

The Essentialist

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Sourdough Recipes

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Starter

Sourdough Starter

by Veronica H.

1 - 2 cups freshly ground whole wheat flour; water

Place flour in a glass jar or quality ceramic container. Add enough water to make a muffin-like consistency. Cover with cloth secured with rubber band and place in room temperature location.

Each day take out about half of the batter and add some additional flour and water. Stir well. Continue this process for about 5 to 7 days. When the mixture gets nice and bubbly and smells slightly sour, it is ready.

Starter can be stored on the counter if you use it about twice a week. If you do not use it that often, it should be stored in the fridge.

Starter must always be covered with a cloth or be in a nice ceramic canister with a lid that will allow carbon dioxide to escape.

Feed your starter at least once a week. If you forget to feed it for a few weeks it may take a number of feedings to get it back in shape. When in doubt....FEED. The more you feed the better.

Remember: Starter must always be freshly feed about 6 to 12 hours before you need to use it.

Sourdough Recipes

Breads

Sour Dough Bread

Tested by Fran W. (1)

1 cup sour dough starter	1 Tbsp sugar
2 1/2 cups warm water	1 tsp baking soda
4 Tbsp melted lard	1 Tbsp salt
1/2 cup sugar	8 cups flour

Combine ingredients, adding flour gradually, and knead until dough is smooth. Place in greased bowl in a warm place to rise. When double, shape into loaves and let rise again. Bake in moderate oven, about 375° F, for about an hour.

Sour Dough Bread

Veronica H. (tested)

1/4 cup sourdough starter	4 1/2 cups fresh whole wheat flour
2 level tsp unrefined sea salt	3 cups water (approximately)

Feed starter the night before.

Place flour in a medium sized mixing bowl. Add salt and stir.

In a different container mix around 1/4 cup starter with about 3 cups of water. Stir well, then combine dry and wet ingredients, adding additional water as needed to make a nice (but not too dry) dough. Mix/knead dough for just a minute or two until everything is mixed well.

Cover with damp cloth. Place on counter and let rise for 7 to 12 hours. Knock down. Place in greased bread pan. Let rise for another 2 plus hours.

Bake at 400° F for 35 minutes or until internal temp is 190° F. Yes, you should get a bread thermometer. Remove from pan and let cool on rack.

Ronny's Notes & Ideas:

1. You can speed up process if you place bread in a warmer place.....it will rise faster. However, I prefer the results with a slow rise.
2. You can add anything you want from spices to caramelized onions.
3. You can make a long French type loaf by forming a long shaped dough and placing it on a cookie sheet for the second rise.
4. Even better, if you want a French type loaf, is to do the second rise on a pizza paddle and after the second rise is done slip the loaf onto a baking stone that has been preheated in the oven. Reduce cook time by about 10 minutes. For a real crispy crust you can cook the bread at 500degrees and reduce baking time by a few more minutes.

Sourdough Recipes

Dark Bread

Fran W. (not tested) (1)

1 cup sour dough starter	2 cups warm water
1 pkg active dry yeast	1/2 cup brown sugar
1 cup powdered milk	2 Tbsp salt
6 cups stone-ground whole wheat flour	2 1/2 Tbsp cooking oil
1/4 cup butter with cinnamon stirred-in	1/4 cup dark molasses

Dissolve yeast in warm water, stirring in powdered milk and other ingredients except flour. Stir in sour dough starter. Make sure it is a lively starter, otherwise add more yeast. Blend mixture in large bowl that has been warmed. Gradually add the flour, until mixture forms dough, then put on floured board and knead thoroughly.

Place in greased bowl and cover. When it has doubled, divide into two loaves, and place in greased bread tins. Cover and let rise again.

Glaze tops of loaves with melted cinnamon butter or cooking oil. Bake at 400 degrees F. for a few minutes, then reduce heat to 375 F. Bake until done, about 30-45 minutes. Remove from pan and cool on racks.

Chocolate Applesauce Nutbread

Tested by Fran W. (1)

1/4 cup shortening	1/2 cup applesauce
1 cup sugar	1/2 cup of sourdough starter
1 egg	2 cups all purpose flour
1 tsp vanilla extract	1 tsp baking soda
1/2 cup chopped nuts	1/2 tsp salt
2 squares unsweetened baking chocolate, melted	

Cream together shortening and sugar, add egg and vanilla. Mix in applesauce and sourdough starter. Sift together flour, baking soda and salt, add to creamed mixture, mixing thoroughly. Blend in melted chocolate and chopped nuts.

