

Sourdough Simplified

The Beginner's Guide to No-Fail
Artisan Loaves

Clara Bennett

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Introduction

Welcome to the World of Sourdough

Are you tired of baking sourdough bread that doesn't turn out right? Do you feel overwhelmed by all the terminology and techniques involved? You're not alone. Many aspiring bakers struggle with sourdough because it seems too complex and unpredictable. But fear not, because this book, *Sourdough Simplified* is here to simplify the process and help you master the art of sourdough baking.

This book provides simple and straightforward directions to help you with each part of the baking procedure. From activating your starter to achieving the perfect crumb, this guide will be your ultimate companion. Imagine confidently creating beautifully tangy and textured loaves, impressing your friends and family with your newfound skills. With detailed instructions and practical tips, *Sourdough Simplified* provides the solutions you've been looking for.

You might be wondering why you should trust me to guide you through this journey. My name is Clara Bennett, and I'm an avid baker with a lifelong passion for sourdough. Growing up in a small American town with English roots, I spent countless hours in the kitchen, learning from my grandmother who baked the most delicious sourdough bread. Her love for baking inspired me to pursue this craft with dedication and enthusiasm.

My personal journey with sourdough hasn't always been easy. I've faced the same challenges you might be encountering now – from starters that wouldn't rise to loaves that turned out dense and disappointing. Through years of trial and error, I've honed my skills and developed foolproof methods that I'm excited to share with you. My passion for sourdough drives me to help others achieve baking success, and I've poured my heart and soul into this book to ensure you have the best possible guide.

Reading *Sourdough Simplified* will transform your baking experience. You'll gain a deep understanding of sourdough terminology and techniques, allowing you to bake with confidence. No more guesswork, no more frustration – just delicious, homemade sourdough bread that you'll be proud to serve.

Don't just take my word for it. Countless home bakers have used the methods and tips in this book to elevate their sourdough game. From beginners who've never touched dough before to seasoned bakers looking

to perfect their loaves, the feedback has been overwhelmingly positive. These accomplishments serve as evidence of the efficacy of the tactics contained within these pages.

I promise that by the end of this book, you will have all the knowledge and skills you need to bake perfect sourdough bread. You'll understand the science behind each step, and you'll be able to troubleshoot any issues that arise. This book is your key to sourdough success.

But don't wait – the time to start your sourdough journey is now. Every day you delay is another day you miss out on the joy of baking and sharing delicious homemade bread. Imagine the satisfaction of pulling a perfectly baked loaf out of the oven, knowing you made it from scratch. If you don't act now, you'll continue to struggle with your baking, missing out on the wonderful world of sourdough.

So, what are you waiting for? Dive into Sourdough Simplified and uncover the secrets to mastering sourdough baking. Let's embark on this delicious adventure together, and soon you'll be creating loaves that are as beautiful as they are tasty. Turn the page, and let's get started!

Your Baking Arsenal: Ingredients and Tools

The Basic Building Blocks: Flour, Water, Salt, and Sugar

Embarking on your sourdough baking journey starts with understanding the essential ingredients: flour, water, salt, and sugar. These four simple components work together to create the magic of sourdough. Let's break down each one and discover how they contribute to baking the perfect loaf.

Flour: The Foundation of Your Bread

- **Types of Flour:** The type of flour you choose significantly affects your bread's texture and flavor. All-purpose flour is versatile and beginner-friendly, while bread flour, with its higher protein content, provides extra strength and chewiness. Experiment with whole wheat or rye for added depth and nutrition.
- **Protein Power:** Protein in flour forms gluten, the elastic network that traps gases and helps the dough rise. Understanding protein content can help you predict how your dough will behave.
- **Freshness Matters:** Fresh flour is crucial for the best results. Check the expiration date and store your flour in a cool, dry area to keep it fresh.

Water: The Life of Your Dough

- **Hydration Levels:** Water activates the flour's proteins and starches, kickstarting the fermentation process. The amount of water you use (hydration level) influences the dough's consistency and the bread's crumb structure. Higher hydration leads to a more open, airy crumb.
- **Quality Counts:** Use clean, chlorine-free water. Tap water is usually fine, but if your local water supply is heavily chlorinated, consider using filtered or bottled water to avoid inhibiting the yeast.
- **Temperature Control:** The temperature of your water affects fermentation speed. Lukewarm water (around 75°F/24°C) is ideal for most sourdough recipes.

Salt: The Flavor Enhancer

- **Not Just for Taste:** Salt is essential for controlling fermentation and strengthening gluten. It regulates the yeast activity, ensuring a steady rise and adding structure to the dough.
- **Types of Salt:** Use acceptable sea salt or kosher salt for the best results. Avoid iodized salt, which can impart an off-flavor to your bread.
- **Proportions Matter:** Typically, 2% of the flour weight in salt is used. For example, if you have 500 grams of flour, you'll need 10 grams of salt. Weighing ingredients ensures accuracy and consistency.

Sugar: The Secret Ingredient

- **Feeding the Yeast:** While not always included in traditional sourdough recipes, a small amount of sugar can boost yeast activity, especially in a sluggish starter or cold environment.
- **Types of Sugar:** Use granulated sugar, honey, or even malt syrup. Each type adds a slightly different flavor profile to your bread.
- **Enhancing Browning:** Sugar contributes to the Maillard reaction, giving your bread a beautiful, golden-brown crust.
- It also gives a gentle sweetness that helps to even out the tanginess of the sourdough.

Bringing It All Together

- **Mixing and Matching:** Understanding these basic ingredients allows you to experiment and adjust your recipes. Play with different flours, hydration levels, and small tweaks in salt and sugar to create your perfect loaf.
- **Balancing Act:** Each ingredient plays a vital role, and getting the proportions right ensures your dough develops properly. Keep track of your adjustments and learn from each bake.
- **Building Confidence:** As you become familiar with how flour, water, salt, and sugar interact, you'll gain confidence in your baking skills. This foundation will help you learn more complex sourdough methods and recipes.

By mastering the basic building blocks of sourdough baking, you'll set yourself up for success. These essential ingredients are the heart of every loaf, and understanding their roles will help you bake bread that's delicious, beautiful, and truly your own. Enjoy the process, and happy baking!

Must-Have Tools for Every Baker

Setting up your baking arsenal is essential for mastering sourdough bread. The right tools can make the process smoother and more enjoyable, especially for beginners. Here's a simple guide to the essential tools you need to make, keep a good sourdough starter, and bake tasty bread.

Your Sourdough Starter Essentials

Creating and maintaining healthy sourdough starter is the first step in your baking journey. These tools will help you keep your starter thriving:

Weck Jars: These glass jars are perfect for housing your starter. They're easy to clean, allow you to monitor your starter's activity, and provide an ideal environment for fermentation.

Baker's Scale: Precision is key in baking. A good digital scale ensures you measure ingredients accurately, which is crucial for consistent results. This scale is reliable and easy to use.

Silicone Spatula: This durable and easy-to-clean spatula is perfect for mixing your starter. Its flexibility allows you to scrape every bit of starter from the jar, ensuring nothing goes to waste.

Whole Rye Flour: Using whole grain rye flour is important for keeping a starter active. It provides the necessary nutrients to keep your sourdough starter healthy and vigorous.

Sourdough Home: Maintaining your starter at the right temperature is crucial. Invest in a temperature-controlled environment to keep your starter strong and active.

The Beginning Baker's Toolkit

Once your starter is ready, these tools will help you get started with baking your first loaves:

Lodge Combo Cooker: This cast iron pot is a game-changer. It traps steam, creating the perfect environment for your dough to rise and develop a beautiful crust.

Bench Knife: This versatile tool is a must-have for handling dough. Use it to cut, lift, and move your dough with ease. The "6 and 8" versions cover all your needs.

Ambient Thermometer: Keeping an eye on the room temperature is crucial for fermentation. This thermometer helps you maintain the optimal environment for your dough.

Rice Flour: Sprinkle rice flour on your proofing baskets to stop the dough from sticking and make it easy to remove when you're ready to bake.

Bread Lame: This tool is used to score your dough just before baking. Scoring allows for controlled expansion and a beautiful finish on your bread.

Bulk Fermentation Container: Choose a container with transparent sides to watch your dough's fermentation process. Seeing the bubbles and rise in the dough is both educational and satisfying.

Digital Thermometer: Monitoring dough temperature is vital for perfect baking results. This thermometer gives you accurate readings to ensure your dough is at the right temperature throughout the process.

Tools for Consistency and Mastery

As you advance, these tools will help you achieve consistent results and explore more complex bakes:

Dough Proofer: This device maintains the perfect temperature for your starter, levain, and dough, ensuring consistent fermentation. It's an invaluable tool for any serious baker.

Bannetons (Boules and Ovals): These proofing baskets help shape your dough and provide the structure needed for round or oval loaves. They also promote an even rise.

Challenger Bread Pan: This well-designed cast iron pan is perfect for baking batards (oval loaves) and larger bread. It ensures excellent heat distribution and crust development.

Flour Scoop: A handy tool for transferring and measuring flour. Keeping these in your flour canisters makes your baking process more efficient.

Bread Knife: A good bread knife is essential for slicing through your freshly baked loaves. Invest in a high-quality knife that's sharp and durable.

Basket Towels: Use these to line your proofing baskets, making dough removal easier and keeping your baskets clean.

Reusable Bowl Covers: Prevent a skin from forming on your dough with these covers. They're eco-friendly and convenient.

Bread Box: Store your bread in a good bread box to keep it fresh for up to a week. It's a simple but effective way to store your loaves.

Large Bulk Tub: Perfect for mixing and fermenting larger batches of dough. This tub is versatile and fits easily in proofing containers.

Baking Steel: An excellent heat conductor, baking steel is great for bread and perfect for making pizza.

Flour Sifter: Sift your flour to achieve "high extraction flour" by removing some bran and germ. This tool helps refine your ingredients for specific recipes.

Having the right tools makes sourdough baking more enjoyable and less daunting. With these essentials, you'll be well-equipped to embark on your sourdough journey and create delicious, artisanal bread right in your own kitchen. Happy baking!

Finding the Best Ingredients: Tips and Tricks for Top-Notch Sourdough

To bake the best sourdough, the ingredients you use are very important. Here's how to source the best:

Flour Power: Choosing the Right Base

- **Know Your Flour:** Learn the differences between bread flour, all-purpose flour, and whole-grain flours. Opt for high-protein bread flour for that perfect chewy texture.
- **Go Local:** Support local mills and farmers' markets. Fresh, locally milled flour often has better flavor and nutritional value.
- **Experiment with Variety:** Try different types of flour, like spelled, rye, or einkorn, to add unique flavors and textures to your bread.
- **Filter for Flavor:** Use filtered water to avoid chlorine and other chemicals that can affect fermentation.
- **Temperature Matters:** Room-temperature water is ideal for mixing your dough and maintaining your starter.

Salt Savvy: Enhancing Taste and Structure

- **Sea Salt vs. Table Salt:** Opt for natural sea salt or kosher salt, which has minerals that enhance flavor.
- **Measure Precisely:** Using too much or too little salt can greatly change how your bread tastes and feels.

Sweet Success: Using Sugar Wisely

- **Natural Sugars:** Incorporate honey, molasses, or maple syrup for added depth and subtle sweetness.
- **Balance is Key:** Use sugar sparingly to avoid overpowering the natural tang of sourdough.

Pro Tips for Ingredient Sourcing:

- **Buy in Bulk:** Save money and ensure a steady supply by purchasing key ingredients in bulk.
- **Store Properly:** Store your ingredients in sealed containers in a cool, dark area to keep them fresh.
- **Read Labels:** Avoid additives and preservatives that can affect the fermentation process.

With these tips and tricks, you'll be well on your way to sourcing the finest ingredients and elevating your sourdough baking to new heights. Happy baking!

Sourdough 101: The Beginner's Guide

What Makes Sourdough Unique?

Sourdough bread is not just another type of bread; it's a living testament to human ingenuity and tradition. Let's explore what sets sourdough apart and why it has captivated bakers and bread lovers for millennia.

A Journey Through Time

Sourdough is the earliest type of bread that rises, and it started in ancient Egypt around 1500 BC. Legend has it that sourdough was discovered by accident when wild yeast spores in the air mingled with dough left out by Egyptian bakers, causing it to rise. This lucky event resulted in the making of the first sourdough starter, a mix of wild yeast and bacteria that has been treasured and handed down from one generation to the next.

The Living Culture

The heart of sourdough baking is the starter—a living culture teeming with wild yeasts and lactic acid bacteria. This dynamic duo ferments the carbohydrates in flour, producing carbon dioxide gas that leavens the dough and gives sourdough its characteristic tangy flavor and chewy texture.

A Slice of History

One interesting story about sourdough comes from the time when people were looking for gold in California in 1849. French bakers in San Francisco discovered that the local sourdough culture was unique, producing bread so distinct and flavorful that miners would line up daily to buy it. Remarkably, some San Francisco bakeries have maintained the same sourdough starter, known as "Mother Dough," since 1849. This starter was even heroically saved during the Great San Francisco Earthquake of 1906, underscoring its importance.

Health Benefits

Sourdough isn't just delicious; it's also better for you than many other breads. The fermentation process reduces the glycemic index (GI) of the bread, meaning it has a lesser impact on blood sugar levels. This makes sourdough a healthier choice, helping to maintain steady energy levels without the spikes and crashes associated with conventional bread.

The Signature Sourness

The sharp taste of sourdough comes from lactic acid made by the bacteria in the starter. This acid not only gives the bread its unique flavor but also works as a natural preservative, helping the bread stay fresh longer by stopping the growth of microbes that cause spoilage.

Care and Feeding

Owning a sourdough starter is a bit like having a pet. It needs regular feeding and a proper home—usually a glass or ceramic container, as metal can react with the acidic environment of the starter. And yes, you can even leave your starter in the refrigerator for a few days if you need to go on vacation, but it's best to have a friend take care of it if you'll be away for longer.

Starting from Scratch

You don't need a pre-made starter to begin your sourdough journey. With just two ingredients—flour and water—you can create your own starter from scratch in about a week. This process allows you to cultivate a unique sourdough culture that can be handed down through your family for generations.

Avoid Metal Reactions

When making sourdough, always use glass or ceramic containers. Metal cookware can react with the acidic ingredients in the starter, potentially leading to corrosion and affecting the health of your starter. Stick to wooden or silicone utensils to keep your starter in top shape.

Sourdough's uniqueness lies in its rich history, complex flavors, and the living culture that makes each loaf a small miracle of science and tradition. If you're new to baking or already experienced, knowing why sourdough is unique can make you enjoy this old and tasty bread even more.

The Science Behind the Bread: A Quick Overview

Beneath the rustic crust and chewy crumb of every sourdough loaf lies a fascinating world of science. Understanding these key principles will transform your baking from good to extraordinary.

The Living Culture: Your Sourdough Starter

- **Microbial Marvel:** Your starter is a living ecosystem of wild yeast and lactic acid bacteria. These tiny organisms work together to ferment the dough, creating a distinct sourdough flavor and texture.
- **The Power of Fermentation:** When the yeast breaks down the sugars in the flour, it creates carbon dioxide. This gas causes the bread to expand and get bigger. The bacteria produce lactic acid, contributing to the tangy taste.

The Perfect Rise: Gluten Development

- **Gluten Formation:** When you mix flour and water, proteins in the flour combine to form gluten. This network traps the gases produced during fermentation, giving the bread its structure and chewiness.
- **Kneading Know-How:** Proper kneading develops gluten, ensuring your dough has the strength to rise and hold its shape.

Time and Temperature: Keys to Flavor

- **Slow and Steady:** Sourdough is a slow-fermented bread, meaning the dough rises over a longer period. This slow fermentation enhances flavor complexity and improves digestibility.
- **Temperature Control:** Fermentation is temperature-sensitive. Warmer conditions speed up the process, while cooler temperatures slow it down. Mastering this balance allows you to control the fermentation and achieve consistent results.

Hydration: The Balance of Water

- **Dough Hydration:** The amount of water compared to flour in your dough influences its texture and taste. Higher hydration yields a more open crumb, while lower hydration results in a denser loaf.
- **Mastering Moisture:** Learn to adjust hydration levels to suit different recipes and personal preferences.

The Final Flourish: Baking and Beyond

- **Oven Spring:** The initial burst of heat in the oven causes the dough to expand rapidly, resulting in the final rise known as oven spring. This is crucial for achieving a light and airy crumb.
- **Crust Perfection:** The Maillard reaction, a chemical reaction between amino acids and reducing sugars, gives sourdough its beautiful golden-brown crust and rich, complex flavors.

