test at the right time in your starter's rise cycle for it to be accurate.

Sourdough float test - hand holding glass of water with a spoonful of sourdough starter floating on top. An active starter that is ready to bake with should float when placed in a glass of water.

FLOUR The main constituent of bread, derived from ground grain. In many recipes, all-purpose flour is generally meant when the word "flour" is used. Bread flour and various gluten-free flours are also used in sourdough baking but are generally specified as such in the recipe.

FRESH STARTER A sourdough starter that has been recently fed and appears active and bubbly. This is the stage most desirable going into baking with your sourdough starter.

GLUTEN Gluten occurs as a result of two proteins found in grains like wheat. Gluten is what gives bread its elasticity and the network of gluten allows your dough to trap the carbon dioxide that the yeast produces. It's this gas, held inside the gluten network, that causes your bread to rise.

HOOCH Hooch refers to the liquid which can form on the top of a hungry sourdough starter. It can form on top of, underneath or even in the middle of your starter. It's relatively harmless and is the result of the bacteria and yeast eating all of their food and excreting waste. It will smell like alcohol or even nail polish remover.

HYDRATION Hydration refers to the amount of water in your dough or how hydrated it is. You can work out the hydration of a loaf by dividing the amount of water by the amount of flour then multiplying by 100. This will give you the percentage of hydration. Lower hydration doughs tend to be easier to work with (around 50 - 70%). Anything above 80% is considered high hydration and can be more difficult - but not always.

KNEADING The process of flour hydration and gluten development through movement. By stretching the dough upon itself, often on a lightly floured work surface, the gluten is activated and a smooth, elastic dough develops over a period of 5-15 minutes.

KAHM YEAST Kahm yeast is a harmless yeast which can develop on the surface of your sourdough starter. It's not ideal but can be scraped off the top.

LACTIC ACID Lactic acid is an organic acid produced by the bacteria in your sourdough starter. Lactic acid is responsible for lowering the PH of your sourdough starter and keeping the bad bacteria at bay.

LACTOBACILLI The bacteria present in many fermented foods that produce lactic acid which gives sourdough bread its characteristic tang. Lactobacilli also work to raise the bread through the production of carbon dioxide, a by-product of the fermentation process.

LAME Lame is a french word referring to the piece of equipment you use to score sourdough with. Specifically, the lame refers to the "handle" that the razor blade is placed into. You can purchase a basic lame, like this one for around \$10. You can also find decorative lames like this one which are also popular.

LAMINATION This process refers to stretching the dough out into a thin sheet on a wet counter before folding it up again. It is performed to create layers in the dough. Lamination is often used to add flavors to sourdough and in baking croissants. Lamination is performed during the bulk fermentation. It's generally considered a more advanced technique because

you have to stretch the dough out without tearing it, so it must have optimal gluten development. Lamination is generally easier with a higher hydration dough.

LEVAIN Often levain is used interchangeably with sourdough starter, however a levain is generally an offshoot of your starter. You take out some of your starter and "build" your levain for a specific recipe. Not all recipes use levains, however you will come across this term quite often when researching sourdough bread. Can also be referred to as leaven.

LEAVEN / LEVAIN A sourdough leavening agent made from a sourdough mother culture. This technique is often employed to boost the yeast activity of the sourdough starter by feeding a small amount of starter a larger quantity of flour and water. For instance, if a recipe calls for 1 cup of sourdough starter, a leaven can be prepared 8-12 hours before the dough will be mixed by combining 1 Tablespoon of sourdough starter with ½ cup flour and a scant ½ cup of water. This leaven can then be used as the sourdough starter and will be quite active come baking time.

LONG FERMENTATION Refers to a slower, cooler fermentation over a longer period. This is often 8-24 hours but, with refrigeration, can be even longer. Preferable for those who prefer a tangier bread or the health benefits that go along with a longer fermentation. Often coincides with a small quantity of starter being used in the recipe.

MAILLARD REACTION Maillard reaction is a bread term which refers to a chemical reaction between amino acids and reducing sugars. It gives browned food its distinctive flavor. The Maillard reaction gives bread its distinctive brown color when it's baked. It's the same reaction that makes bread golden brown when it's toasted.