Put batter in grease 9"X5" loaf pan and bake for 55 minutes at 350 degrees F. or until done. Remove and cool for 10 minutes. Turn out of pan and cool on wire rack. When cold, slice thinly, and spread with butter or cream cheese.

Sourdough Recipes

Flathead Potato Bread

Fran W. (not tested) (1)

5-6 potatoes	1 Tbsp salt
2½ cups flour	1 tsp baking soda
1 pkg active dry yeast	1 cup sourdough starter

Boil the potatoes and mash well, saving the water in which they were boiled. Pour this over the mashed potatoes (reserving a small amount). Add another quart of cold water, [followed by the sourdough starter]. Stir in the flour. Add package of yeast which has been dissolved in the remaining potato water. Let mixture rise over night. The next morning, strain the mixture and add a little more flour, stirring it in until you have a stiff batter. Then add 1 tsp of baking soda and let rise again. Next add 1 Tbsp of salt and knead some more flour into it. Knead dough thoroughly. Shape into four or five loaves, let rise again, than bake 1 hour in 375 degree oven.

Flatbreads

Whole Wheat Sourdough Chapattis (Tortillas)

by Veronica H.

“I learned to make chapattis about 40 years ago in Berkley, from a family of women from India who did not speak English.”

1/4 cup sourdough starter	dash unrefined sea salt (optional)
few cups whole wheat flour	water

Feed starter the night before.

Place starter in a bowl. Add a few cups of ww flour with salt (if using). Add enough water to make a nice kneadable dough. Mix/knead dough for just a minute or two till everything is mixed. Cover with damp cloth and let sit for 5-8 hours

Make small balls of dough and roll them out on floured surface. Place a tortilla/chapatti in hot, non-greased, heavy skillet (I like cast iron). Cook quickly on medium-high heat on each side till small bubbles appear.

Use anyway you wish. They are great with just plain butter.

Sourdough Recipes

Pizza Crust

Sourdough Pizza Dough

Fran W. (1)

1 cup sourdough starter	1 tsp salt
1 Tbsp melted shortening	1 cup flour

Mix ingredients, working in the flour until you have a soft dough. Roll out into a flat shape. Oil the baking sheet and place dough on it. Bake about 5 minutes at 400 degrees F., watch carefully. Have sauce, toppings and cheese ready to spread on crust, then bake around 20 minutes until done.

Pizza Crust

Kathie L. (tested)

1 Cup Cast-Off Sourdough Starter	1 teaspoon Salt
1 Tablespoon Olive Oil	1 Cup Unbleached All-Purpose Flour

Makes One 16" Crust

Combine all ingredients in a mixing bowl and stir until it pulls together forming a ball of dough. Turn the dough out onto a floured board and knead until it is soft and elastic. Place the kneaded dough into a greased bowl and cover with a towel or plastic warm. Keep it in a warm spot away from drafts. Allow the dough to rest for 30 minutes, it won't rise much in this time. The rest will however give the gluten a chance to relax making it easier to shape. While the dough is resting, preheat oven to 450 degrees.

Once the dough has rested, shape it to fit into your pan. It should be elastic enough to shape it with your hands, but a rolling pin can be useful. You can roll it out as thin or thick as you'd like at this stage. Once you have it to your desired shape, prick the shell with a fork a few times, this will prevent any large bubbles from forming as it bakes.

Pre-bake the shell, in a pizza pan, on baking sheet, or directly on a pizza stone. Bake it for 5 to 8 minutes, it doesn't have to be completely cooked, but it should be slightly browned and firm. This step is just getting the crust ready for all of your moisture laden toppings.

Remove crust from the oven. The crust can be immediately topped with the fixings of your choice and put back in the oven, still at 450 degrees, to bake for 15 to 18 minutes, until the crust is crisp and your cheese is sufficiently melted.

Alternatively, you can allow the crust to cool on a wire rack. After cooling, it can be wrapped in plastic wrap or aluminum foil and frozen for future use. Thaw the crust at room temperature before topping and baking as directed above.