Unlock the secrets of sourdough science and watch as your loaves come to life with every bake. This quick overview provides the foundation you need to start baking with confidence and creativity. Enjoy the journey into the magical world of sourdough!

Key Terms for Bakers

Welcome to the fascinating world of sourdough! As you embark on your journey to master the art of sourdough baking, you'll encounter a variety of unique terms and techniques that might seem overwhelming at first. But fear not—this section is designed to demystify the jargon and make your baking experience enjoyable and successful.

Understanding the terminology is crucial for any beginner, as it will help you follow recipes accurately and troubleshoot any issues that arise. Here, we've compiled a comprehensive glossary of 54 essential sourdough terms. Think of this as your ultimate guide to sourdough vocabulary, perfect for beginners who want to dive deep into the nuances of sourdough baking.



Sourdough Glossary



- ✓ **Acetic Acid:** Your sourdough starter's microorganisms produce this acid, which adds to the tangy flavor of your bread. It's what gives sourdough its distinctive taste.
- ✓ **Activation:** Refers to the process of feeding your sourdough starter or rehydrating a dried starter to prepare it for baking.
- ✓ **Alveoli:** The gas pockets or bubbles found within the bread's crumb. Achieving large alveoli is a goal for many bakers, indicating a well-fermented dough.
- ✓ **Amylases:** Enzymes that convert starches into sugars so that the yeast in your dough has something to eat.
- ✓ **Autolyse:** Mixing flour and water and letting it rest before adding the starter. This procedure aids in hydrating the flour and initiates the formation of gluten.
- ✓ **Baker's Percentages:** A recipe measuring technique in which all other components are a percentage of the flour, which is always 100%. It simplifies scaling recipes.
- ✓ **Baking Timeline:** The schedule you follow during the sourdough baking process. It's crucial due to the longer fermentation times compared to yeasted bread.
- ✓ **Banneton:** A shaping basket that helps the dough maintain its shape during proofing. It's typically made from cane or rattan and dusted with flour to prevent sticking.

- ✓ **Batard:** A type of loaf that is elongated and oval-shaped, different from the traditional round boule.
- ✓ **Belly:** The rounded surface of the loaf that rises and splits during baking, indicating a good oven spring.
- ✓ **Bench Rest:** Allowing the dough to rest and relax between handling, such as after pre-shaping or before final shaping.
- ✓ **Biga:** A pre-ferment made with commercial yeast, often used in Italian bread recipes to enhance flavor.
- ✓ **Blisters:** The small bubbles that form on the crust during baking, often resulting from a long, cold fermentation.
- ✓ **Boule:** A French term for a round loaf shape, one of the most common shapes in sourdough baking.
- ✓ **Bulk Ferment:** The initial fermentation period in which the dough ferments as a whole mass before shaping.
- ✓ **Cambro Container:** A straight-sided plastic container used for bulk fermentation, making it easy to monitor the dough's rise.
- ✓ **Coil Folds:** A gentle method of strengthening the dough by lifting and folding it over itself, promoting gluten development.
- ✓ **Cold Retard:** Slow down the fermentation process by refrigerating the shaped dough. This helps develop flavor and makes timing more flexible.
- ✓ **Couche:** Heavy linen used to support loaves during final proofing, particularly for baguettes.
- ✓ **Crumb:** The interior texture of the bread. Terms like “open crumb” and “closed crumb” describe the size and distribution of the holes.
- ✓ **Crumb Shot:** A photo showing the inside of the bread, often used to analyze and share results.
- ✓ **Danish Whisk:** A tool designed for mixing dough, especially helpful for initial mixing before autolyze.
- ✓ **Degas:** The process of pressing out gas bubbles from the dough, typically done for sandwich breads but not for traditional sourdough.
- ✓ **Diastatic Malt Powder:** A barley-based powder that helps with dough fermentation and browning of the crust.

- ✓ **Discard:** The portion of unfed starter that is removed before feeding. It can be used in other recipes to avoid waste.
- ✓ **Dutch Oven:** A heavy pot with a lid used for baking sourdough, which helps to trap steam and create a better crust.
- ✓ **Ear:** The flap of crust that lifts up during baking, often seen as a sign of a well-baked loaf.
- ✓ **Elasticity/Extensibility:** Describes the dough's ability to stretch and return to shape, which is important for good dough handling and structure.
- ✓ **Enriched Dough:** Dough that includes additional fats and sugars, like milk, butter, or eggs, resulting in a softer, richer bread.
- ✓ **Fermentolyse:** Combining flour, water, starter, and salt at the beginning of the mixing process, similar to autolyse but with all ingredients included.
- ✓ **Float Test:** A test to check if the starter is ready by placing a small amount into water to see if it floats.
- ✓ **Gluten:** The protein network in the dough that traps gas and gives bread its structure.
- ✓ **Hooch:** The liquid that forms on top of a starter that needs feeding. It indicates that the starter is in need of nourishment and attention.
- ✓ **Hydration:** The ratio of water to flour in a dough, expressed as a percentage. It affects dough handling and bread texture.
- ✓ **Kahm Yeast:** A harmless yeast that can form on the surface of the starter. Although it's not ideal, it can be removed.
- ✓ **Lactic Acid:** An acid produced by bacteria in the starter, contributing to the sour flavor and preserving the bread.
- ✓ **Lame:** A tool with a razor blade used to score dough before baking, allowing controlled expansion.
- ✓ **Lamination:** Stretching dough into a thin sheet to create layers, often used for adding flavors or in pastries like croissants.
- ✓ **Levain:** A portion of the starter built specifically for a recipe. It can be more active and ready for immediate use.
- ✓ **Maillard Reaction:** The chemical reaction during baking that creates the bread's brown crust and complex flavors.

- ✓ **Mother:** The original sourdough starter from which other levains are made.
- ✓ **Oven Spring:** The rise of the dough during the first few minutes of baking, is crucial for a well-formed loaf.
- ✓ **Peel:** A flat tool used to transfer dough to and from the oven.
- ✓ **Phytic Acid:** An acid in grains that reduces mineral absorption. Sourdough fermentation breaks down phytic acid, making nutrients more available.
- ✓ **Poke Test:** A test to check if the dough is ready to bake by poking it and observing how the indentation fills back.
- ✓ **Pre-Ferment:** A portion of dough prepared ahead of time to ferment and develop flavor added to the final dough.
- ✓ **Proofing:** The final rise after shaping and before baking. It can be done at room temperature or in the refrigerator.
- ✓ **Resting:** Allowing the dough to relax between steps like folding or shaping, making it easier to handle.
- ✓ **Rustic Sourdough Bread:** A no-knead, simple sourdough recipe that focuses on flavor over appearance.
- ✓ **Scoby:** The symbiotic culture of bacteria and yeast in your starter, also known from kombucha brewing.
- ✓ **Scoring:** Making slashes in the dough to control how it expands during baking, which can also be decorative.
- ✓ **Second Rise:** A period after the bulk ferment where the dough rises again, often used for certain recipes.
- ✓ **Shaping:** Forming the dough into its final shape before proofing and baking.
- ✓ **Stretch and Fold:** A method of developing gluten by gently stretching and folding the dough during bulk fermentation.

Your go-to guide for comprehending terminology related to sourdough baking is this glossary. As you become more familiar with these concepts, you'll gain confidence and skill in your baking adventures. Enjoy the journey and happy baking!

Tips for New Sourdough Bakers

Sourdough baking might seem straightforward—after all, people have been baking naturally fermented bread for thousands of years with just three ingredients: flour, water, and salt. However, while the basics are simple, mastering sourdough involves navigating a variety of variables and developing a process that works for both you and your starter. From the type of flour you use to the time of year and your specific location, many factors can influence your success. If you're just starting out and finding it challenging to get your starter going, don't worry—you're not alone. Here are ten tips to help you clear up any confusion and start your sourdough journey with confidence.

1. Can I Use Different Flour?

A sourdough starter is simply a mix of water and flour that grows wild yeast and friendly bacteria. Different flours can be used, but not all will behave the same. If your recipe calls for a specific flour you don't have, use what's available. All-purpose flour is commonly used, but bread flour, rye, and whole wheat can also work. Adjust the water content as needed if you substitute one for another. Just note that bleached flour might take longer to develop an active starter due to the reduced natural flora.

2. Can I Use Plastic or Metal with My Starter?

Contrary to some myths, you can use plastic bowls and metal spoons with your sourdough starter. Avoid reactive materials like cast iron or uncoated aluminum, but glass, plastic, stoneware, acrylic, and stainless steel are all safe choices.

3. Is Bottled Water Necessary?

Yes, using dechlorinated water, bottled water, or spring water is mandatory for your sourdough starter's health. Chlorine and other pollutants found in tap water can prevent the growth of good bacteria and wild yeast. If bottled or spring water isn't available, you can dechlorinate your tap water by letting it sit out in an open container overnight. This allows the chlorine to evaporate, making the water more suitable for your starter. Ensuring your water is free from chlorine and other harsh chemicals is crucial for a robust and active sourdough starter.

4. Is My Dormant Starter Dead?

If your once-bubbly starter seems to go dormant, it's likely not dead. Starters can go through phases where activity slows as different bacteria populations stabilize. Keep feeding it regularly, and it should come back to life in a few days.

5. Do I Have to Waste Starter?

Feeding your starter involves discarding some of it, but you don't have to waste it. Share with friends, use it in recipes, or maintain a smaller starter to minimize waste. You can find many recipes that make use of sourdough discard.

6. Best Container for Storing Starter?

To avoid spills, use a container with a lid. Clear glass or translucent plastic is ideal for tracking your starter's progress. Ensure the lid is not airtight to avoid pressure build-up. The container should be large enough to accommodate your starter as it grows.

7. My Starter Has Bubbles but Isn't Rising

If your starter has bubbles but isn't rising, it might be too thin. To thicken it, experiment with adding extra flour or use bread flour with additional protein. Your starter should double in size within 6 to 8 hours after feeding to be strong enough for baking.

8. Did I Kill My Starter?

It's hard to kill a sourdough starter unless it's subjected to extreme conditions like boiling water. If it looks or smells off, give it a few days of regular feeding. However, if you see mold or a pink/orange tinge, it's best to start fresh.

9. Do I Need Special Equipment?

Special equipment like a banneton, rice flour, or a Dutch oven is helpful but not essential. You can improvise with items you have at home. For instance, a bowl lined with a dish towel can substitute for a banneton, and you can bake bread on a baking sheet or stone if you don't have a Dutch oven.

10. Enjoy the Ride

Sourdough baking is a journey. With practice and patience, you'll learn what works best in your kitchen. Don't get discouraged by occasional setbacks or the pressure of social media perfection. Remember, there are no baking police—if you're happy with your bread, that's all that matters. Happy baking!

How Humidity and Altitude Affect Your Sourdough Baking

Do you want your sourdough bread to turn out perfectly every time, no matter where you are? Understanding how humidity and altitude affect your sourdough baking is the key to achieving consistent and delicious results. Altitude and humidity seem like improbable culprits, but they can really affect the way your bread ferments and turns out in terms of texture. But don't worry, you can simply overcome these obstacles and produce the ideal loaf with a little know-how. Let's dive in and master the art of sourdough baking in any environment!

The Role of Humidity in Sourdough Fermentation

Humidity levels can greatly influence the moisture content of your dough, which in turn affects the fermentation process. Because the dough holds more moisture in high humidity levels, the environment is more favorable to the growth of bacteria and yeast. This results in faster fermentation and more pronounced flavor development. Conversely, in low humidity conditions, the dough can become drier, slowing down fermentation and producing a milder flavor profile.

To adjust for different humidity levels, you may need to tweak your dough hydration. In high humidity, reduce the water slightly to prevent overly sticky dough. In low humidity, increase the water to keep the dough from becoming too stiff. This small change can have a significant impact on the finished product.

Understanding the Effects of Altitude on Sourdough Baking

Altitude also plays a crucial role in sourdough baking. At higher altitudes, reduced atmospheric pressure speeds up fermentation and can cause the dough to rise more quickly. This is due to the lower boiling point of water, which accelerates evaporation and increases yeast activity. However, this can also lead to larger air pockets and a lighter, more airy texture in your bread.

At lower altitudes, the higher atmospheric pressure slows down fermentation, resulting in a denser texture. The key to baking at different altitudes is adjusting fermentation times. At high altitudes, you might need to shorten fermentation, while at lower altitudes, extending fermentation times may help you achieve the desired texture and flavor.

Adjusting Dough Hydration for Different Humidity Levels

To achieve optimal results, adjust your dough hydration according to the humidity level. In high humidity, reduce the water in your recipe by small increments, such as 10 grams at a time, until you reach the desired consistency. Lower altitudes may require longer fermentation times to obtain the right texture and flavor, whereas higher altitudes may require shorter fermentation times.

Overcoming Challenges of Baking Sourdough at High Altitudes

Baking sourdough at high altitudes presents unique challenges, but with some adjustments, you can still achieve great results. Here are some tips:

1. **Adjust Hydration:** Increase the water slightly to compensate for the faster evaporation rate.
2. **Extend Fermentation:** Allow for longer fermentation times to ensure proper development of flavors and structure.
3. **Use Steam:** Baking in a Dutch oven or adding steam to your oven can help create a humid environment, aiding in crust development and preventing the bread from drying out.

By understanding and adapting to these environmental factors, you can enjoy consistent and delicious sourdough bread no matter where you are. Happy baking!

Cultivating Your Starter: Step-by-Step Guide

Day 1 to Day 7: Creating a Living Starter

Embarking on the journey to bake incredible sourdough bread begins with creating a sourdough starter. The key to producing sourdough bread is this unique combination of wheat and water, which naturally leavens your bread and gives it a deliciously tangy flavor. While the process might seem daunting at first glance, I'm here to simplify and demystify it for you. Follow these step-by-step instructions, and you'll be nurturing a bubbling, active starter in just seven days. Let's get started!

Day 1: Making the Starter

Your adventure begins today! The first step is to establish a consistent feeding schedule. Choose a time that works for you, perhaps in the morning, to feed your starter daily.



Your adventure begins today! The first step is to establish a consistent feeding schedule. Choose a time that works for you, perhaps in the morning, to feed your starter daily. Consistency is key, as your starter thrives on routine.

1. **Combine Ingredients:** In a clean 3/4-liter jar, mix 60 grams (1/2 cup) of whole wheat flour with 60 grams (1/4 cup) of warm water. Stir with a fork until smooth. The mixture will be thick and pasty; if it's too thick, add a bit more water to achieve a more batter-like consistency.

2. **Cover and Rest:** Cover the jar loosely with plastic wrap or a lid, and place it in a warm spot, ideally between 75-80°F, for 24 hours. If you need a warm spot, consider placing your jar in the oven (turned off) with the light on for a few hours, or use a proofing box set to the desired temperature.

Day 2: Watching for Bubbles

Today, you're looking for signs of life—small bubbles on the surface of your starter. These bubbles indicate that fermentation has begun. If you don't see bubbles right away, don't worry; sometimes they appear and dissipate overnight.

- **Check for Bubbles:** Look for small bubbles on the surface of the mixture. If you don't see any, that's okay—fermentation can be a slow process.
- **Rest Again:** Leave the starter in its warm spot for another 24 hours.



Day 2 (Con't): What's That Brown Liquid?

You might notice a dark liquid on the surface of your starter. This is called "hooch," a sign that your starter is hungry. It has a strong smell, similar to rubbing alcohol, but don't be alarmed—this is normal. Today, you can leave the hooch alone; you'll address it tomorrow when feeding begins.

Day 3: Feeding Your Starter

It's time to start the feeding process, which will continue for the next several days.

1. **Discard and Feed:** Remove and discard about half of the starter from the jar (you should have roughly 60 grams left). Add 60 grams (1/4 cup) of warm water and 60 grams (1/2 cup) of all-purpose flour to this. Mix until smooth.
2. **Consistency Check:** The texture should now resemble thick pancake batter or plain yogurt. If needed, add more water to adjust the consistency.
3. **Cover and Rest:** Seal the jar once more and let it sit in your warm area for another day.



Days 4, 5, and 6: Keep on Feeding!

Continue the feeding routine established on Day 3:

- **Daily Routine:** Every day, take out and throw away half of the starter. Then, add 60 grams (which is about half a cup) of regular flour and 60 grams (which is about a quarter cup) of warm water to it.
- **Monitor Growth:** As the days progress, you should see more bubbles and notice the starter rising and falling. This is a sign that the natural yeasts are developing.
- **Track Progress:** Wrap a rubber band or some masking tape around the jar to check how much the starter has grown.