MAINTAINING A STARTER The act of caring for or feeding a sourdough starter in order to maintain its health and vitality. Because a sourdough starter is a living entity with bacteria, yeasts, and other microorganisms, starters need regular feedings and temperature considerations in order to stay alive and healthy.

MOTHER or MOTHER CULTURE This usually refers to your sourdough starter. It indicates the "original sourdough starter" from which a levain or leaven is made. A sourdough mother is used to create offshoots (called levains or builds) that are used to rise sourdough bread.

OVEN SPRING Oven Spring is the goal when you bake - for your loaf of sourdough to burst up, to bloom in the oven and give you that gorgeous puffiness. Oven spring can only occur if the yeast in your dough still have a bit of energy left. It's quite a skill to ensure your loaf of sourdough has the perfect bloom when it hits the oven.

PASTRY FLOUR A wheat flour generally lower in protein content than all-purpose or bread flour. This type of flour produces a tender crumb and is more suited for pastries like pie crusts, pancakes, muffins, and cookies than high-elasticity bread loaves.

PEEL A baking peel refers to a wooden board used by bakers to transfer loaves to and from the oven. It can also be referred to as a baker's peel or transfer peel.

PHYTIC ACID Phytic acid is an acid contained in the endosperm of grains which reduces the availability of some minerals when we eat the wheat. The lactic bacteria in sourdough breaks down this phytic acid, making these minerals more bioavailable. This increases the nutritive value of the wheat, making sourdough bread more nutritious for us.

POKE TEST This test refers to testing whether your bread has fermented sufficiently and is ready to bake. Basically you follow the rules below:

****Under proofed** - you push your finger on the dough and it springs back very quickly, filling the indent.

****Over proofed** - you push your finger on the dough and it leaves an indent that does not fill back up.

****Perfectly Proofed** - you push your finger on the dough and it leaves an indent that slowly starts to fill back in, but not fully.

As you develop your "sourdough instincts" you'll start to get a feel for the dough and when it's ready to go!

PRE FERMENT A pre ferment is a portion of dough that is made hours before so that it can ferment. The pre ferment is then added to the dough. It adds a deeper flavor.

Preferments can be made using sourdough starter, levain or commercial yeast.

It can get confusing as this is also referred to as a levain or leaven. Sourdough starters and levains are both examples of preferments.

PROOFING Proofing is often used interchangeably with fermenting however they do not mean the same thing. Proofing refers to the "second" period of fermentation after shaping the dough. You can cold proof (see cold retard below) or you can proof at room temp (this is a much shorter process than the cold proof). Because bulk fermentation and proofing are different - sourdough can be well fermented but under proofed.

QUICK BREADS Those breads, often sweet in nature, that are usually leavened with chemical leavening agents such as baking soda or baking powder. Pumpkin or banana bread loaves, muffins of all types, and pancakes are common baked goods known by this name. Using sourdough starter, these breads can be made with or without a period of fermentation.

RESTING Generally refers to letting the dough rest between folding or shaping. Resting the dough allows the gluten to relax and makes it much easier to work with.

For example, you let the dough rest between sets of stretches and folds. If you are doing a pre shape, you'll let the dough rest before moving into final shaping.

RUSTIC SOURDOUGH BREAD Rustic sourdough bread is a no knead, no fuss recipe that focuses on the flavor of the bread, rather than the aesthetics. It's the kind of sourdough bread you'd find on a farmhouse table. It's often made with whole grain flours and a whole lotta love! You can find my recipe for rustic sourdough bread here.

SCOBY Scoby is actually an acronym which stands for "symbiotic culture of bacteria and yeast" which is exactly what your sourdough starter is. You may also hear scoby being used when talking about kombucha. Did you know it's actually possible for a sourdough starter to grow a scoby?

SCORING Also referred to as slashing, scoring refers to making cuts in the dough to control where the dough will open up. Scoring can be simple, with just one very deliberate slash across the surface of the dough or it can be decorative. Scoring can be a way of putting your own personal mark on your dough. Scoring is best done with a sharp razor or bread lame.

SECOND RISE When baking sourdough, a second rise refers to a period after the bulk ferment when you allow the dough to rise again for a second time. This is common in

recipes that do not retard the dough. Breads like sourdough sandwich bread, dinner rolls and hot cross buns all utilise a second rise before the dough is baked.