Sourdough Recipes

Pancakes

Sour Dough Pancakes

Tested by Fran W. (1)

1 cup sour dough starter	1 cup flour
1 egg	2 Tbsp oil or melted lard
¼ cup milk	1 tsp salt
1 tsp baking soda	2 Tbsp sugar

Mix 1 cup of starter, 1 cup of flour, 1 egg, 2 Tbsp of oil or lard, ¼ cup of milk. Blend in 1 tsp of salt, 1 tsp soda, and 2 Tbsp of sugar. Let mixture bubble a minute, then drop by large spoonfuls onto hot griddle. When bubbles start to form in pancake, flip.

Variations:

Add berries, (other types of fruit, cut-up) to pancakes after dropping on griddle .

For dessert, drop in some chocolate chips, and serve with whipped cream & chocolate sauce, instead of butter and syrup.

Sourdough Pancakes

Kathie L. (tested)

2 Cups Cast-Off Sourdough Starter	1 Tablespoon Sugar
1 Egg	2 Tablespoons Vegetable Oil
1 teaspoon salt	1 teaspoon baking soda

Berries, chopped fruit, or chocolate chips (optional)

Combine all ingredients and whisk until well blended. Fry pancakes in a bit of butter/oil or cook on a non-stick pan. Flip the cakes when the top batter forms bubbles that pop. Flip over and cook completely through – about 2 to 3 minutes per side. Serve as desired – some great toppings include maple syrup, jam, peanut butter, fruit and honey.

Sourdough Hotcakes

by Veronica H.

Feed starter the night before but make it a bit thicker than usual

Place a bunch of starter in a medium bowl. Add beaten eggs (the number of eggs depends on how much starter you use), dash of salt, and about ½ to ¾ tsp soda. Mix, adding water or milk if needed to make a thinner batter

Fry in buttered cast iron pan

Notes: Thinner is usually better!!!!!!

Sourdough Recipes

Cakes & Coffeecakes

Sour Dough Streusel Coffeecake

tested by Fran W. (2)

1/2 cup sourdough starter	1/2 cup milk
3/4 cup sugar	1 1/4 cup sifted flour
1/4 cup shortening	1/2 tsp baking powder
1 egg	1/2 tsp salt.
Streusel	
1/2 cup brown sugar, packed	2 Tbsp flour
1 1/2 tsp cinnamon	2 Tbsp melted butter
1/2 cup finely chopped pecans or walnuts	

Measure starter into large bowl. In another bowl, cream sugar, shortening and egg. Add to sourdough starter, together with milk, flour, baking powder and salt. Spread half of the batter in greased 9" pan. Sprinkle batter with half the streusel mixture. Pour in remaining batter and sprinkle with remaining streusel mix. Bake at 325 degrees F. for 25-30 minutes or until well done and browned.

Sourdough Applesauce Cake

Tested by Fran W. (1)

1 cup of sourdough starter	1 cup applesauce
1/4 cup milk	1 cup white flour

Mix these and let set in covered bowl in a warm place, then:

Cream 1/2 cup each of white sugar, brown sugar and butter. Add 1 egg, beaten well, and mix in the following:

1/2 tsp salt	1/2 tsp allspice
1 tsp cinnamon	1/2 tsp cloves, ground
1/2 tsp nutmeg	2 tsp baking soda

Optional: add 1/2 cup of chopped nuts and/or raisins

Combine all ingredients and beat by hand with sourdough mixture, and turn into greased cake pan. Bake at 350 degrees F. for 30-45 minutes until tests done. Allow to cool in pan on wire rack.

Doesn't need frosting, but you can dust with confectioner's sugar if desired.

Sourdough Recipes

Sourdough Banana Nut Cake

Kathie L (Tested)

1 Cup Cast-Off Sourdough Starter	1 1/2 Cup Unbleached White Flour
1/3 Cup Butter, softened	1/2 Cup Whole Wheat Flour
1 Cup Sugar	1 teaspoon Baking Powder
1 Egg	1/2 teaspoon Baking Soda
1 Cup Mashed Bananas	3/4 Cup Chopped Walnuts

Optional Chocolate Glaze, recipe follows.

Preheat oven to 350 degrees. Butter and flour a 10 inch Bundt pan.

Sift together the flours, baking powder, and baking soda. Set aside.