Day 7: A Sourdough Starter Is Born!

By the seventh day, your starter should be fully active.





- **Double Check:** It should have doubled in size and be full of bubbles, both large and small. The texture will be spongy and fluffy, similar to roasted marshmallows, and it should smell pleasantly tangy.
- **Final Touches:** Transfer your starter to a clean jar. Give it a name—after all, it's now a living part of your kitchen! My starter is named Dillon after my oldest son, bright and bubbly just like he is.

Congratulations! You can now use your sourdough starter. Start with my beginner sourdough bread recipe, and soon you'll be creating a variety of delicious sourdough delights. Happy baking!

Ongoing Care for Your Starter

Now that you've created a vibrant, active starter, it's essential to maintain it with regular feedings. Just like any living creature, your starter needs care to stay strong. Feed it every time you bake and regularly to keep it alive and thriving. Remember, a healthy starter means beautifully risen bread every time!

Feeding and Caring for Your Starter

Baking delicious sourdough breads, rolls, muffins, and more starts with a robust and healthy sourdough starter. This section will explain how to feed your sourdough starter in advance of baking, as well as how to take care of a fresh started and how much starter to have on hand.

The Importance of Consistency

Making sure your sourdough starter is maintained consistently is essential. By regularly feeding your starter with fresh flour, you provide the necessary nutrients for the yeast and bacteria to thrive. This section will guide you on how to keep your starter happy and ready for baking.

Caring for a New Sourdough Starter

1. **Keep It Small:** Start with a small amount of starter to avoid wasting flour. You won't need your starter for discard projects until it is at least one week old, and it will take about two weeks to become very active for bread making.
2. **Discard and Feed Daily:** In the beginning, discard 50% of your starter and feed it daily with equal weights of flour and water (100% hydration). This ratio creates a thick, easy-to-work-with starter.
3. **Cleanliness:** Always use a clean jar for storing your starter. Feed and mix it in a small bowl to incorporate air and then transfer it to the clean jar.
4. **Breathing Room:** Use a jar with a loose-fitting lid to allow fresh air in while preventing the top layer from drying out or contaminants from entering.
5. **Watch for Hunger Signs:** Feed your starter daily for the first week and twice daily in the second week. If your starter looks flat or has liquid on top, feed it more frequently.
6. **Increase Feedings:** As your starter becomes more active, feed it more often to prepare it for bread making.
7. **Grow When Ready:** When your starter doubles in volume within 4 to 8 hours, you can start increasing the amount of flour and water during feedings to grow it to the desired size for baking.
8. **Time Doubling:** Note how long it takes for your starter to double in volume. This helps you understand its behavior in different environments and prepares you for fermenting doughs and batters.

9. **Use and Feed Regularly:** For best results, use and feed your starter at least once a week. If you use it less frequently, be prepared to feed it several times before baking.

10. **Don't Let It Go Hungry:** Always feed your starter before storing it in the refrigerator to keep it healthy during cold storage.

How Much Starter to Keep

There are two main ways to keep your starter on hand:

- **Small Starter (2-4 oz):** Ideal for occasional bakers. Keep it refrigerated and build it up to the desired volume over a day or two before using.
- **Large Starter (10-17 oz):** Great for frequent bakers. Keep a larger amount ready for immediate use, which is ideal for various baking projects.

Refreshing Your Starter

- **Small Starter:** Remove from the refrigerator, feed to the desired size, and let it ferment at room temperature until active. Use part of it for baking, and feed the rest before storing it back in the refrigerator.
- **Large Starter:** Bring to room temperature, use part of it, and feed the rest to build it up. Allow it to ferment before storing it back in the refrigerator.

Feeding Your Starter

1. **Weigh Ingredients:** Use a scale for accuracy. For a 100% hydration starter, use equal weights of flour and water.
2. **Feed Ratio:** Use a 1:2:2 ratio (one component starter, two parts flour, and two parts water) for an established starter.
3. **Mix Thoroughly:** Combine all ingredients until smooth.
4. **Store Properly:** Use a jar with a loose-fitting lid to allow for breathing.
5. **Ferment at Room Temperature:** Let the starter ferment until it doubles in size.

Tips for Maintaining Your Starter

- **Regular Use:** Use and feed your starter regularly to keep it active.
- **Refrigeration:** Feed your starter before refrigerating to keep it healthy.
- **Adjustment:** Adjust feeding frequency based on how often you bake.

By following these steps, you'll maintain a healthy sourdough starter ready for all your baking adventures. Happy baking!

Signs of Life: How to Tell Your Starter is Ready

- Embarking on your sourdough journey involves a key milestone: knowing when your starter is ready to bake with. An active and mature starter is essential for achieving that perfect rise and crumb in your bread. Let's explore the signs that indicate your starter is primed for baking.

- **Recognizing a Ready Sourdough Starter**

- Identifying these crucial signs will ensure you don't end up with a dense, unrisen loaf. Here's what to look for:

- **Sign #1: Doubling or Tripling in Size**

- After a feeding, your starter should double or even triple in size within 4-6 hours. This rapid expansion signals active fermentation. Look for visible bubbles on the surface and along the sides of the jar – these are clear indicators that your starter is lively and thriving.

- **Sign #2: Light and Airy Texture**

- A well-developed starter will exhibit a light, airy texture. When you scoop out a spoonful, it should feel fluffy and slightly stretchy. This texture results from the gases produced by active yeast and bacteria, giving your starter a spongy, elastic quality.

- **Sign #3: Pleasant, Tangy Aroma**

- Your starter should emit a pleasant, slightly tangy aroma. This scent signifies healthy fermentation. If your starter smells strongly of vinegar or has any foul odors, it needs more feeding and time to balance the bacteria and yeast properly.

- **Sign #4: The Float Test**

- Conduct a float test to rapidly determine whether your starter is ready. In a glass of water, drop a tiny spoonful of starter. Your starting is prepared for baking if it floats. When your starter is floating, it means it has enough gas in it to leaven your dough.

- **Boosting Your Starter's Activity**

- If your starter isn't quite ready yet, there are several ways to enhance its activity and get it baking-ready.

- **Increase Feeding Frequency**

- Boost your starter's activity by increasing the frequency of feedings. Consider feeding it every twelve hours as an alternative to once a day. Regular feedings provide fresh flour and water, invigorating the microbial activity.

- **Adjust Feeding Ratios**

- Experiment with feeding ratios to provide more nourishment for your starter. For example, switch from a 1:1:1 ratio (starter: flour) to a 1:2:2 ratio. This change offers more sustenance and can promote a more vigorous rise.

- **Warm Environment**

- Sourdough fermentation thrives in warm conditions. If your kitchen is cool, find a warmer spot for your starter, such as near the top of your fridge or in a warm corner of your kitchen. Just ensure it's not too hot, which could harm the starter.

- **Incorporate Whole Grains**

- Include whole grain flours in your feeding regimen, such as rye or whole wheat. These flours contain higher levels of natural yeasts and bacteria, enhancing fermentation. Many bakers find success with a blend of 75% all-purpose flour and 25% whole wheat flour.

- **Pineapple Juice Method**

- Some bakers use the pineapple juice method to kickstart their starter. Replace a portion of water with pineapple juice for a few feedings. This lowers the pH, creating a favorable environment for beneficial microbes.

- **Consistent Feeding Routine**

- Maintaining a consistent feeding schedule is crucial. Regular feedings help establish a stable environment for your starter, allowing the microbial population to thrive and reach peak activity.
- Remember, every sourdough starter is unique. Observe your starter closely and adapt these techniques to suit its specific needs. With patience and consistent care, your starter will soon be bubbly, active, and ready to create delicious sourdough bread.

Troubleshooting: Common Issues and Solutions

Starting your sourdough journey can be thrilling, but it often comes with its share of challenges. Fear not! Knowing what frequent problems to expect and how to solve them can make a big impact. Let's dive into some troubleshooting tips to keep your sourdough starter happy and thriving.

Reviving a Lethargic Starter

A sluggish starter is usually a sign that it needs a bit more warmth and care. If your kitchen is cooler, even at around 70°F (21°C), your starter might not be as active. To boost fermentation, try keeping it in a warmer spot, ideally between 74-76°F (23-24°C). This small temperature adjustment can significantly enhance activity and flavor.

Beyond temperature, consider treating your starter with some extra love. Think of it like nurturing a plant: it needs the right conditions to flourish. Feeding it with a portion of whole-grain rye flour can provide the nutrients it needs. Here's a feeding schedule to revitalize your starter:

- **White Flour (All-purpose or Medium Protein Bread Flour):** 3 tbsps
- **Whole-Grain Rye Flour (or Whole Wheat Flour):** 3 tbsps
- **Water:** 3.5 oz
- **Ripe Sourdough Starter Carryover:** 0.7 oz

Feed your starter twice a day, keeping it warm at around 76°F (24°C) for a week. This consistent care will help stabilize and strengthen your starter, ensuring it rises and falls predictably.

Signs Your Starter is Still Alive

It's quite hard to completely kill a sourdough starter. Even if left unfed on the counter for a week or in the fridge for a month, most starters can bounce back with a few consistent feedings. Unless your starter has been exposed to extreme temperatures (over 120°F/48°C), it's likely still alive. Aim to keep your starter below 85°F (29°C) to maintain a healthy balance of yeast and bacteria.

Distinguishing Good and Bad Smells

A healthy starter should have a pleasant, tangy aroma. If it smells off, like spoiled or rotten food, it might need some attention. Bad smells can indicate spoilage or imbalance. On the other hand, a good starter might have a complex aroma, sometimes likened to ripe cheese or yogurt, especially if using whole-grain rye flour. Trust your nose: if the smell makes you recoil, it's time to check for mold or give it some extra feedings.

Handling Mold in Your Starter

Mold is a clear sign that your starter has spoiled. Look for pink, orange, green spots, or white fuzz. If you spot any mold, discard the starter immediately and start fresh. Follow a reliable guide, and within a week, you'll have a new, healthy starter ready for baking.

Understanding the Rise and Fall

The rise and fall of your starter are natural parts of the fermentation process. Gas produced by yeast causes the rise, and as it exhausts its food supply, it will fall. The extent of this rise and fall may vary depending on the type of flour which was used. Don't worry if it doesn't rise very high; other signs of fermentation, like bubbles and aroma, are equally important indicators of a healthy starter.

Encouraging a Higher Rise

If your starter isn't rising much, it might be due to the type of flour you're using. High protein white flour can produce more significant rises, while whole grains might not rise as high. The height isn't as crucial as other signs of activity, like bubbles and consistency. Ensure your starter is warm and well-fed to promote optimal activity.

Addressing a Runny Starter

A runny starter isn't a problem; it often depends on the hydration level. Higher hydration (more water compared to flour) will make the starter looser. This consistency can actually boost fermentation activity. Adjusting the water content can help you achieve the desired texture.

Bubble Size and Starter Health

Big bubbles aren't essential for a healthy starter. Bubble size varies with the type of flour. High-protein white flour tends to create larger bubbles, while whole grains produce smaller ones. Focus on overall fermentation signs rather than bubble size alone.

Switching Flours

Yes, you can switch to any suitable baking flour to feed your starter. Your starter will adapt to the new flour, and you can switch back once you restock your usual flour. There's no need for gradual transitioning; your starter will manage the change just fine.

Boosting Starter Activity

To boost your starter's activity:

- Keep it warm (74-76°F/23-24°C)
- Incorporate more whole grains
- Feed it when it's ripe
- Avoid refrigerating it

Adjusting Starter Sourness

To adjust the sourness:

- Increase whole grains
- Keep it warmer (around 80°F/26°C)
- Feed it or use it after it's ripe

Dealing with Hooch

This layer, known as “hooch,” is harmless. Pour it off or stir it back in before feeding your starter. If hooch forms frequently, it might be a sign your starter needs more frequent feedings.

The Importance of Discarding

Yes, discarding is necessary to keep your starter manageable and maintain its health. Use the discard in various recipes to minimize waste.

Refrigeration and Your Starter

You can refrigerate your starter if necessary, but it performs best at room temperature. If refrigerating, feed it every one to two weeks. Before using, bring it to room temperature and feed it a few times to reactivate it.

Missing a Feeding

Missing a feeding occasionally isn't a disaster. Resume your regular feeding schedule as soon as you can. Consistent feeding is crucial for maintaining a healthy starter.

Keeping Your Jar Clean

Clean your jar as needed, typically every two weeks. Transfer a small amount of starter to a clean jar to prevent buildup and ensure a healthy environment.

Float Test Limitations

The float test isn't definitive for starter health. Some starters, especially those fed with whole grains, might not float. Assess your starter's health by its rise, bubbles, aroma, and consistency.

Gluten-Free Starters

Yes, you can create and maintain a gluten-free starter using flour like brown rice or buckwheat. These flours support fermentation without gluten.

Converting Starter Consistency

Adjust the water content in your starter to change its consistency. Add or withhold water during feeding to achieve the desired hydration level.

Feeding Ratios Explained

Feeding ratios, like 1:2:2, indicate the proportion of starter to flour and water. Adjusting these ratios can influence the starter's activity and maintenance schedule.

You'll be more prepared to tend to a strong sourdough starter if you know these typical problems and their fixes. Observing and adapting to your starter's needs will ensure it remains healthy and ready to bake delicious bread. Happy baking!

Sourdough Discard: Turning Waste into Wonder

What is a Sourdough Starter Discard?

When you're nurturing a sourdough starter, maintaining its health is key to successful baking. This involves regularly feeding your starter with fresh flour and water. Each time you do this, a portion of the fully-fermented mixture must be removed. This is known as sourdough starter discard. Discarding some starter helps to keep the acidity levels in check and prevents your jar from overflowing with excess starter.

While it might seem like a waste to throw away part of your starter, it's actually an essential part of the process. The discarded portion, though no longer part of your main starter, is still packed with the beneficial bacteria and wild yeast that make sourdough special. In fact, you can use this discard in many recipes, just like you would use a levain.

Seeing Value in Your Discard

At first glance, sourdough starter discard might appear to be a byproduct destined for the compost bin. However, it's far from useless. Think of it as the food that has already been consumed by your sourdough culture—it played a crucial role in keeping your starter vigorous and ready for action. Discarding helps maintain a healthy, active starter that's ready to leaven your bread.

If you keep your starter at room temperature and refresh it frequently, you're ensuring it remains lively and robust. Frequent refreshment helps avoid an overly acidic mixture that could weaken your starter over time. But don't let the term "discard" fool you—this byproduct can be a valuable ingredient in its own right.

Saving Up Discard: A Weekly Ritual

One of my favorite practices is saving my sourdough starter discard throughout the week. Instead of throwing it away, I collect it in a jar and store it in the refrigerator. By the end of the week, I have a substantial amount of discard ready to be transformed into delicious treats. This cache of starter discard can be used in a variety of recipes, reducing waste and expanding your baking repertoire.

For instance, you can whip up sourdough waffles or pancakes for a weekend breakfast or bake some delectable blueberry muffins or banana bread. Making the most of your sourdough starter and reducing waste are achieved by preserving and utilizing your discard.

Creative Uses for Sourdough Discard

The possibilities with sourdough discard are endless. Here are a few ideas to inspire your baking:

- **Pancakes and Waffles:** Add your discard to pancake or waffle batter for an extra tangy flavor and fluffy texture.
- **Muffins and Quick Bread:** Incorporate discard into muffin or quick bread recipes for added moisture and a subtle sourdough taste.
- **Crackers:** Roll out your discard and bake it into crispy, flavorful crackers.
- **Pizza Dough:** Mix discard into your pizza dough for a unique and tasty crust.

By viewing sourdough discard as a resource rather than waste, you not only enhance your baking skills but also contribute to a more sustainable kitchen practice. So next time you refresh your starter, don't toss that discard—save it and get creative!

Use Your Discard with These Recipes

Ready to start baking with your sourdough discard? This book is filled with delicious recipes that make the most of this versatile ingredient. Turn to the recipe section below and discover how to make everything from sourdough pancakes to pizza dough. Happy baking!

Setting the Scene: Preparing Your Kitchen

Crafting the Ideal Baking Environment

Creating the perfect setting for sourdough baking can make all the difference in your results. Here's how to set up a baking environment that will help you succeed, even if you're just starting out.