SHAPING Shaping refers to the part of the sourdough process after the bulk fermentation where you shape your fermented dough into the type of loaf you desire. Shaping can take practice and requires some skills to get right. A silicone and stainless steel dough scraper can be handy tools when you are shaping sourdough. Common sourdough loaf shapes include boule, batard and baguette.

SHORT FERMENTATION Refers to a faster bread fermentation of 3-8 hours. Preferable for those looking for sourdough bread in a hurry, those in warmer climates, and those who prefer their sourdough with a bit less tang. Often coincides with a larger quantity of starter being used in the recipe.

SLASHING Cutting the outside of the dough with a very sharp razor or knife just before baking. This practice accomplishes two things. First, it can be used as a decorative element on breads, to create a signature look, or to create a design to help bakers of many loaves to tell one from the other. More importantly, however, slashing is used to help a bread expand in the oven without exploding, cracking, or creating unsightly bulges. Slashing both reduces the unpredictability and increases the loaf's ability to expand once it meets a hot oven.

SOURDOUGH A type of bread made from a natural leavening agent known as a sourdough starter. Sourdough is made tangy by the lactobacilli present in the sourdough starter, hence its namesake.

SOURDOUGH DISCARD Sourdough discard refers to unfed starter which is removed from the jar before you feed your sourdough starter. It can be used to bake a myriad of things including pizza dough, crumpets, English muffins or even discard sourdough bread! Find out why sourdough discard isn't actually as wasteful as you might think here.

SOURDOUGH STARTER A sourdough starter is a collection of wild yeast and bacteria that are used to raise bread. In fact, it's actually a SCOBY - a symbiotic culture of bacteria and yeast. The yeast and bacteria eat the flour and water and create gas (carbon monoxide) which rises your bread. It's a living culture and needs to be fed regularly, much like a pet. It can also be referred to as a starter culture or mother culture. There are many different types of sourdough starters including stiff starters and chocolate sourdough starters.

STARTER / STARTER CULTURE / SOURDOUGH STARTER A mixture of flour and water used to leaven bread that contains bacteria, yeast, and organic acids. Made either by inoculating with an established colony of bacteria or by capturing wild bacteria and yeasts over a longer period.

STRETCH AND FOLD This is a method of moving the dough around in such a way that it strengthens the dough and develops the gluten in the dough. Stretching and folding is done in place of kneading the dough. You basically stretch the dough out and then fold it over itself. You do 4 stretch and folds per set by working your way around the dough in a clockwise direction. You'll find more information on stretching and folding (including a how to video) in my guide to baking simple sourdough.
stretching and folding in the oats

TENSIONING Tensioning refers to the process of creating tension across the surface of the dough during the shaping process. This makes scoring easier and facilitates the best oven spring.

VITAL WHEAT GLUTEN Vital Wheat Gluten (VWG) is basically made from gluten, the main protein in wheat. It is a powder that is added to flours to increase their protein (and