Cream butter and sugar until light and fluffy. Add egg and incorporate well. Add the sourdough starter and mashed bananas, mixing well. Add the sifted dry ingredients, mixing until it's combined. Fold in the chopped walnuts.

Pour into your prepared pan and bake for 50 minutes to an hour. A toothpick will come out clean. Cool in pan for 10 minutes, then turn out onto a cake plate to cool completely.

Drizzle with a chocolate glaze if desired. A sprinkling of powdered sugar is nice too.

Note: If using a sourdough starter made from white instead of whole wheat flour you can switch the amounts of white & whole wheat flour for a slightly more nutritious cake.

Chocolate Glaze:

6 ounces Semi-Sweet Chocolate (Chips or baking squares chopped)
3 Tablespoons Butter
1 Tablespoon Light Corn Syrup
1/4 teaspoon Vanilla Extract

In a double boiler, melt together the chocolate, butter, and corn syrup until smooth. Remove from heat, add the vanilla extract and stir well. Drizzle over cake and enjoy!

Chocolate Sourdough Cake

Served by Stephanie at the ESP Sourdough gathering

This recipe is from a cookbook and protected by copyright (*Wild Sourdough, the Natural Way to Bake*, by Yoke Mardewi, New Holland Publishing; see [Amazon](#) for more). Stephanie will ask for permission of the author, to share the recipe with ESP.

Sourdough Recipes

Muffins

English Sourdough Muffins

tested by Fran W., (2)

1 cup sourdough starter	2 cups warm water (110 degrees)
2 pkgs dry yeast	1/2 cup oil
1/2 cup dry milk	1 Tbsp sugar
6 cups flour	3 1/2 tsp salt
1 cup corn meal	

Dissolve yeast in warm water. In a large bowl add to the yeast, water, dry milk, sugar, salt, shortening and 2 cups of flour. Then blend in starter. Add the remaining flour to make a stiff dough. Turn out dough onto a floured board. Knead until smooth, about 10 minutes. Place in a greased bowl, roll over to coat the dough. Cover and let rise to double size. Punch down, cover and let stand 10 minutes. Then turn out on floured board and roll out to 1/2 inch thick. Cut with cutter into 3" rounds. Cover these and let raise until light, about 1 1/2 hours. Sprinkle cornmeal on cookie sheet and place patties on it well spaced. Sprinkle more cornmeal on top. Let rise until puffy. Preheat a griddle or Dutch oven, then lift muffin with pancake turner and place upside down on griddle. Bake about 10 minutes or until golden tan, turning to bake both sides. Let cool on racks. Split and toast before eating.

Dakota Prairie Muffins

Fran W. (not tested) (1)

1 cup whole bran	1/2 tsp baking soda
1 1/2 cups flour	1/3 cup sugar
1 cup buttermilk	1/2 tsp salt
1/4 cup shortening	1 egg
1 1/2 tsp baking powder	1/2 cup sourdough starter

Sift together the flour, baking powder and soda, and salt. To soften the bran, soak in buttermilk. Cream the shortening and sugar, and beat in the egg. Stir in the bran mixture and starter, then fold in dry ingredients until just moist. Add 1/2 cup of raisins, if desired, or any fruit or berries preferred. Fill greased muffin tins 2/3 full. Bake at 375 degrees F. for 35 minutes. Test with toothpick for doneness. Makes 8 muffins.

Sourdough Recipes

Doughnuts

Sour Dough Doughnuts

Fran W. (1)

1/2 cup sour dough starter	1 egg or 2 egg yolks
1/2 cup sugar	1/2 tsp each nutmeg & cinnamon
2 Tbsp shortening	1/2 tsp baking soda
3 cups flour (corrected from 2 c)	1/2 tsp salt
1 tsp baking powder	1/3 cup buttermilk

Sift dry ingredients, stir into liquids, roll out, and cut with doughnut or biscuit cutter. Heat oil to 275° F (corrected from 390° F). and fry. Shake in a paper bag with a mixture of cinnamon and sugar.

Freeze well. [NOTE: corrections per Fran's testing May 2011].

Sources & References

1. "The Complete Sourdough Cookbook" by Don and Myrtle Holm.
2. Dallas Sall in Oregon
3. "Wild Sourdough, the Natural Way to Bake" (at Amazon): www.amazon.com/Wild-Sourdough-Natural-Way-Bake/dp/174110744X