Find Your Space: Setting Up Your Baking Area

- **Dedicated Space:** Choose a clean, well-lit area in your kitchen where you can focus on baking. A clutter-free counter will give you plenty of room to work.
- **Keep It Tidy:** Cleanliness is key. Wipe down surfaces and ensure all your tools and ingredients are ready before you begin.

Gather Your Gear: Tools and Equipment

- **Essentials at Hand:** Make sure your measuring cups, scales, mixing bowls, and other utensils are easily accessible. This makes the process smoother and more enjoyable.
- **Preheat Your Oven:** Always preheat your oven to the required temperature before you start baking. A hot oven is crucial for that initial rise and perfect crust.

Control the Climate: Temperature and Humidity

- **Warmth Matters:** Sourdough loves a warm environment. Aim for a room temperature of between 21 and 24°C (70–75°F). If your kitchen is too cold, your dough might take longer to rise.
- **Humidity Helps:** A slightly humid environment can prevent your dough from drying out. You can use a proofing box or simply cover your dough with a damp cloth.

Organize Your Ingredients: Ready for Action

- **Pre-measure Ingredients:** Measure out your flour, water, salt, and any other ingredients before you start mixing. This ensures you won't forget anything and helps maintain consistency.
- **Label and Store:** Keep your flour and other dry ingredients in labeled, airtight containers to maintain freshness and make them easy to find.

Plan Ahead: Timing is Everything

- **Schedule Your Bake:** Sourdough requires patience. Plan your baking schedule to include all the necessary fermentation and proofing times. This might mean starting your dough the night before.
- **Stay Flexible:** Remember, sourdough can be unpredictable. Prepare to modify your time in response to the behavior of your dough.

- By crafting an ideal baking environment, you're setting yourself up for success. Each of these simple steps will help you create beautiful, delicious sourdough bread. Enjoy the process and watch your skills—and your bread—rise!

Organize Like a Pro: Tools and Ingredients at Hand

Getting organized is a game-changer for your sourdough baking journey. With everything in its place, you'll feel confident and ready to bake like a pro. Here's how to set up your kitchen for success.

Essential Tools: Your Baking Best Friends

- **Mixing Bowls:** Have a variety of sizes ready. Large bowls for mixing dough, smaller ones for holding ingredients.
- **Kitchen Scale:** Precision is key in baking. A digital scale ensures you measure ingredients accurately.
- **Measuring Cups and Spoons:** Useful for both dry and wet ingredients. Even with a scale, these are handy for quick measures.
- **Dough Scraper:** This helps you handle sticky dough and keeps your work surface clean.
- **Proofing Basket (Banneton):** For shaping and supporting your dough during the final rise. If you don't have one, a bowl lined with a floured cloth works too.
- **Dutch Oven or Baking Stone:** Essential for achieving that perfect crust. They retain and evenly distribute heat.
- **Lame or Sharp Knife:** For scoring the dough, allowing it to expand beautifully in the oven.

Ingredient Essentials: Ready and Fresh

- **Flour:** Keep a few types on hand, such as bread flour, whole wheat flour, and any specialty flour you like.
- **Salt:** For sourdough, sea salt or kosher salt works best.
- **Water:** Filtered water is ideal for the best results.
- **Sugar:** Useful for sweet recipes or feeding your starter.
- **Optional Add-ins:** Seeds, nuts, dried fruits, herbs, and spices can elevate your bread.

Smart Storage: Keeping Ingredients Fresh

- **Airtight Containers:** Keep your flour, salt, and other dry ingredients fresh and safe from bugs by storing them in sealed containers.
- **Clear Labels:** Label your containers with the contents and the date you bought them. This makes it easy to keep track of your supplies.
- **Easy Access:** Arrange your ingredients on a dedicated shelf or pantry space where you can easily reach them when baking.

Preparation is Key: Set Yourself Up for Success

- **Mise en Place:** A French term meaning "everything in its place." Measure out all your ingredients before you start mixing. This ensures you don't miss anything and makes the process smoother.
- **Keep It Clean:** Clean as you go to maintain a tidy workspace. A clutter-free environment helps you focus on the fun part—baking!
- **Workflow:** Arrange your tools and ingredients in the order you'll use them. This efficient setup saves time and reduces stress.

By organizing like a pro, you transform your kitchen into a well-oiled baking machine. With tools and ingredients at hand, you'll feel prepared and inspired to create amazing sourdough bread. Happy baking!

Cleanliness is Key: Keeping Your Space Ready

A clean kitchen sets the stage for baking success. Here's how to keep your space spotless and ready for your sourdough adventures.

Start Fresh: Clean Before You Begin

- **Wipe Down Surfaces:** Before you start baking, wipe down your countertops and work areas. A clean surface prevents contamination and makes the process more enjoyable.
- **Sanitize Tools:** Ensure all your baking tools—mixing bowls, utensils, and measuring cups—are clean. A quick rinse with hot, soapy water does the trick.

Keep It Tidy: Clean as You Go

- **Minimize Mess:** Use a dough scraper to keep your workspace tidy and free of excess flour and dough bits.
- **Quick Wipes:** Keep a damp cloth handy to quickly wipe up spills and flour dust as you work.
- **Trash and Compost:** Have a trash can or compost bin nearby to dispose of eggshells, flour bags, and other waste without leaving your station.

End with a Clean Sweep: Post-Bake Cleanup

- **Dish Duty:** Wash your tools and bowls immediately after use. This prevents the dough from hardening and makes cleanup easier.
- **Clear Counters:** Once your bread is in the oven, take a few minutes to clear and wipe down your counters.
- **Floor Focus:** Sweep or vacuum the floor to pick up any flour or crumbs that might have fallen.

Organization: Ready for Next Time

- **Store Smart:** Put your tools and ingredients back in their designated spots. This keeps your kitchen organized and makes it easy to start your next baking session.

- **Check Supplies:** Take a moment to check your ingredient levels. Running low on flour or salt? Make a note to restock before your next bake.

An environment conducive to productive baking is created in your kitchen by maintaining cleanliness and organization. This not only makes the process smoother but also enhances your enjoyment of baking sourdough. A tidy kitchen is a happy kitchen—happy baking!

Pre-Bake Rituals: Ensuring Success from the Start

Mastering the art of sourdough begins with the right preparation. These simple pre-bake rituals will set you up for success and make your baking experience smooth and enjoyable.

Gather Your Ingredients: Ready and Waiting

- **Measure Ahead:** Pre-measure all your ingredients before you start mixing. This practice, known as *mise en place*, ensures you have everything you need and helps prevent mistakes.
- **Room Temperature:** Allow ingredients like water and any added fats to reach room temperature. This helps with even mixing and fermentation.

Prepare Your Starter: The Heart of Sourdough

- **Feed Your Starter:** Make sure your sourdough starter is active and bubbly. Feed it a few hours before you plan to bake to ensure it's at its peak.
- **Temperature Check:** Keep your starter in a warm spot. Ideally, it should be around 70-75°F (21-24°C) to stay active and healthy.

Organize Your Workspace: Efficiency is Key

- **Clear the Clutter:** Make sure your work surface is clean and free of unnecessary items. A tidy space helps you focus and work more efficiently.
- **Tools at Hand:** Lay out all your essential tools—mixing bowls, measuring cups, dough scraper, and proofing basket. Having everything within reach streamlines the process.

Create the Right Environment: Climate Control

- **Warmth and Humidity:** If your kitchen is cold, place the dough in a warm area to rise. A slightly humid environment can prevent your dough from drying out.
- **Proofing Tricks:** Use your oven as a proofing box by turning on the light or setting it to a low temperature (about 75°F/24°C) for a warm, controlled environment.

Mental Preparation: Set the Mood

Relax and Enjoy: Baking is a form of art and relaxation. Put on your favorite music, take a deep breath, and enjoy the process.

Patience is Key: Sourdough baking requires patience. Embrace the time it takes for each step, knowing that the end result will be worth it.

By following these pre-bake rituals, you'll ensure a smooth and successful sourdough baking experience. Great baking starts with preparation, and following these easy steps will give you the confidence to bake beautiful bread. Happy baking!

Your First Loaf: A Step-by-Step Journey

Detailed Instructions with Visual Aids

Creating your first loaf of sourdough bread is a rewarding experience, and having detailed instructions with visual aids can make the process even more enjoyable and less intimidating. This section will guide you through each step, from mixing the dough to the final bake, with clear explanations and visual cues to ensure your success.

Make the Dough

Begin by gathering your ingredients and tools. For this beginner-friendly sourdough recipe, you'll need:

- **Bubbly, Active Sourdough Starter:** 150g (5.35 oz) - about 2/3 cup
- **Warm Water, Preferably Filtered:** 250g (8.80 oz) - 1 cup + 2 tablespoons
- **Olive Oil:** 25g (0.90 oz) - 2 tablespoons
- **Bread Flour (Not All-Purpose Flour):** 500g (17.65 oz) - 4 cups
- **Fine Sea Salt:** 10g (0.4 oz) - 1 3/4 teaspoons
- Fine ground cornmeal for dusting

1. **Mixing the Ingredients:** Mix the olive oil, warm water, and sourdough starter in a large bowl. Add the bread flour and sea salt, then mix everything together with your hands until all the flour is absorbed. The dough will be dry and shaggy.



2. **Resting the Dough (Autolyse):** Use reusable plastic wrap, a clean, really moist kitchen towel, or plastic wrap to cover the bowl. Give it a half-hour to an hour to relax. This rest period, known as autolyse, allows the flour to hydrate fully.



3. **Forming a Rough Ball:** After the dough has rested, work it in the bowl into a rough ball, which should take about 15 seconds.



Bulk Rise

The dough should be left to rise until it becomes twice as big and doesn't look thick anymore. This might take between 3 and 12 hours, which depends on how warm it is and how strong your starter is.

1. **Cover and Rise:** Cover the bowl with plastic wrap or a very damp kitchen cloth and let it rest in a warm spot.



2. **Optional:** Stretch & Fold: To strengthen the dough, perform a series of 'stretch & folds' during the bulk rise. Start 30 minutes into the rise: take a handful of the dough, extend it vertically, and then fold it in half. Rotate the bowl and repeat until you've come full circle.



Cut & Shape the Dough

1. **Prepare the Surface:** Lightly flour one side of your work surface for cutting and leave the other side clean for shaping.



2. **Cutting the Dough:** Take the dough out of the bowl and transfer it to the area that has been floured. Cut the dough in half for two loaves or leave it whole for a single loaf.



3. **Shaping the Dough:** Move the dough to the clean section. Fold the top of the dough towards the center, turn it slightly, and repeat until you've gone full circle. Then, flip the dough over, seam side down, and gently cup the sides, rotating it to form a tight ball.

Second Rise

1. **Prepare for Second Rise:** Coat the bottom of your Dutch oven with cornmeal or line it with parchment paper. Place the shaped dough inside for a second, shorter rise of 30 minutes to 1 hour.

2. **Preheat Oven:** Preheat oven to 450°F (232°C) towards the end of the second rise.

Score and Bake

1. **Scoring the Dough:** Right before baking, make a shallow slash about 2-3 inches long in the center of the dough. This helps the bread expand during baking.



2. **Baking:** Place the bread into the oven on the center rack with the lid on. After lowering the heat to 400°F (204°C), bake for 20 minutes. After taking off the lid, bake the bread for a further forty minutes or until it has deep golden brown color.



3. **Cooling:** After baking, take the bread out of oven and allow it to cool on the wire rack for at least 60 minutes before cutting it. If you cut it too early, the inside might become sticky.



Evaluating Your Loaf: Crust, Crumb, and Flavor

Baking your first sourdough loaf is a thrilling accomplishment. Now, let's evaluate the fruits of your labor. Understanding what to look for in the crust, crumb, and flavor will help you appreciate your bread and improve your skills.

Crust: The Perfect Finish

- **Color and Texture:** A well-baked sourdough should have a deep golden-brown crust. It should be thick and crackly, providing a satisfying crunch when you bite into it.
- **Blistering:** Small bubbles or blisters on the crust indicate good fermentation and high hydration in the dough.
- **Scoring:** Check how your scoring patterns opened up. Well-executed scores should create beautiful ear-like flaps and help control the expansion of the loaf.

Crumb: The Inner Beauty

- **Open and Airy:** An ideal sourdough crumb should be open and airy, with a mix of larger and smaller holes. This indicates proper fermentation and gluten development.
- **Moisture:** The interior should be moist but not gummy. If it feels too wet or doughy, the bread may need more baking time or adjustments in hydration.
- **Elasticity:** The crumb should be soft and springy to the touch. If it's dense and heavy, you might need to work on your kneading and fermentation times.

Flavor: The Taste Test

- **Complexity:** Sourdough bread has a unique, tangy flavor that comes from the natural fermentation process. It should have a balance of mild acidity and sweetness.
- **Depth:** The flavor should be rich and layered, not flat. This comes from the slow fermentation and the natural development of the starter.
- **Aftertaste:** A good sourdough should leave a pleasant aftertaste that makes you want to take another bite.

Troubleshooting Tips:

- **Dense Crumb:** If your crumb is too dense, try letting the dough ferment longer next time, ensuring it has risen adequately before baking.
- **Pale Crust:** A pale crust can result from insufficient baking time or a low oven temperature. Make sure your oven is fully preheated, and consider extending the baking time.
- **Too Sour:** If your bread is overly tangy, feed your starter more frequently and shorten the fermentation time slightly.

Celebrate Your Success:

- **Reflect and Record:** Keep a baking journal to note what worked and what you'd like to improve. This will help you track your progress and learn from each bake.
- **Share and Enjoy:** Share your homemade bread with friends and family. Their feedback and your own tasting experiences will guide your journey to perfecting sourdough.

Evaluating your loaf is an essential step in your baking adventure. By examining the crust, crumb, and flavor, you'll gain valuable insights and develop your skills. Celebrate each bake, learn from it, and enjoy the delicious rewards of your hard work!

Savory Sourdough Sensations

Introduction to Savory Baking

Welcome to the world of savory sourdough! This is where your bread-making skills meet a delicious array of flavors and textures. Savory sourdough baking opens up endless possibilities for creating hearty, flavorful bread that can be the star of any meal. Let's dive into this exciting aspect of sourdough baking, perfect for beginners eager to expand their repertoire.

Discovering Savory Flavors: Beyond Basic Bread

- **Herbs and Spices:** Use dried or fresh herbs, such as basil, thyme, or rosemary, to flavor your dough. Add some wonderful kick with spices like smoked paprika, cumin, or garlic powder.
- **Cheese, Please:** Incorporate grated cheeses like cheddar, Parmesan, or Gruyère into your dough for a rich, savory twist.
- **Veggie Magic:** Add finely chopped vegetables such as sun-dried tomatoes, olives, caramelized onions, or roasted peppers to create complex flavors and textures.

Simple Recipes to Start With

- **Cheese and Chive Loaf:** A delightful blend of sharp cheese and fresh chives, perfect for sandwiches or as a side to soups.
- **Olive and Rosemary Bread:** Mediterranean-inspired sourdough with briny olives and aromatic rosemary, great for dipping in olive oil.

Techniques for Success

- **Even Distribution:** When adding mix-ins, fold them into the dough during the stretch and fold process to ensure even distribution.
- **Adjusting Hydration:** Keep in mind that ingredients like cheese or vegetables can add moisture. Adjust the water content slightly to achieve the right consistency in the dough.
- **Flavor Balance:** Start with small amounts of strong-flavored ingredients and adjust to taste. More is easier to add than to subdue an overbearing flavor.

Pairing Your Savory Creations

- **Perfect Partners:** Savory sourdough breads are ideal for making gourmet sandwiches, complementing soups and stews, or serving as a flavorful side dish.
- **Serving Suggestions:** Toast slices and top with avocado, fresh tomatoes, or a poached egg for a delicious breakfast or snack.

Experiment and Enjoy

- **Get Creative:** Don't be scared to try out various flavor combinations. The more you practice, the more confident you'll become in creating your own signature savory sourdough recipes.
- **Share the Love:** Savory sourdough makes a wonderful gift for friends and family. Spread the happiness of homemade bread by sharing your masterpieces.

By exploring savory sourdough baking, you'll add a whole new dimension to your baking skills. These flavorful loaves are sure to impress and delight, making your baking journey even more rewarding. Let's get started and discover the savory side of sourdough!

Cheddar Chive Artisan Loaf

Dive into the delightful flavors of this Cheese and Chive Loaf, perfect for sandwiches, dipping into spaghetti or ravioli, or enjoying as breakfast toast topped with fried or poached eggs. This beginner-friendly recipe ensures you can create a loaf that's both impressive and delicious.