	<p>therefore gluten formation) content. VWG can be added to All Purpose Flour to create bread flour.</p> <p>WINDOW PANE TEST This is the test that is used to check for optimal gluten formation. It's performed during stretch and fold or kneading to find out whether more is needed or if the dough can be left to bulk ferment. To perform the test you need to take a small piece of dough and stretch it gradually between your fingers to create a "window pane". If the dough stretches without breaking the gluten has developed sufficiently. If the dough tears, then more development is needed.</p> <p>Take a small ball of the dough and stretch it into a square. Keep on stretching until it becomes a thin film in the middle without breaking. The dough must be thin enough to pass light through it. If it is obtained without any tear, then your dough is properly kneaded.</p> <p>YEAST A sourdough starter contains multiple strains of wild yeast captured from flour, environment and even the baker's own hands! The yeast contained in a sourdough starter is very different from commercial yeast. A component of the sourdough starter contributing lift to breads. During the fermentation process, yeasts and bacteria feed off the starch and oxygen present and create carbon dioxide. This gas is trapped in the matrix of the bread dough, creating a risen bread dough.</p>
<p>TOOLS TOP</p> 	<p>Fun Tools: (Not necessary but helpful for sure)</p> <ol style="list-style-type: none"> 1. Banneton, fermenting basket in oval loaf, round loaf or French bread shape 2. Lame, to slice decorative designs in the top of the loaf. 3. Dutch Oven, because it distributes heat differently than a basic pan. 4. Beeswax Wraps, great for storing your bread after baking. 5. Danish Wisk 6. Dough Scraper 7. Linen Bread Towels 8. Silicone Bread Sling Oval and Round Non-Stick & Easy Clean Reusable Baking Mat. Or "Silpat" (basically the same thing just rectangle.) 9. Parchment Paper, (for if you don't have a silicone sling, and it cant be the cheap kind or it will stick to the loaf) 10. Pullman Loaf Pan (for making sliced bread shaped loaves) 11. Mason Jar or Special Sourdough Starter Jar with increments/measurements on the side.
<p>SHOUKPAN MILKBREAD</p> 	<p>I've been baking sourdough for quite some time now, and every once in a while, I love experimenting with new recipes that challenge me a little and give me something different from the usual rustic loaf. One of my favorite discoveries lately has been sourdough shokupan—a soft, slightly sweet Japanese milk bread that turns out so fluffy and pillowy, it's almost unbelievable it's made with sourdough.</p> <p>When I first came across this recipe, I'll admit I was a little intimidated. It has a few more steps than usual, and you have to plan ahead a bit. But once I went through it, I realized it's not difficult—it just takes time and a bit of patience. And the result is 100% worth it.</p> <p>The process starts with something called yudane, which is just a simple mix of 50 grams of bread flour and 50 grams of boiling water. I mix them</p>

	<p>together until the flour is fully absorbed, then let it rest. I usually make it the night before and keep it in the fridge.</p> <p>Next is the sweet stiff starter. For this, I mix 100 grams of active sourdough starter with 100 grams of bread flour, 25 grams of water, and 20 grams of sugar. It forms a firm dough. I cover it and let it rise until it triples in size, which usually takes about 4–5 hours in a warm spot. This gives the bread its mild sweetness and helps with the rise.</p> <p>Once that’s ready, I move on to the main dough. I add 205 grams of bread flour, all of the yudane, 190 grams of the sweet stiff starter, 36 grams of brown sugar, 1 teaspoon of salt, 26 grams of soft butter, 45 grams of cold whisked egg (I save a little for the egg wash), and 45 grams of cold whole milk. I use my stand mixer to bring everything together—first with the paddle attachment until it comes together, then with the dough hook for kneading.</p> <p>After kneading for about 3 minutes, I add the butter and continue kneading for 10–12 minutes until the dough passes the windowpane test. It should stretch thin without tearing—that’s when you know it’s ready. Then I cover the dough and let it rest at room temperature for about 30 minutes. After that, I divide it into two equal portions, shape them into balls, then flatten and roll each one into a log. I place both pieces in a greased loaf pan, side by side.</p> <p>I cover the pan and let the dough proof until it reaches the top of the pan. This usually takes 3–5 hours depending on how warm my kitchen is. Once it’s ready, I preheat the oven to 190°C and brush the top of the loaf with the leftover egg wash.</p> <p>It bakes for about 25–30 minutes until the top is golden. As soon as I take it out of the oven, I remove it from the pan and let it cool on a wire rack.</p> <p>The texture is so soft and fluffy—it makes the most incredible toast, and it’s also perfect for sandwiches. It’s definitely a little more effort than a basic loaf, but if you’ve been baking sourdough for a while and want to try something different, I highly recommend giving this a try.</p>
<p>SQUASH FLOUR Zucchini Flour</p>	<p>I have been researching WWII methods of survival, and found this old technique that I thought was brilliant. certainly with supply chain issues the first thing that will fly off the shelves is bread, then yeast and flour. I thought this was a brilliant and sustainable way to stretch precious resources with something most of us can grow very easily.</p> <p>Zucchini flour.</p> <p>Might be old news to some, but you never know right. With rising concerns on wheat costs just thought I’d share it.</p> <p>There’s probably fancier ways of doing this out there, but here’s how I learned. Easy peasy. Nothing to it.</p>

We love and make tons of zucchini flour every year. You may have heard it called Amish flour or troops flour before. It's a Staple in Amish and Mennonite household for generations here. It was also embraced in the 1940's during rationing.