PREP TIME:

50 minutes

ADDITIONAL TIME:

12 hours

SERVINGS:

18

COOK TIME:

30 minutes

TOTAL TIME:

13 hours 30 minutes



NUTRITION:

Serving Size: 1 slice
Calories: 238 kcal
Carbohydrates: 46 g
Protein: 4 g
Fat: 5 g
Saturated Fat: 4 g
Polyunsaturated
Fat: 0.2 g
Monounsaturated

Fat: 0.3 g
Sodium: 297 mg
Potassium: 147 mg
Fiber: 2 g
Sugar: 10 g
Vitamin A: 4 IU
Vitamin C: 1 mg
Calcium: 23 mg
Iron: 2 mg

INGREDIENTS:

For the Starter (In case you don't have the starter described in this book)

- 8 oz (240 ml) water at 75°F (24°C), 10 oz (280 g) bread flour, 2 oz (40 ml) sourdough starter

For the Final Dough

- 2 lbs 1/2 oz (1 kg) bread flour
- 4 oz (110 g) corn flour
- 8 oz (230 g) prepared starter (you will have some leftovers)
- 21 1/2 oz (610 ml) water at 90°F (32°C), 2 ounces (60 milliliters) of extra virgin olive oil, 3 and 1/4 teaspoons (25 grams) of salt
- 1 and 1/4 teaspoons (5 grams) of instant yeast
- 5 ounces (300 grams) of sharp cheddar cheese, cut into small pieces

INSTRUCTIONS:

1. Prepare the Starter (In case you don't have the starter described in this book)

The night before baking, combine the starter ingredients in a bowl. Stir everything together, put a lid on it, and let it rest for around 12 hours at the temperature of your house..

2. Mix the Dough

On baking day, mix the bread flour and corn flour in a large bowl.

In a big bowl, mix the ready starter, water, and olive oil together.

Then, pour the flour mix into the liquid mix. Use your hands to mix everything for about a minute, making sure all the flour gets wet. Put some plastic wrap over the bowl and let it sit in a warm place (about 80°F/27°C) for 30 minutes. You can use a microwave with two cups of hot water to make a warm, damp place.

3. Incorporate Salt and Yeast

Sprinkle the salt and instant yeast over the dough. Mix by folding the dough and pinching it with your fingers to incorporate these ingredients. The dough will start to come together as you work it for about a minute.

4. Add Cheese and Chives

Stretch the dough out and fold it over itself, incorporating the cheddar cheese squares and finely sliced chives. Turn the bowl and repeat this folding process several times. Put a plastic cover on the bowl and leave it in a warm place for thirty minutes.

5. Perform Stretch and Folds

After 30 minutes, perform a "stretch and fold" from all four sides of the bowl. This strengthens the dough. Repeat this process two more times every 30 minutes, letting the dough rise for an additional 30 minutes until it becomes puffy.

6. Shape the Dough

The dough should be divided into three equal portions, each weighing roughly one pound and ten ounces (750 g). Roll them into loose balls, put them on the counter seam-side down, and wrap them in plastic wrap. Give them twenty minutes to rest.

7. Prepare the Bannetons

Dust three bannetons or towel-lined 9-inch bowls with corn flour. Gently reshape the dough balls and place them seam-side up in the prepared bannetons. Place a plastic wrap on top and allow them to proof for approximately one hour in a warm area.

8. Preheat the Oven

Adjust oven temperature to 450°F (232°C) and, if possible, use a baking stone. Boil one cup of water in a pan that is placed on the lowest rack.

9. Bake the Loaves

Turn the loaves out onto a parchment-lined peel or baking sheet. Transfer them to the oven and pour the boiling water into the steam pan on the lowest rack. Shut the oven door quickly to contain the steam.

Open the oven door and mist the walls with water after five minutes. Close the door quickly.

Bake the loaves for another 25 minutes until the internal temperature reaches about 200°F (93°C). The crust should be a deep golden brown.

10. Cool and Enjoy

After taking it out of the oven, let the bread cool on a wire rack. Before slicing, let it cool for at least an hour to prevent the inside from becoming gooey.



Savor the pleasant smell and taste of your newly made Cheese and Chive Bread, an ideal addition to your dishes or a tasty snack by itself !

Olive and Rosemary Hearth Bread

Create a crusty sourdough bread infused with the earthy flavors of rosemary, roasted garlic, and briny olives. This no-knead recipe rises overnight, making it an easy yet impressive addition to your baking repertoire. Perfect for beginners, this recipe uses sourdough starter instead of yeast, and requires 10-14 hours of rising time.

PREP TIME:

40 minutes

ADDITIONAL TIME:

40 minutes

SERVINGS:

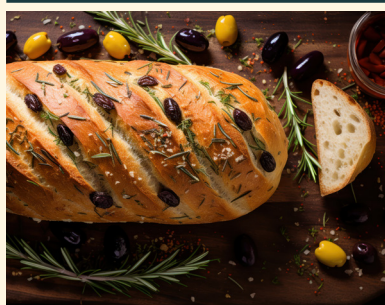
18

COOK TIME:

30 minutes

TOTAL TIME:

16 hours



NUTRITION:

Calories: 199
Sugar: 0.3 g
Sodium: 541.5 mg
Fat: 2.4 g
Saturated Fat: 0.4 g

Carbohydrates: 40.5 g
Fiber: 6.1 g
Protein: 7.4 g
Cholesterol: 0 mg

INGREDIENTS:

1. Basic Overnight Sourdough Bread:

- 4 cups of organic white bread flour (520 grams)
- 2 teaspoons sea salt (12 grams)
- 1/3 cup sourdough starter (90 grams; use after it has peaked)
- 1 7/8 cups water (385 grams)

2. Add-Ins:

- 3/4 cup of chopped kalamata olives
- 2-3 tablespoons of fresh rosemary, chopped
- 1/2 cup of roasted whole garlic cloves (optional but delicious)
- Rice flour for dusting (or substitute regular flour)

INSTRUCTIONS:

1. Prepare the Dough:

Evening: In a large bowl, combine the flour and salt. Using a fork, blend the sourdough starter and water in another basin. Using a fork, whisk the starting mixture until it is mostly incorporated with the flour mixture. Use a wooden spoon or dough mixer to scrape the sides and mix for about one minute, ensuring all the flour is incorporated. The dough will be thick and shaggy. If necessary, add a tablespoon of water at a time to incorporate all the flour. Use a moist kitchen towel to cover, wait fifteen minutes, and then do two sets of stretches and folds, separated by fifteen minutes.

2. First Rise:

Overnight on the counter, let the dough rise for 10 to 14 hours, at a perfect temperature - 18°C to 21°C (65°F to 70°F).. In the morning, the dough should have swelled but not quite doubled.

Perform the poke test to check readiness.

3. Prepare the Banneton:

Dust your banneton with rice flour and optionally sprinkle some olives and rosemary at the bottom, which will end up being the top of the loaf. Use an oil-sprayed bowl coated with parchment if you don't have a banneton.

4. Shape the Dough:

Loosen the dough around the edges with damp fingertips or a wet dough scraper, then transfer it onto a lightly floured surface. Gently press into an uneven rectangle that is approximately 1/2 inch thick. Scatter the garlic, rosemary, and olives on top. Use the dough scraper to lift one side, stretch slightly, and fold it over to the middle. Repeat on the other side to create a tri-fold envelope. Rotate the dough and repeat the tri-fold process.

5. Rest and Preheat:

Place the dough in the fridge uncovered for 1 hour while preheating your oven to 500°F (260°C) with your lidded Dutch oven inside.

6. Score the Dough:

Remove the dough from the fridge. Put a piece of parchment over the banneton and flip the dough onto the parchment. Score the dough 3/4 - 1 inch deep at a 45-degree angle, creating a design or simple slash where you want the bread to puff up.

7. Bake the Bread:

After taking the Dutch oven out of the oven and closing the door to keep the heat inside, carefully transfer the dough using the parchment paper inside the oven. Replace the lid and put the oven back in. Bake for 20 minutes with convection on (or 25 minutes without convection). Take off the top and bake for a further 10 to 15 minutes, or until the bread is deeply brown and the internal temperature reaches 204–208°F (96–98°C).

8. Cool and Enjoy:

Take the bread out of the oven and let it rest on a wire rack for at least 1 hour before cutting it to prevent a sticky texture. Patience is key!

NOTES

No Banneton? Use a parchment-lined bowl sprayed with oil. Place the dough seam side down and sprinkle with flour, olives, or rosemary as desired. Flour Variations: Rye, whole wheat, or other whole grains can be used in place of half of the white flour. Using more than this may result in a denser loaf.

Alternative Shaping: You can shape the dough into a log instead of a tri-fold, lay it seam side down, and tuck the ends under. Let rest for 5 minutes before placing it in the banneton, seam side up.



Enjoy your beautifully crusty and flavorful Olive and Rosemary Bread, a delightful addition to any meal!

Rustic Artisan Boule

Experience the joy of baking the best crusty artisan sourdough boule, featuring a delightfully chewy crust and a light, airy interior. Perfect for beginners, this recipe guides you through each step, ensuring a successful bake every time.

PREP TIME:

50 minutes

ADDITIONAL TIME:

8 hours

SERVINGS:

26

COOK TIME:

40 minutes

TOTAL TIME:

24 hours



NUTRITION:

Calories: 171 kcal
Carbohydrates: 36 g
Protein: 5 g
Fat: 0.5 g
Saturated Fat: 0.1 g
Polyunsaturated
Fat: 0.2 g
Monounsaturated

Fat: 0.04 g
Sodium: 390 mg
Potassium: 45 mg
Fiber: 1 g
Sugar: 0.1 g
Calcium: 7 mg
Iron: 2 mg

INGREDIENTS:

- 1 cup sourdough starter
- 1 1/4 cups water
- 2 teaspoons salt
- 4 cups all-purpose flour

STRETCH AND FOLD METHOD

For those who prefer the stretch and fold method:

- First 3 Stretch and Folds: Every fifteen minutes.
- Last 3 Stretch and Folds: Every thirty minutes.

Instructions:

- Stretch the dough out by grabbing its edge and pulling it upward.
- Refold the dough into the middle. Give the bowl a quarter turn, then do it again. Cover with a damp towel, tight lid, or cling wrap between sets.

INSTRUCTIONS:

1. Mix and Knead:

Combine the flour, water, salt, and sourdough starter in a mixing machine. Work the dough with your hands until it stretches and begins to come away from the sides of the bowl.. Perform the 'windowpane' test by stretching a small piece of dough; if it forms a thin, translucent membrane without breaking, it's ready. If it breaks, knead for a few more minutes.

2. First Fermentation:

The dough should be put in a big, greased bowl. Use an airtight cover, plastic wrap, or beeswax wrap to cover. Let the dough ferment in a warm place for 8 to 24 hours or until it has doubled in size.

3. Shape the Dough:

The next day, punch down the dough to release any gas. Put it in a banneton basket after shaping it into a boule (round loaf).

Let it rise until it doubles in size; this should take two to four hours, depending on the weather outside. As an alternative, you can chill it for a period of 12 to 15 hours.

4. Preheat the Oven:

Set the oven to 260°C (500°) and place a cast iron pot inside it to heat up. Let it heat for one hour to ensure it's thoroughly hot.

5. Prepare for Baking:

Turn the risen dough out onto a piece of parchment paper. If desired, sprinkle the top with flour and score it with a pattern using a sharp knife or bread lame.

6. Bake the Bread:

Gently pick up the paper with the dough and put it into the hot pot with a lid. Put the lid on and cook for 20 minutes. Take the lid off, lower the heat to 450°F (232°C), and cook for another 20 minutes until the outside is a dark golden color and it makes a hollow sound when you tap it.

7. Cool and Enjoy:

Take the ball of bread out of the big pot and let it rest on a rack for at least an hour before cutting it. This cooling period allows the crumb to set properly.

NOTES

For those with gluten sensitivity, a longer fermentation of up to 24 hours is recommended for better digestion.

Using parchment paper when baking helps you move the dough into the pot more easily and stops it from sticking.

Ensure the dough is covered tightly during fermentation to prevent it from developing a crust prematurely.



Embrace the art of sourdough baking with this simple yet rewarding Artisan Sourdough Boule recipe, and delight in the rustic charm and exquisite flavor of homemade bread!

Focaccia Fiore with Roasted Garlic

Delight in the simplicity and deliciousness of this sourdough focaccia, boasting a super crispy crust with a soft, pillowy center. Topped with fragrant roasted garlic and fresh rosemary, this recipe is perfect for beginners in sourdough baking.

PREP TIME:

40 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

12

COOK TIME:

30 minutes

TOTAL TIME:

1 hours 10 minutes

**NUTRITION:**

Serving: 1 slice
Calories: 261 kcal
Carbohydrates: 55 g
Protein: 7 g
Fat: 1 g

EQUIPMENT:

- Stand mixer with dough hook attachment
- 9x13 inch cake pan

INGREDIENTS:**Garlic Confit**

- 1 cup garlic cloves, peeled
- 1 ½ cups extra virgin olive oil
- 2 sprigs fresh rosemary
- ½ teaspoon flaky sea salt

Sourdough Focaccia

- 1 cup ripe sourdough starter
- 4 cups all-purpose flour
- 1 ¾ cups lukewarm water
- 1 tablespoon kosher salt
- 2 teaspoons honey

Topping

- Garlic confit
- Fresh rosemary
- Flaky sea salt

INSTRUCTIONS:**1. Garlic Confit**

Preheat your oven to 275°F.

In a large baking dish, combine the peeled garlic cloves and fresh rosemary sprigs. Pour the olive oil over garlic until almost fully submerged (adjust the amount of oil as needed). Sprinkle with flaky sea salt and gently mix.

Bake at 275°F for 1 ½ to two hours, until the garlic is soft and aromatic.

Wait for the cooked garlic to become the same temperature as the room.

For one to two weeks, store in the refrigerator in an airtight container.

The flavorful leftover oil can be used in cooking or salad dressings. For extra flavor, use this oil in the focaccia recipe!

2. Sourdough Focaccia

In a large bowl with a dough hook attached, mix together the sourdough starter, flour, water, kosher salt, and honey. Mix on low speed until fully combined.

Knead the dough on low speed for 5-10 minutes, until smooth and elastic. Move the dough into a bowl that has been coated with oil. Wrap the bowl securely with plastic wrap and put it in a warm area to let the dough expand for around 4 hours, or until it becomes about twice as big as it was.

Move the bowl to the fridge and let the dough continue to cold-proof overnight (eight-twenty four hours).

The following day, pour 2 tablespoons of olive oil into a 9x13 inch baking dish. You can use the leftover garlic oil if you prefer. Put the dough into the dish and carefully spread it out to the sides. Cover and let rest at room temperature for 2-4 hours, until the dough is light and airy.

Preheat your oven to 425°F.

Drizzle another 2 tablespoons of the garlic-infused olive oil over the top of the dough. Use your fingers to press straight down, creating small dimples in the surface.

Top with roasted garlic cloves and fresh rosemary. Sprinkle with flaky sea salt if desired.

Bake for about 20 to 30 minutes at 425°F, or until the focaccia is crisp around the edges and golden brown.

Before slicing, remove from the pan and allow cool on a wire rack for at least ten minutes.

NOTES

Although focaccia is best consumed the same day, it can be kept for up to two days at room temperature. Reheat in a 350°F oven for eight to ten minutes or until well heated.

For added flavor, be sure to use the leftover garlic confit oil in both the dough and as a topping.

”

Enjoy baking this delightful Sourdough Focaccia with Roasted Garlic, and relish the crispy crust, soft center, and the aromatic blend of roasted garlic and rosemary. Perfect for beginners, this recipe ensures a successful and rewarding baking experience!

Zesty Cheddar Jalapeño Boule

Savor the perfect blend of sharp cheddar and spicy jalapeños in this delightful sourdough loaf. With a crusty artisan exterior and a fluffy, flavorful interior, this bread is ideal for soups, spicy grilled cheese sandwiches, or simply as a tasty snack. Perfect for beginners, this recipe guides you through each step to create a show-stopping loaf.

PREP TIME:

40 minutes

FERMENTING TIME:

12 hours

SERVINGS:**26****COOK TIME:**

50 minutes

TOTAL TIME:

13 hours 30 minutes

**NUTRITION:**

| | |
|---------------------|-------------------|
| Serving: 1 slice | Potassium: 111 mg |
| Calories: 327 kcal | Fiber: 3 g |
| Carbohydrates: 58 g | Sugar: 1 g |
| Protein: 12 g | Vitamin A: 115 IU |
| Fat: 5 g | Vitamin C: 2 mg |
| Saturated Fat: 2 g | Calcium: 82 mg |
| Cholesterol: 10 mg | Iron: 1 mg |
| Sodium: 449 mg | |

INGREDIENTS:**To Prepare 1/2 Cup (100 grams) of Active Sourdough Starter:**

- 1 tablespoon (15 g) sourdough starter
- 1/3 cup + 1 tablespoon (50 g) all-purpose flour
- 3 1/2 tablespoons (50 g) water

Dough Ingredients:

- 1/2 cup (100 g) active sourdough starter
- 30 g split into 1 1/2 cups (360 g) of water
- 1/3 cup plus 1 tablespoon (50 grams) of whole-wheat flour
- 3 3/4 cups (450 grams) of bread flour, 2 teaspoons (10 grams) of fine sea salt

Add-In Ingredients:

- 1/4 cup (60 grams) of sliced jalapeños (either pickled or fresh), 4 ounces (113 grams) of sharp cheddar cheese (shredded)

INSTRUCTIONS:**1. Feed Your Sourdough Starter:**

12 hours before mixing the dough: In a clean jar, mix the ingredients to make 1/2 cup (100 g) of active sourdough starter. Stir until combined, cover loosely, and let it rise at room temperature. When the starting has doubled in size and bubbles are visible on the jar's surface and sides, it is ready.

2. Make the Dough:

Autolyse: Pour 100 grams of active sourdough starter and 330 grams of water into a mixing dish. Mix in 450 grams of bread flour and 50 grams of whole wheat flour. Using your hands, mix until a shaggy mass is formed and no dry bits are left. After an hour, cover the bowl and let the dough rest.

Add Salt: Dissolve 10 grams of salt in the remaining 30 grams of water. Add this salt water to the dough and mix it with your hands until it is well combined. After covering the bowl, give it an hour to rest.

3. Bulk Fermentation:

For the first 1.5 hours, perform 3 sets of stretch and folds, separated by 30 minutes. Add the shredded cheddar cheese and sliced jalapeños during the second set. Keep the bowl covered between sets. After the third set, cover and let the dough rise at room temperature for an additional 2-3 hours until it has risen about 30%.

4. Shape and Second Rise:

Place the dough onto a surface dusted with flour and roll it into a rough ball. Flour the top of the dough and place it into a floured proving basket, seam side up. Let it rise for two to three hours at room temperature or until it has increased by twenty to thirty percent. Or, place the dough in a covered container and chill it for up to 36 hours.

5. Preheat:

Preheat the oven to 500°F with a Dutch oven inside for thirty minutes. Score and Bake: After transferring the dough onto a sheet of parchment paper, use a razor to score the top. The Dutch oven should be carefully taken out of the oven and set on the stovetop. Move the dough into the pot using the parchment paper. Put the cover on, lower the oven's setting to 450°F, and bake for thirty minutes. After taking off the lid, bake for a further 20 to 25 minutes or until the crust turns golden brown.

6. Cool:

Allow the bread to rest on a wire rack for at least two hours before cutting it.

NOTES

Use large silicone gloves to protect your hands and forearms from burns when handling hot cookware.

During bulk fermentation, if your kitchen is warmer than 70°F, check the dough 2 hours after the last stretch and fold to ensure it does not overproof. When the dough has risen by about 30% and bubbles are visible around the bowl's edges, it is ready to shape.



Enjoy the delicious combination of cheddar and jalapeños in every bite of this artisanal sourdough loaf!

Pesto Cream Pizza

Discover the simplicity of creating a delicious homemade pizza with this beginner-friendly recipe. This sourdough pizza, topped with a vibrant pesto and a rich cream sauce, requires no kneading, proofing, or rising, making it the perfect choice for an effortless yet impressive meal. Enjoy the freshness of basil in every bite, complemented by the creamy goodness of cheese and your favorite veggies.

PREP TIME:

10 minutes

ADDITIONAL TIME:

10 minutes

SERVINGS:

8

COOK TIME:

30 minutes

TOTAL TIME:

50 minutes



NUTRITION:

| | |
|---------------------|---------------------|
| Serving: 1 slice | Trans Fat: 0.3 g |
| Calories: 926 kcal | Cholesterol: 108 mg |
| Carbohydrates: 9 g | Sodium: 967 mg |
| Protein: 12 g | Potassium: 273 mg |
| Fat: 97 g | Fiber: 2 g |
| Saturated Fat: 30 g | Sugar: 4 g |
| Polyunsaturated | Vitamin A: 2017 IU |
| Fat: 20 g | Vitamin C: 3 mg |
| Monounsaturated | Calcium: 220 mg |
| Fat: 42 g | Iron: 2 mg |

INGREDIENTS:

Sourdough Pizza Crust:

- Fed sourdough starter
- Italian seasoning
- Salt
- Olive oil

Pesto Sauce:

- 2 cups fresh basil leaves
- ¾ cup olive oil
- 1/3 cup Parmesan cheese
- 1 cup walnuts
- ½ teaspoon salt

Cream Sauce:

- 1 package (8 oz) organic cream cheese
- 3 tablespoons butter
- 1/3 cup cream
- ½ teaspoon garlic powder
- ½ teaspoon salt

INSTRUCTIONS:

Sourdough Pizza Crust:

1. Preheat:

Preheat your oven to 425°F with a pizza stone or cast iron skillet inside.

2. Prepare Veggies:

While the oven is heating, chop your choice of veggies (such as onions and mushrooms) and sauté them in a skillet over medium heat until they are nearly soft.

3. Prepare Baking Vessel:

Once the oven is preheated and the stone or skillet is hot, gently remove it from the oven and drizzle a little extra virgin olive oil on top.

4. Form Crust:

Pour the fed sourdough starter onto the heated pan and spread it to your desired thickness and shape. Drizzle a little more olive oil over the top, then sprinkle with salt and Italian seasoning.

5. Initial Bake:

Return the pan to the oven and bake for about 10 minutes, or until the crust is crispy and easily lifts from the pan.

Pesto Sauce:

1. **Blend Ingredients:** In a food processor, pulse together the basil, olive oil, Parmesan cheese, walnuts, and salt until well combined.

Cream Sauce:

1. **Combine and Heat:** In a small saucepan, combine the cream cheese, butter, cream, garlic powder, and salt. Stir and heat over low heat until well mixed and smooth.

Assemble and Bake Pizza:

1. **Layer Sauces:** Spread the pesto sauce over the pre-baked crust. Follow with a layer of cream sauce.
2. **Add Toppings:** Sprinkle shredded cheese over the sauces, then add your sautéed veggies.
1. **Final Bake:**
Place the pizza back into the oven and keep cooking for another ten minutes or until the cheese is hot and gooey.
3. **Serve:**
Slice and serve hot. Enjoy your homemade sourdough pizza with pesto and cream sauce!

NOTES

Feel free to customize the crust with your favorite sourdough recipe if desired.

This pizza is incredibly versatile—try adding other toppings like sliced tomatoes, spinach, or different cheeses.



Enjoy the fresh, flavorful experience of homemade sourdough pizza topped with pesto and cream sauce—a simple yet delectable dish perfect for any meal!

Crusty Baguette Recipe

Experience the joy of baking your very own sourdough baguettes! These baguettes have a crunchy outside and a soft inside, giving them a nice, slightly sour taste that goes well with any dish. This beginner-friendly recipe is designed to guide you through each step, ensuring success even if you're new to sourdough baking.

PREP TIME:

3 hours

ADDITIONAL TIME:

1 day 1 hour

SERVINGS:

36

COOK TIME:

35 minutes

TOTAL TIME:

1 day 4 hours 35 minutes



NUTRITION:

| | |
|-----------------------|------------------|
| Serving: 1 slice | Monounsaturated |
| Calories: 66 kcal | Fat: 0.02 g |
| Carbohydrates: 14 g | Sodium: 141 mg |
| Protein: 2 g | Potassium: 19 mg |
| Fat: 0.2 g | Fiber: 0.5 g |
| Saturated Fat: 0.03 g | Sugar: 0.05 g |
| Polyunsaturated | Calcium: 3 mg |
| Fat: 0.1 g | Iron: 1 mg |

INGREDIENTS:

Baguette Dough:

- 22 oz all-purpose flour (625 g)
- 15.9 oz water (450 g)
- 3.5 oz active sourdough starter (100 g)
- 0.5 oz salt (13 g)

INSTRUCTIONS:

Prepare Your Starter:

1. Feed Your Starter:

Feed your sourdough starter 4-12 hours before you begin, ensuring it's active and bubbly when you start the bread-making process.

2. Make the Dough:

Autolyse: In a large bowl, combine the water and flour. Let the mixture rest for 30 minutes. This rest period is called autolyse. Using wet hands, gently dimple in the sourdough starter to the flour and water mixture. Sprinkle the salt over the top.

3. Mix Dough:

Mix the dough with your hands for about 5 minutes until it comes together. After covering it with plastic wrap or a moist cloth, allow it to rest for thirty minutes.

Bulk Fermentation:

1. Stretch and Fold:

Perform 6 rounds of stretch and folds. For the first 3 rounds, stretch and fold every 15 minutes. For the last 3 rounds, stretch and fold every 30 minutes. Grasp one side of the dough, stretch it upwards, then fold it over the other dough to execute a stretch and fold. Rotate the bowl and repeat this action on all four sides.

2. Bulk Ferment:

Once the dough has doubled in size, cover it with a damp cloth or plastic wrap and allow it to ferment. Depending on your kitchen's temperature and the age of your beginning, this could take three to six hours. Shape the Baguettes: 7. Divide Dough: Divide the dough into three equal parts.

3. Final Shape:

Shape each piece into a baguette. Form the dough into a rectangle with dimensions of roughly 10 inches by 5 inches. Fold one long edge into the center, then the other long edge over it, pressing down to seal the seam. Roll the dough seam-side down, gently pulling it to create tension, and elongate it to about 14 inches.

Proof the Baguettes:

1. **Proof:** Place the shaped baguettes in a baker's couche or a baguette tray. Put it into a sizable plastic bag or cover with plastic wrap. Refrigerate overnight or for up to 36 hours.
2. **Bake the Baguettes:** Preheat Oven: Preheat your oven to 500°F (260°C) with a baking stone inside for about an hour. Place a 9x13-inch baking dish on the bottom rack of the oven and boil some water.
3. **Score the Baguettes:** Remove the baguettes from the refrigerator. Score the tops with 3 or 4 diagonal cuts using a sharp knife or razor blade.
4. **Create Steam:** Fill the preheated baking dish with boiling water to create steam.
5. **Bake:** Spritz the baguettes with water for better browning. Place the baguettes on the baking stone (or leave them in the perforated baguette pan if using one).

NOTES

Bulk Fermentation: The timing will vary depending on temperature, hydration, and starter maturity. When the dough doubles in size, and the surface begins to form little bubbles, it is ready.

Baker's Couche: A couche is a canvas cloth used to shape baguettes. Alternatively, use a kitchen towel and some clothespins.

Baking Dish: A long cast iron dutch oven can also be used for steam creation instead of a 9x13 dish.



Enjoy baking and savoring these classic sourdough baguettes with their perfect balance of crispy crust and chewy interior!

Italian Hearth Bread

Embrace the art of sourdough baking with this beginner-friendly Sourdough Italian Bread recipe. This flexible loaf may be made the same day and has a soft, fluffy crumb and a crusty outside. It has a delicious sourdough tang. Perfect for sandwiches, dipping, or simply enjoying with butter.

PREP TIME:

12 hours

ADDITIONAL TIME:

0 minutes

SERVINGS:

24

slices

COOK TIME:

35 minutes

TOTAL TIME:

12 hours 35 minutes



NUTRITION:

Calories: 150 kcal
Carbohydrates: 27 g
Protein: 4 g
Fat: 3 g
Saturated Fat: 0.4 g
Polyunsaturated
Fat: 0.4 g
Monounsaturated

Fat: 2 g
Sodium: 293 mg
Potassium: 36 mg
Fiber: 1 g
Sugar: 1 g
Calcium: 6 mg
Iron: 2 mg

INGREDIENTS:

- 6 1/2 cups all-purpose flour (910 g)
- 2 1/2 cups water (590 g)
- 1/2 cup bubbly, active sourdough starter (113 g)
- 1/4 cup olive oil (60 g)
- 1 tablespoon salt (17 g)
- 1 tablespoon sugar (12 g)
- 1 egg (for egg wash)

STRETCH AND FOLD METHOD

- Combine flour, water, starter, olive oil, salt, and sugar in a large mixing bowl. Mix by hand until well incorporated.
- Let the dough rest for thirty minutes, covering with a towel. Perform stretch and folds: stretch the dough upwards and fold it back into the center, rotating the bowl and repeating this process 3-4 times per round.

INSTRUCTIONS:

Prepare Your Starter:

- 1. Feed Your Starter:**
Feed your sourdough starter 4-12 hours before you begin. This ensures it's active and bubbly for the bread-making process.
- 2. Make the Dough:**
Combine Ingredients: Fill the bowl of a stand mixer with the flour, water, sourdough starter, olive oil, salt, and sugar.
- 3. Mix Dough:**
Mix on low speed for 2 minutes until a shaggy dough forms. After the dough is smooth and elastic, increase the speed to medium and mix for a further five minutes.
- 4. Test Gluten Development:**
Stretch a tiny piece of dough into a thin, translucent membrane to conduct the windowpane test. If it tears, knead for another 2-3 minutes and test again.

Bulk Fermentation:

1. **First Rise:**

After transferring the dough to a basin that has been well-oiled, cover it tightly with a moist towel or plastic wrap. Allow it to increase in size at room temperature for approximately 8 hours or until it has doubled.

2. **Shape the Loaves:** Divide Dough: Once the dough has doubled, turn it out onto a lightly floured surface and divide it into two equal pieces.

3. **Shape into Torpedo Loaves:** For each piece, gently stretch into a long rectangle. Fold each long side towards the middle, sealing the seam. Roll the dough seam-side down, pulling gently to create tension and elongate to about 12 inches.

4. **Second Rise:** Place the shaped loaves on a parchment-lined baking sheet or in a proofing basket. Cover and let rise for 2-4 hours at room temperature until doubled.

5. **Alternate Fridge Rise:** Extended Rise Option: For convenience or flavor development, you can refrigerate the shaped loaves for 12-15 hours. Cover them and place them in the fridge. When ready to bake, let the loaves come to room temperature for about an hour.

6. **Bake the Bread:** Preheat Oven: Warm your oven to 400°F, with a baking stone inside, if you have one. Prepare to create steam by placing a metal pan on the bottom rack.

7. **Score the Loaves:** Using a sharp knife or bread lame, score the tops of the loaves with 3-4 diagonal cuts.

8. **Create Steam:** Pour boiling water into the preheated metal pan to create steam, or use one of the alternate steam methods mentioned in the notes.

9. **Bake:** Bake the loaves at 400°F (200°C) for 35 minutes, rotating halfway through for even browning. When the bread is hollow to the touch and has a golden brown color, it is done. Cool the Bread: Put the loaves onto a wire cooling rack to cool before slicing in.

NOTES

Creating Steam in the Oven:

Preheated Pan Method: Preheat a metal pan in the oven. When ready to bake, add boiling water to the pan to create steam.

Towel Method: Place rolled-up towels in a ceramic dish, pour boiling water over them, and place in the oven.

Spritzing Method: Spritz water into the oven right before baking and quickly close the door to trap the steam.

Ice Cube Method: When baking starts, put a metal pan in the oven with a few ice cubes added.



Delight in the process of creating your own Sourdough Italian Bread, perfect for any occasion with its golden crust and tender crumb. Enjoy!

Aromatic Garlic Bread

Transform your homemade sourdough French bread into a delectable Sourdough Garlic Bread. This simple recipe will show you how to make a delicious loaf topped with garlic herb butter and melted Parmesan cheese. Perfect for beginners, this recipe is a surefire way to impress your family and friends.