You let your zucchini grow, oversized is actually better. Large to extra large. Marrow sized. I peel mine with a carrot peeler, into thin even strips for less drying time. Or slide it through a mandolin for speed of prep. Run it through the electronic dehydrator or just thread it. . No large seeds if possible for finer texture. Everything else is fine. It must be absolutely dry. It's essential. If in doubt always dry it more, any moisture will ruin it during storage

Then run it through a food processor or hand grinder until you have a powdered consistency. It will be a marbled green looking powder. Texture is similar to a good quality whole wheat flour. That is zucchini flour. Three large zucchini is about four or five cups for me finished.

It can be used to replace 1/3 of flour in most recipes without any change to the finished products, acts as a thickening agent for gravies, great for breading fish but we really tend use ours for tortillas and bannock since those are our quick go to breads. It also makes great dumplings and brownies.

Store in air tight jars , or we often vac pac ours

For us, we still purchase grains from a local family owned grist mill. So this is free, sustainable, easily produced on site and it has a mild taste. Most people wouldn't pickup on it. It cuts our flour usage by a third . You can do the same with sweet and regular potato, other squash acorns, and pumpkin. I just find myself zucchini is the least flavoured. Plus we get overloaded by the darn things.

STARTER FAQ's

[TOP](#)

What is the black hooch on my sourdough starter?



It's actually quite difficult to kill sourdough starter. And that black stuff isn't harmful, either — it's perfectly safe. **The inky liquid is simply telling you the starter is hungry.** After 8 weeks in the refrigerator without being fed, what began as a happy, healthy starter (l) was hungry and hooch-topped (r). Aug 28, 2023

What is the pink stuff on my sourdough starter?



If your starter develops pink or orange streaks or a film, it must be thrown away. They may be very faint, but if you are unsure, it's better to be safe than sorry with this one. The pink streaks are actually not caused by mold, but by a harmful bacteria called *Serratia marcescens*.

What are the purple streaks in my sourdough starter?

Purple-hued liquid on the sourdough starter is called "Hooch," which is alcohol.

STARTER FROM A FRIEND

[TOP](#)

How lucky are we that we have a network of people willing to share starter?
Now that you have received your starter here's what you do:

1. You have 2 options:

OPTION A: If you are going to make bread right away then leave your starter out at room temperature (about 70 ish degrees) and feed it until it bubbles and rises in the jar. Depending on how ready it was when you received it, this will be from 2-6 days ish.

OPTION B: If you are not ready to make bread right away you can simply put your starter in the refrigerator for up to a month and then when you are ready get it out and reactive it with daily feedings.

2. If you choose option A, or you are retrieving it from the fridge after a period of time you can begin the daily feeding process. VERY IMPORTANT, you can not measure with a measuring cup, you MUST measure on a scale in grams because the weight of the water and flour will be different than if you measure with a cup.

3. Weigh out 50 grams of flour on the scale and 50 grams of water and add to your starter daily. Mark the level with a rubber band or other method. Your starter is ready to make bread when it is rising at least 25% above the marker/rubber band. Another test to see if it is ready is to take a small spoonful and drop it in a glass of water, if it floats, it is ready to make bread.

4. You can just keep adding "feedings" daily but in order to keep the ratio good, you'll need to discard some every few days, There are a lot of useful recipes here in this document and online for ways to use the discard. (You wont have as much discard if you just keep your starter in the fridge till you are almost ready to make bread. Try to keep your starter level so that your feedings equal about the same amount of starter that you have in your jar (a little over or under wont hurt it).

5. When the starter is ready then you can make bread or any other [bread](#) type recipe like scones, crackers, crumpets, bisquits and more.