PREP TIME:

5 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

8

COOK TIME:

10 minutes

TOTAL TIME:

15 minutes

**NUTRITION:**

Calories: 285 kcal
Carbohydrates: 27 g
Protein: 7 g
Fat: 17 g
Saturated Fat: 9 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 6 g
Trans Fat: 0.5 g

Cholesterol: 33 mg
Sodium: 521 mg
Potassium: 82 mg
Fiber: 1 g
Sugar: 2 g
Vitamin A: 508 IU
Vitamin C: 2 mg
Calcium: 62 mg
Iron: 2 mg

INGREDIENTS:

- 1 loaf sourdough French bread
- 1/2 cup butter, softened
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 4 cloves garlic, minced
- 3 tablespoons fresh parsley, chopped
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS:

- 1. Prepare the Bread:**
If you haven't already, prepare and bake a loaf of sourdough French bread following your favorite recipe. Allow it to cool completely before proceeding.
- 2. Preheat Oven:**
Preheat oven to 400°F (200°C).
- 3. Make the Garlic Herb Butter:**
Mash the softened butter with a drizzle of olive oil, some salt, minced garlic, and chopped parsley until well combined. Mix until well combined. A garlic press is highly recommended for finely mincing the garlic.
- 4. Prepare the Bread:**
Slice the cooled sourdough French bread in half lengthwise. Place both halves on a parchment-lined baking sheet, cut side up.

5. Spread the Butter:

Generously spread the garlic herb butter over each half of the bread. Ensure the butter mixture is evenly distributed to cover all edges.

6. Add the Cheese:

Sprinkle the cheese over the buttered bread.

7. Bake:

Place the baking sheet in the oven that has been heated ahead of time and cook for around 10 minutes. The bread should have golden edges, and the cheese should be melted and a little bit brown.

8. Serve:

Take off the bread from the oven and let it cool slightly. Slice into pieces and serve warm.

NOTES

Time-Saving Tip: If you're short on time, feel free to substitute the homemade sourdough French bread with a store-bought loaf.

Herb Variations: Experiment with other herbs like basil, oregano, or thyme to suit your taste.

Dried Herbs Substitute: If fresh herbs are not available, dried herbs can be used. Use one-third of dried herbs in place of fresh.



Enjoy the rich, buttery flavor of our Sourdough Garlic Bread, which is ideal for any meal or as a delicious appetizer. Enjoy the crispy, cheesy goodness with every bite!

Sourdough French Bread

Indulge in the magic of baking with this delightful Sourdough French Bread recipe. This bread, with its wonderfully crusty surface and light, airy interior, is a home baker's must-have. It's surprisingly simple and immensely rewarding, especially for beginners.

PREP TIME:

15 minutes

ADDITIONAL TIME:

12 hours

SERVINGS:

24

slices

COOK TIME:

25 minutes

TOTAL TIME:

12 hours 40 minutes

**NUTRITION:**

Calories: 98 kcal
Carbohydrates: 19 g
Protein: 2 g
Fat: 1 g
Saturated Fat: 0.2 g
Polyunsaturated
Fat: 0.2 g
Monounsaturated

Fat: 1 g
Sodium: 195 mg
Potassium: 23 mg
Fiber: 1 g
Sugar: 1 g
Vitamin C: 0.004 mg
Calcium: 4 mg
Iron: 1 mg

INGREDIENTS:

- 1 cup sourdough starter
- 1 1/4 cups water
- 2 teaspoons salt
- 4 cups all-purpose flour
- 1 tablespoon honey
- 2 tablespoons olive oil

INSTRUCTIONS:**1. Prepare Your Starter**

Feed your sourdough starter 4-12 hours before you plan to start baking. Ensure it's active and bubbly for the best results.

2. Mix the Dough

In your mixing bowl, combine the sourdough starter, water, salt, flour, honey, and olive oil.

Using a stand mixer with an attached dough hook, beat in the dough on medium for about 5-10 minutes. It should become very elastic and begin to separate from the edges of the bowl.

Perform the windowpane test by stretching a small piece of dough into a square. If it stretches thin enough to see light through without breaking, the dough is ready. If not, knead for a few more minutes and test again.

3. First Rise

Move the dough into a big bowl that has been greased with oil. Make sure it's well covered with plastic wrap, a beeswax wrap, or a lid that seals tightly to keep the dough wet.

Allow the dough—that will be around 8–24 hours—to ferment in a warm place, or until it has doubled its size.

4. Shape the Dough

To get rid of any gasses, punch down the risen dough.

Divide the dough into two equal parts.

Create a flat, 1/2-inch-thick rectangle out of each piece by rolling it out.

5. Second Rise

Put the shaped dough onto a parchment-lined baking sheet.

Place a towel over it and allow it to expand in a warm area until it becomes twice as big. This could take a few hours, depending on the temperature of your kitchen.

6. Preheat and Slash

Preheat oven to 400°F (200°C).

Use a lame or sharp knife to make slashes on the top of the loaves. This helps control how the bread expands during baking.

7. Bake the Bread

Place an ice cube tray in the oven to create steam, resulting in a golden, crusty exterior.

Bake the loaves for 25 minutes or until they are golden brown.

Take it off from oven and let it cool completely on a wire rack before slicing.

NOTES

For a Perfect Crust: Adding ice cubes to the oven helps create steam, which is essential for a beautiful, crusty finish.

Windowpane Test: This test verifies that the dough has been sufficiently kneaded to form the gluten that gives the bread its structure.

Adjusting Rise Time: The rise time can vary based on the temperature and humidity of your environment. Warmer kitchens will shorten the rise time, while cooler kitchens will extend it.



Enjoy your freshly baked Sourdough French Bread with your favorite toppings, or simply savor it plain. Happy baking!

Herb and Cheese Artisan Rolls

Imagine biting into a fluffy, savory roll infused with aromatic herbs and melted cheese. These Sourdough Herb and Cheese Rolls are perfect as a side for your favorite soup or as a delightful appetizer. With a soft interior and a golden, slightly crisp exterior, they're impossible to resist.

PREP TIME:

30 minutes

ADDITIONAL TIME:

12 hours

SERVINGS:

10

COOK TIME:

55 minutes

TOTAL TIME:

13 hours 25 minutes



NUTRITION:

Calories: 522 kcal
Carbohydrates: 48 g
Protein: 14 g
Fat: 31 g
Saturated Fat: 21 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 6 g
Trans Fat: 0.4 g

Cholesterol: 90 mg
Sodium: 544 mg
Potassium: 170 mg
Fiber: 2 g
Sugar: 4 g
Vitamin A: 661 IU
Vitamin C: 5 mg
Calcium: 258 mg
Iron: 3 mg

INGREDIENTS:

Sourdough Roll Dough

- 1/2 cup sourdough starter, bubbly and active
- 1/2 cup water
- 4 cups all-purpose flour
- 1/2 cup melted coconut oil
- 1 tablespoon honey
- 2 large eggs
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Filling

- 1/2 cup room temperature butter, 1 tablespoon finely chopped fresh sage
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped thyme
- 2 cups caramelized onions
- 2 1/2 cups grated cheddar cheese

INSTRUCTIONS:

1. Prepare the Dough

In a bowl, mix the sourdough starter, water, flour, honey, and melted coconut oil. Form the mixture into a ball.

Place the dough in a basin that has been oiled, then cover it with plastic wrap or beeswax wraps.

Let the dough rest for at least 24 hours or overnight in a warm location.

2. Add Ingredients

After the resting period, combine the eggs, baking powder, baking soda, and some salt into the dough. Mix thoroughly with your hands until totally absorbed.

Put a cloth over the bowl and let the dough get bigger in a warm spot for around an hour.

3. Caramelize the Onions

While the dough is rising, thinly slice 5-6 medium onions.

In the frying pan, heat some oil and butter on medium-high heat. Put in the onions and mix them around so they get covered with the oil. Cook, stirring every few minutes, for about 45 minutes until the onions are deeply caramelized. After 15 minutes, sprinkle with salt and sugar, if preferred. Reduce the heat to avoid burning.

4. **Prepare the Filling**

Combine the chopped fresh herbs and room-temperature butter in a small bowl, blending them thoroughly.

5. **Shape and Fill the Rolls**

Lightly flour your work surface and roll out the dough to about 1/4 inch thickness.

Spread the herbed butter evenly over the dough.

Distribute the caramelized onions evenly, then sprinkle the grated cheddar cheese on top.

Shape the dough into a long, round roll and press the ends together to close them.

6. **Cut and Rise**

Slice the rolled dough into 12-14 pieces.

Place the rolls in a well-seasoned 14" cast iron skillet. Sprinkle with extra chopped thyme if desired.

Let the rolls increase in size in a warm area for 30 minutes to 1 hour as you heat your oven to 375°F (190°C).

7. **Bake**

Cook the rolls in the oven for 20-25 minutes until they turn a nice brown color. Take them out of the oven and let them cool down a bit before you eat them.

NOTES

Herb Flavor: The longer the herbs sit in the butter mixture, the more intense the flavor. Prepare this early in the baking process.

Glaze: For a shiny, crusty finish, brush the rolls lightly with an egg or cream wash before baking.

Extra Caramelized Onions: Caramelize extra onions to use as toppings for burgers, stir-fries, sandwiches, etc.

Herb Substitution: If fresh herbs are unavailable, use dried herbs.

Substitute with 1 teaspoon sage, 1/2 teaspoon dried rosemary, and 1 teaspoon dried thyme.



Savor the tasty mix of tastes in these Sourdough Herb and Cheese Rolls, which are sure to be a hit at any meal! Happy baking!

Sweet Sourdough Treats

Satisfy Your Sweet Tooth: Introduction to Sweet Bakes

Welcome to the delightful world of sweet sourdough baking! If you thought sourdough was only for savory bread, think again. Sweet sourdough treats offer a delicious twist, combining the tangy flavor of sourdough with the sweetness of fruits, spices, and more. Perfect for beginners, this introduction will guide you through creating irresistible sweet bakes that will impress everyone.

Discovering Sweet Sourdough: Beyond Basic Bread

- **Sweet Ingredients:** Incorporate ingredients like dried fruits, chocolate, nuts, and spices to transform your sourdough into a sweet delight.
- **Natural Sweeteners:** Use honey, maple syrup, or brown sugar to add sweetness without overpowering the natural sourdough flavor.
- Simple Recipes to Start With
- **Cinnamon Raisin Sourdough:** A classic favorite, perfect for breakfast or a snack. The warm cinnamon and sweet raisins create a comforting flavor.
- **Chocolate Chip Sourdough:** Indulge in the delightful combination of tangy sourdough and melty chocolate chips, which are great for any chocolate lover.

Techniques for Sweet Success

- **Folding in Mix-Ins:** Add your sweet ingredients during the stretch and fold process to ensure even distribution without overworking the dough.
- **Adjusting Hydration:** Sweet ingredients can affect dough consistency. Adjust the water content as needed to maintain the right texture.
- **Balancing Flavors:** Start with moderate amounts of sweet ingredients and adjust to taste. You want a harmonious balance between the tang of sourdough and the sweetness.
- Pairing Your Sweet Creations
- **Perfect Partners:** Sweet sourdough bakes are excellent for breakfast, brunch, or dessert. They pair wonderfully with coffee, tea, or a glass of milk.
- **Serving Suggestions:** For added delight, toast a slice and cover it with butter, cream cheese, or your preferred jam.

Experiment and Enjoy

Get Creative: Don't be hesitant to test out new flavor combinations. Experiment with different fruits, nuts, and spices to create your unique sweet sourdough recipes.

Share the Joy: Sweet sourdough treats make perfect gifts for friends and family. Share your bakes and spread the joy of homemade goodness.

Sweet and Simple Tips

Plan Ahead: Sweet bakes might require additional proofing time to fully develop flavors. Be patient and enjoy the process.

Practice Makes Perfect: The more you bake, the more confident you'll become. Keep practicing and refining your techniques.

By diving into sweet sourdough baking, you'll add a delicious new dimension to your skills. These delectable recipes will cheer up your kitchen and satisfy your sweet taste. Let's get started and create some sweet sourdough magic!

Heavenly Cinnamon Raisin Bread

Discover the joy of baking with this delicious and healthy Sourdough Cinnamon Raisin Bread. Perfect for beginners, this recipe combines the tangy goodness of sourdough with the sweet warmth of cinnamon and raisins. It's a wholesome treat that's perfect for breakfast or a snack.

PREP TIME:

15 minutes

ADDITIONAL TIME:

16 hours

SERVINGS:

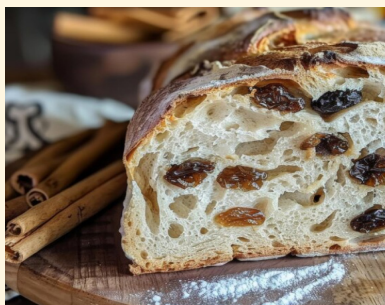
24

COOK TIME:

35 minutes

TOTAL TIME:

16 hours 50 minutes



NUTRITION:

Serving Size: 1 slice

Calories: 238 kcal

Carbohydrates: 46 g

Protein: 4 g

Fat: 5 g

Saturated Fat: 4 g

Polyunsaturated

Fat: 0.2 g

Monounsaturated

Fat: 0.3 g

Sodium: 297 mg

Potassium: 147 mg

Fiber: 2 g

Sugar: 10 g

Vitamin A: 4 IU

Vitamin C: 1 mg

Calcium: 23 mg

Iron: 2 mg

INGREDIENTS:

- 6 cups unbleached all-purpose flour
- 1 cup active sourdough starter
- 1/2 cup neutral oil (like coconut or avocado)
- 1 tablespoon salt
- 1/2 cup honey
- 1 1/2 cups water
- 3 tablespoons cinnamon
- 2 cups raisins
- 1 cup hot water (for soaking raisins)
- 1/2 cup brown sugar (optional)

EQUIPMENT:

- Stand Mixer
- 2 Loaf pans

INSTRUCTIONS:

1. Prepare the Dough

In a large mixing bowl, combine flour, sourdough starter, oil, salt, honey, and water the night before baking. Dough should be smooth and extremely elastic after 10 to 15 minutes of kneading using a stand mixer equipped with a dough hook.

2. First Rise

Split dough into two equal portions and transfer each to a glass bowl that has been oiled with coconut oil. Cover with beeswax wrap or plastic wrap and let it rise overnight, or for at least 8 hours.

3. Soak the Raisins

The night before, soak the raisins in one cup of hot water. This will plump them up and make them juicy for the bread.

4. Shape the Dough

The next day, drain the raisins and place them in a bowl. Roll each ball of dough out on a lightly floured surface into a large rectangle, about 1/2 inch thick.

5. Add the Filling

Sprinkle the soaked raisins evenly over the dough rectangles. If using, mix the cinnamon and brown sugar and sprinkle it over the raisins.

6. Roll and Proof

Starting from one side, tightly roll up the dough and pinch the ends to seal. Place the rolled dough into greased loaf pans and let them rise until doubled in size, about 2-4 hours.

7. Bake the Bread

Preheat oven to 400°F (200°C). Bake the loaves for 35 minutes or until they are golden brown.

8. Cool and Serve

Let the bread cool completely before slicing. Enjoy the delightful aroma and flavor of handcrafted sourdough cinnamon and raisin bread.

NOTES

Flour Amount: Add just enough flour to the dough so it pulls away from the sides of the mixer bowl or doesn't stick to your hands.

Prevent Crust Formation: Make sure to cover the dough tightly to prevent a hard crust from forming during the rise. If a crust does form, you can knead it back into the dough, but it may affect the final texture.



Embrace the rewarding process of sourdough baking with this delightful Sourdough Cinnamon Raisin Bread. It's a healthy, flavorful addition to your baking repertoire that's sure to become a family favorite!

Decadent Chocolate Chip Cookies

Dive into the delightful fusion of classic chocolate chip cookies with a tangy sourdough twist. These cookies are perfectly soft, bursting with chocolate chunks, and carry a subtle tanginess from the sourdough that elevates their flavor to new heights. Beginners, get ready to impress with these irresistible treats!

PREP TIME:

10 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

24

cookies

COOK TIME:

10 minutes

TOTAL TIME:

20 minutes



NUTRITION:

Serving Size: 1 cookie

Calories: 281 kcal

Carbohydrates: 40 g

Protein: 2 g

Fat: 13 g

Saturated Fat: 8 g

Polyunsaturated

Fat: 0.4 g

Monounsaturated

Fat: 2 g

Trans Fat: 0.3 g

Cholesterol: 36 mg

Sodium: 210 mg

Potassium: 80 mg

Fiber: 0.5 g

Sugar: 26 g

Vitamin A: 259 IU

Calcium: 30 mg

Iron: 1 mg

INGREDIENTS:

- 1 cup unsalted butter, softened
- 1 cup white granulated sugar
- 1 cup light brown sugar, lightly packed
- 2 large eggs
- 3/4 cup sourdough discard
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 teaspoons salt
- 2 cups chocolate chips (or chocolate chunks for a more indulgent cookie)

INSTRUCTIONS:

1. Cream the Butter and Sugars

Beat together the soft butter, light brown sugar and white sugar using a paddle attachment until frothy and light.