***Be sure to read the [FAQ](#) section and the [STARTER FAQ](#) section sections on

	<p>Starter for more helpful tips and tricks.</p> <p>***Also there is a facebook group called “Sourdough Geeks” that is super helpful.</p> <p>***Start your own starter from scratch here.</p>
<p>MAKING STARTER FROM SCRATCH TOP</p>	<p>Whether it conjures up a crusty, flavorful loaf of bread or a bubbling crock of flour/water starter, sourdough is a treasured part of many bakers' kitchens. But where does the path to sourdough bread begin? Right in your own kitchen, with your own homemade sourdough starter.</p> <p>Sourdough baking is as much art as science. The method you'll read here for making sourdough starter isn't an exact match for the one you read on another site, or in a cookbook, or in your great-grandma's diary. But it's the tried-and-true method we use for making starter here at King Arthur, and we feel you'll have success with it.</p> <p>Along with the tips at the end of this recipe (which we highly urge you to read), Our Sourdough Baking Guide offers a wealth of information and advice you new (as well as veteran) sourdough bakers need for your guaranteed sourdough success.</p> <p>PREP 50 mins TOTAL 5 days 50 mins YIELD sufficient sourdough for ongoing baking Sourdough Starter Ingredients Shop this Recipe To begin your starter</p> <p>1 cup (113g) King Arthur Organic Pumpernickel Flour or King Arthur Whole Wheat Flour 1/2 cup (113g) water, cool To feed your starter</p> <p>scant 1 cup (113g) King Arthur Unbleached All-Purpose Flour 1/2 cup (113g) water, cool (if your house is warm), or lukewarm water (if your house is cool)</p> <p>Bake Mode Prevent your screen from going dark as you follow along. Day 1: Combine the pumpernickel or whole wheat flour with the cool water in a non-reactive container. Glass, crockery, stainless steel, or food-grade plastic all work fine for this. Make sure the container is large enough to hold your starter as it grows; we recommend at least 1-quart capacity.</p> <p>Sourdough Starter – Step 1 Stir everything together thoroughly; make sure there's no dry flour anywhere. Cover the container loosely and let the mixture sit at warm room temperature</p>

(about 70°F) for 24 hours. See "tips," below, for advice about growing starters in a cold house.

Day 2: You may see no activity at all in the first 24 hours, or you may see a bit of growth or bubbling. Either way, discard half the starter (113 grams, about 1/2 cup), and add to the remainder a scant 1 cup (113 grams) King Arthur Unbleached All-Purpose Flour, and 1/2 cup (113 grams) cool water (if your house is warm); or lukewarm water (if it's cold).

Sourdough Starter – Step 3

Mix well, cover, and let the mixture rest at room temperature for 24 hours.

Day 3: By the third day, you'll likely see some activity — bubbling; a fresh, fruity aroma, and some evidence of expansion. It's now time to begin two feedings daily, as evenly spaced as your schedule allows. For each feeding, weigh out 113 grams starter; this will be a generous 1/2 cup, once it's thoroughly stirred down. Discard any remaining starter.

Add a scant 1 cup (113 grams) King Arthur Unbleached All-Purpose Flour, and 1/2 cup (113 grams) water to the 113 grams starter. Mix the starter, flour, and water, cover, and let the mixture rest at room temperature for approximately 12 hours before repeating.

Day 4: Weigh out 113 grams starter, and discard any remaining starter. Repeat step #6.

Day 5: Weigh out 113 grams starter, and discard any remaining starter. Repeat step #6. By the end of day #5, the starter should have at least doubled in volume. You'll see lots of bubbles; there may be some little "rivulets" on the surface, full of finer bubbles. Also, the starter should have a tangy aroma — pleasingly acidic, but not overpowering. If your starter hasn't risen much and isn't showing lots of bubbles, repeat discarding and feeding every 12 hours on day 6, and day 7, if necessary — as long as it takes to create a vigorous (risen, bubbly) starter. Note: see "tips," below.

Sourdough Starter – Step 8

Once the starter is ready, give it one last feeding. Discard all but 113 grams (a generous 1/2 cup). Feed as usual. Let the starter rest at room temperature for 6 to 8 hours; it should be active, with bubbles breaking the surface. Hate discarding so much starter? See "tips," below.

Remove however much starter you need for your recipe — typically no more than 227 grams, about 1 cup. If your recipe calls for more than 1 cup of starter, give it a couple of feedings without discarding, until you've made enough for your recipe plus 113 grams to keep and feed again.

Sourdough Starter – Step 10

Transfer the remaining 113 grams of starter to its permanent home: a crock, jar, or whatever you'd like to store it in long-term. Feed this reserved starter with 1 scant cup (113 grams) of flour and 1/2 cup (113 grams) water, and let it rest at room

temperature for several hours, to get going, before covering it. If you're storing starter in a screw-top jar, screw the top on loosely rather than airtight.

Store this starter in the refrigerator and feed it regularly, using your normal process: Discard all but 113g starter; feed that remaining 113g starter with a scant 1 cup (113 grams) flour and 1/2 cup (113 grams) water. We recommend feeding once a week, if possible. The more frequently you feed it, the less time and effort it takes to get your starter ripe and ready for baking. For more details, see our blog post: [How to make your own sourdough starter](#).

Tips from our Bakers

Why do you need to discard half the starter? It seems so wasteful... But unless you discard starter at some point, eventually you'll end up with a very large container of starter. Also, keeping the volume down offers the yeast more food to eat each time you feed it; it's not fighting with quite so many other little yeast cells to get enough to eat. You don't have to actually discard it if you don't want to, either; you can give it to a friend, or use it to bake. There are quite a few recipes on our site using "discard" starter, including pizza crust, pretzels, and waffles, and even chocolate cake. If you're still uncomfortable dealing with discard, though, try maintaining a smaller starter: the smaller the starter, the smaller the amount of discard.

Why does this starter begin with whole-grain flour? Because the wild yeast that gives sourdough starter its life is more likely to be found in the flora- and fauna-rich environment of a whole-grain flour than in all-purpose flour. What if all you have is all-purpose flour, no whole wheat? Go ahead and use all-purpose; you may find the starter simply takes a little longer to get going. Also, if you feed your starter on a long-term basis with anything other than the all-purpose flour called for here, it will probably look different (thicker or thinner, a different color) and act differently as well. Not to say you can't feed your starter with alternate flours; just that the results may not be what you expect.

Want to put your starter on hold for the summer, or as you go on vacation? Here's how: [Drying your sourdough starter](#).

Should you use bottled water? Unless your tap water is so heavily treated that you can smell the chemicals, there's no need to use bottled water; tap water is fine. A note about room temperature: the colder the environment, the more slowly your starter will grow. If the normal temperature in your home is below 68°F, we suggest finding a smaller, warmer spot to develop your starter. For instance, try setting the starter atop your water heater, refrigerator, or another appliance that might generate ambient heat. Your turned-off oven — with the light turned on — is also a good choice.

One of our readers offers the following thoughts about the duration of everyday feeding, which we think is great advice: "Conditions vary so widely that 7 days can be far too little. I've learned the key is to watch for a dramatic and consistent rise in the jar — at least doubling between 1 and 4 hours after feeding. This could be 7 days or less after you begin, or it could be three weeks (for me it was 12 to 14

	<p>days). I would encourage you to consider tweaking your wording a bit to guide bakers to watch for this phenomenon, rather than watch the calendar."</p>
<p>MAKE SOURDOUGH STARTER FROM SCRATCH</p> <p>By Alexandria Bullard Risen Baked Goods</p> <p>TOP</p>	<p>Sourdough Starter takes a week (or two) to become active.</p> <p>Day 1: Combine 50g of flour and 50 g of warm water. Mix and place in jar and cover. Leave lid loose on top of the jar. Alternately, you can cover with a tea towel and secure with a rubber band. Store in the kitchen pantry or on a shelf. In colder states you can place in the oven without the heat on.</p> <p>Day 2: Feed the started 50g flour to 50g water and Mix</p> <p>Day 3: By today your starter jar may be filling up and you may need to discard about half. (Use the discard to start a new jar, make a recipe or compost, share with a friend or save in the freezer for later) Repeat the feeding process. (DO at same time of day each day)</p> <p>Day 4: Discard half the starter, repeat the feeding process.</p> <p>Day 5: Bubbles should be forming in the jar. Discard half, repeat the feeding process.</p> <p>Day 6: Repeat Day 5</p> <p>Day 7: Started should be double in size and should be very fluffy with lots of bubbles. Check to see if it is active by placing a small spoonful into a bowl of water. If it floats, its ready..if it sinks..it is NOT READY. If it floats, you can now use it in your sourdough recipe..or continue with daily feedings till you are ready.</p> <p>If you skip a feeding, your starter will become inactive after 24 hours. No problem, just freeze it till you are ready to start the process all over again.</p>

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