2. Add Wet Ingredients

Add the eggs, sourdough, and vanilla extract to the creamed mixture. Beat the ingredients until it becomes fluffy and smooth.

3. Mix Dry Ingredients

Mix the baking powder, soda, salt, and all-purpose flour in a large, separate dish..

4. Combine Ingredients

Mix until just incorporated, and gradually add the dry ingredients to the wet mixture. To ensure everything is thoroughly mixed in, scrape down the edges of the bowl.

5. Fold in Chocolate Chips

Once the chocolate chunks or chips are uniformly distributed throughout the dough, gently fold them in.

6. Shape the Cookies

Roll the cookie dough into balls using approximately 3 tablespoons per cookie. A cookie scoop can help with this. Place the balls two inches apart on a baking sheet covered with parchment paper.

7. Chill the Dough

For at least an hour, refrigerate the cookie dough balls. Allow them to chill for 12-24 hours for enhanced flavor and texture.

8. Bake the Cookies

Set the oven to 375 degrees Fahrenheit, which is also 190 degrees Celsius. Bake for ten to twelve minutes or until the edges begin to brown.

9. Cool and Enjoy

Once the cookies are out of the oven, transport them to a wire cooling rack. While still warm, consume them or save them later in an airtight container.

NOTES

Fermentation Time: Fermenting the dough for up to 24 hours improves the flavor and facilitates easier digestion of the cookies.

Chocolate Preference: While chocolate chips are great, chocolate chunks take these cookies to another level of deliciousness.

Avoid Overmixing and Overbaking: To achieve the perfect cookie texture, avoid overmixing the dough and overbaking the cookies. This ensures they remain soft and chewy.



Enjoy tangy sourdough and sweet chocolate in these easy-to-make, soft, and chewy cookies. Perfect for sharing or indulging all by yourself!

Goopy Cinnamon Rolls with Cream Cheese Drizzle

Experience the ultimate breakfast treat with these sourdough cinnamon rolls, a perfect balance of sweet, sour, and softness. These rolls include layers of cinnamon sugar, are baked until golden brown, and have a rich cream cheese frosting on top. The fermentation process enhances the flavor, making these rolls irresistibly delicious. Perfect for beginners, this recipe is a must-try!

PREP TIME:

20 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

12

rolls

COOK TIME:

25 minutes

TOTAL TIME:

1 day 45 minutes



NUTRITION:

Serving Size: 1 roll
Calories: 543 kcal
Carbohydrates: 73 g
Protein: 7 g
Saturated Fat: 18 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 5 g

Trans Fat: 0.3 g
Cholesterol: 73 mg
Sodium: 350 mg
Potassium: 154 mg
Sugar: 39 g
Vitamin A: 616 IU
Vitamin C: 0.2 mg
Calcium: 97 mg
Iron: 2 mg

INGREDIENTS:

Dough:

- A quarter cup of lively, fizzy sourdough starter
- 1/2 cup water
- 4 cups all-purpose flour
- 1/2 cup melted coconut oil
- 1/2 cup honey
- 2 eggs
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Cinnamon Sugar Filling:

- 1/2 cup softened butter
- 1 cup brown sugar
- 2 tablespoons cinnamon

Cream Cheese Topping:

- 6 ounces cream cheese
- 1/2 cup heavy cream
- 1/2 cup maple syrup or honey
- 2 teaspoons vanilla extract

INSTRUCTIONS:

1. Prepare the Dough:

Put the sourdough starter, flour, nectar, water, eggs, and liquefied coconut oil in the bowl of a stand blender. Mix until smooth and glossy and the dough passes the windowpane test.

Put the batter in a lubed bowl and cover it with beeswax, thwart, or plastic wrap. Let it rest in a warm place overnight or up to 12 hours.

2. Next Day Preparation:

Set the oven's temperature to 370 Fahrenheit or 190 Celsius.

The dough is mixed with salt, baking soda, and baking powder. It can be beaten with a stand mixer set to medium speed for about five minutes or by hand until thoroughly combined..

3. Prepare the Filling:

Brown sugar, cinnamon, and melted butter should all be combined in a different bowl. Mix well by stirring.

4. Assemble the Rolls:

After giving your counter a fast flouring, lay out the batter to form a rectangle that's 1/4 inch thick.

Evenly spread the butter and cinnamon-sugar mixture over the dough.

Roll the mixture firmly, then squeeze the edge to create a crease.

Slice the roll into 12 even pieces.

5. Bake the Rolls:

Exchange the rolls to a prepared dish or a well-seasoned 14-inch cast press skillet.

Bake for 20 to 25 minutes, or until the rolls are cooked through and have a light golden color, at 375°F (190°C). Allow them to cool a little.

6. Prepare the Cream Cheese Topping:

Blend the cream cheese, heavy cream, vanilla extract, maple syrup, or nectar in a medium pan over medium heat. Mix until a smooth consistency is achieved.

Use a drenching blender to create an additional smooth icing..

Pour the cream cheese topping over the slightly cooled cinnamon rolls.

NOTES

Sourdough Starter: Ensure your starter is active and bubbly. Feed it for 4-12 hours before preparing the dough.

Batter Consistency: In the unlikely event that a temperature drop causes the mixture to become rigid, warm it slightly by placing it in an oven set to 150°F for a few minutes, then turn off the oven.

Cutting the Rolls: Use string or unflavored dental floss for clean cuts.

Recipe Adjustments: Incorporate the eggs the night before to improve dough consistency. As previously suggested, there's no need to add cream to the top.



These sourdough cinnamon rolls with cream cheese topping will become a family favorite. Savor each mouthful for the ideal balance of tastes and textures!

Luxurious Brioche

Indulge in the luxurious taste of sourdough brioche, an enhanced dough consisting of milk, eggs, and butter, naturally leavened with a sourdough starter. This recipe promises a delightfully soft and fluffy texture, making it a perfect addition to any table. Follow these beginner-friendly steps to create a brioche that will elevate your baking game.

PREP TIME:

1 day

ADDITIONAL TIME:

0 minutes

SERVINGS:

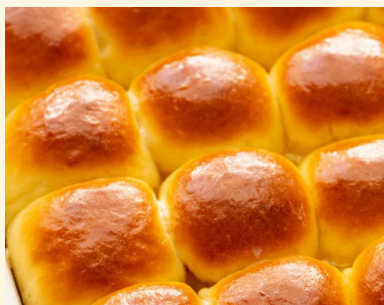
24

COOK TIME:

25 minutes

TOTAL TIME:

1 day 25 minutes



NUTRITION:

Serving Size: 1 slice
Calories: 168 kcal
Carbohydrates: 18 g
Protein: 4 g
Fat: 9 g
Saturated Fat: 5 g
Cholesterol: 60 mg
Sodium: 221 mg

Potassium: 41 mg
Fiber: 1 g
Sugar: 2 g
Vitamin A: 299 IU
Calcium: 17 mg
Iron: 0.4 mg

INGREDIENTS:

For the Dough:

- A one cup of fizzy sourdough starter
- 3 cups bread flour
- 1/2 cup unbleached all-purpose flour
- 1/4 cup sugar
- 4 large eggs
- 1 1/2 teaspoons salt
- 1/2 cup milk
- 2 sticks butter, room temperature

For Egg Wash:

- 1 large egg yolk
- 1 tablespoon water

INSTRUCTIONS:

1. Prepare the Starter:

Feed your sourdough starter the night before, ensuring it's friendly and bubbly by morning.

2. Mix the Dough:

All ingredients should be combined in a mixer and kneaded until smooth and shiny. The dough will be wet, but resist adding more flour. After 10-15 minutes of kneading, it will come together.

3. First Rise:

Cover the dough with plastic wrap, a damp towel, or a tight lid, and place it in a warm spot for 6-8 hours or until doubled in size.

4. Chill the Dough:

Refrigerate the dough for a few hours or overnight to stiffen it for easier shaping.

5. Divide and Shape:

To make 16 balls, divide the chilled dough in half and then into 8 equal sections. Roll each piece into a ball.

6. Arrange in Pans:

Place eight balls in each parchment-lined loaf pan.

7. Second Rise:

Cover the pans once the dough has doubled and let it rise for an additional 6 to 8 hours.

8. Preheat the Oven:

Set the oven to 425 degrees Fahrenheit, which is also 220 degrees Celsius.

9. Apply Egg Wash:

Beat the egg yolk with water to create an egg wash. Brush it over the dough for a beautiful golden color.

10. Bake:

Bake the brioche for 25 minutes or until golden brown.

NOTES

Wet Dough: Do not add extra flour, as this might make the texture more difficult. Embrace the wet dough for light and fluffy brioche.

Flour Options: While a mix of bread and all-purpose flour is ideal, you can use all-purpose flour alone, although the texture may vary slightly.

Dairy-Free Option: Though results may differ, you may experiment with dairy-free alternatives such as milk substitutes and vegan butter.



Savor the delicate texture and rich, buttery flavor of handcrafted sourdough brioche. This delightful bread will surely impress if served plain, toasted, or used in decadent French toast. Embrace the journey of sourdough baking with this irresistible recipe!

Banana Bread Delight

Taste the flavor and scent of sourdough banana bread, a classic that has stood the test of time and is guaranteed to be moist and decadent with every mouthful. This beginner-friendly recipe combines ripe bananas, a tangy sourdough starter, and a blend of warm spices to create a heavenly treat perfect for any occasion. Get ready to experience banana bread bliss like never before!

PREP TIME:

15 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

12

COOK TIME:

50 minutes

TOTAL TIME:

1 hour 5 minutes



NUTRITION:

Calories: 262 kcal
Carbohydrates: 43 g
Protein: 4 g
Fat: 9 g
Saturated Fat: 5 g
Cholesterol: 51 mg
Sodium: 434 mg
Potassium: 167 mg

Fiber: 1 g
Sugar: 22 g
Vitamin A: 300 IU
Vitamin C: 3 mg
Calcium: 66 mg
Iron: 1 mg

INGREDIENTS:

Wet Ingredients:

- 1/2 cup melted butter
- 1 cup dark brown sugar
- 3 ripe bananas (about 350g)
- 2 large eggs
- 1/2 cup sourdough starter discard
- 1 teaspoon vanilla extract

Dry Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt

INSTRUCTIONS:

1. Preheat the Oven:

Preheat your oven to 350 degrees Fahrenheit.

2. Prepare the Pan:

Apply a thin layer of butter or line a 9-by-5 loaf pan with parchment paper.

3. Mix Dry Ingredients:

Combine the baking powder, salt, baking soda, and all-purpose flour in a medium-sized bowl. Mix well and set aside.

4. Prepare Wet Ingredients:

Melted butter and dark brown sugar should be beaten for five minutes or until light and frothy in a stand mixer or mixing basin.

5. Incorporate Wet Ingredients:

Add the eggs, vanilla extract, mashed bananas, and sourdough starter to the butter-sugar mixture. Mix until well combined.

6. **Fold in Dry Ingredients:**

Fold the dry ingredients carefully until combined after gradually adding them to the wet mixture. Avoid over-mixing.

7. **Add Optional Mix-Ins:**

If desired, gently fold any additional mix-ins, such as pecans, walnuts, or chocolate chips.

8. **Transfer to Pan:**

Evenly distribute the batter throughout the loaf pan after pouring it in.

9. **Bake:**

Preheat the oven and bake for 50 to 60 minutes, or until a toothpick inserted in the center comes out clean.

10. **Cool:**

Before slicing and serving, let the banana bread cool in the pan for approximately one hour.

Long Fermented Option

1. **Prepare the Fermented Batter:**

Mix together the sourdough starter, melted butter, eggs, and flour 12-24 hours before making the banana bread. Cover and ferment at room temperature for 6 hours, then refrigerate for an additional 6-18 hours.

2. **Preheat the Oven:**

The following day, preheat an oven to 350 degrees Fahrenheit.

3. **Combine Ingredients:**

Using stand mixer, combine the brown sugar, vanilla extract, mashed bananas, salt, baking powder, and baking soda until fully combined.

4. **Bake:**

Transfer the batter to a loaf pan and bake as directed above.

NOTES

Customize with Mix-Ins: Try varying the add-ins you use, such as chocolate chips or almonds, to offer more taste and texture.

Avoid Over-Mixing: To avoid tough bread, avoid over-mixing the batter.

Texture Variation: For a chunkier banana texture, reserve some mashed banana and fold it into the batter gently.

Use Active Sourdough Starter: Both active starter and discard can be used in this recipe.

Make Ahead: Prepare the batter the night before for added convenience.



Treat yourself to the heavenly flavors of sourdough banana bread, a simple yet irresistible delight that's sure to please your taste buds. This banana bread will become a favorite for breakfast, brunch, or any time of day thanks to its moist texture, rich banana taste, and a hint of toasty spices. Prepare a loaf today and experience the bliss of homemade goodness!

Fluffy Pancakes Extravaganza

Experience the delight of fluffy sourdough pancakes, boasting crispy edges and a tender interior. These pancakes are a perfect addition to your morning routine with just six essential ingredients and a few simple steps. Get ready to impress your family and friends with this irresistible breakfast treat!

PREP TIME:

5 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

4

COOK TIME:

4 minutes

TOTAL TIME:

9 minutes



NUTRITION:

Serving Size: 1
pancake

Calories: 291 kcal

Carbohydrates: 33 g

Protein: 6 g

Fat: 16 g

Saturated Fat: 12 g

Cholesterol: 82 mg

Sodium: 598 mg

Potassium: 36 mg

Fiber: 1 g

Sugar: 9 g

Vitamin A: 119 IU

Vitamin C: 0.1 mg

Calcium: 13 mg

Iron: 0.4 mg

INGREDIENTS:

- 2 cups active sourdough starter
- 2 eggs
- 1/4 cup melted coconut oil
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- Coconut oil for frying

INSTRUCTIONS:

1. Prepare the Batter:

In a bowl, mix the eggs, melted coconut oil, honey, salt, and active sourdough starter until well combined.

2. Add Baking Soda:

When the starter starts to foam, add the baking soda. Your pancakes will become fluffy as a result.

3. Preheat the Skillet:

Heat up one spoon of coconut oil on medium heat in a cast iron pan.

4. Cook the Pancakes:

Once the skillet is hot enough to produce a sizzle, pour 1/2 cup of batter onto the hot oil. To avoid burning, turn the heat low.

Allow the pancake to cook until the top is bubbly and no more bubbles form, about 2 or 3 minutes.

Turning the pancake over, cook it for 30 to 1 minute or until it is cooked through and golden brown.

Proceed with the leftover batter, adjusting the amount of coconut oil in the skillet as necessary.

5. Serve and Enjoy:

Set aside the cooked pancakes as you continue to cook the leftover batter. With your preferred toppings—butter, maple syrup, fresh fruit, or homemade whipped cream—serve the pancakes warm.

NOTES

Active Sourdough Starter: Ensure your starter has been fed 4-12 hours before using it in this recipe for optimal results.

Customize Your Pancakes: Add blueberries or chocolate chips by placing them on the uncooked side of the pancake while cooking.

Crispy Edges: To achieve crispy edges, ensure there is enough hot oil in the skillet.

Make Ahead: While you can make the batter the night before, it's best to cook the pancakes fresh the next day.

Flip Timing: Wait until all the bubbles have popped and no more bubbles are coming up before flipping the pancakes.



Elevate your breakfast game with these fluffy sourdough pancakes, boasting a perfect balance of crispy edges and fluffy centers. With minimal prep time and simple ingredients, they are a delightful treat for any morning occasion. Try them today and savor the deliciousness!

Irresistible Donuts Delight

Experience the joy of homemade sourdough donuts, perfect for breakfast or dessert! These delightful treats combine the tangy flavor of sourdough with the sweetness of a classic donut glaze. Even if you're new to sourdough baking, this beginner-friendly recipe will guide you to create delicious and healthy whole-grain donuts that everyone will love.

PREP TIME:

15 minutes

ADDITIONAL TIME:

14 hours

SERVINGS:

16

donuts

COOK TIME:

15 minutes

TOTAL TIME:

14 hours 30 minutes

**NUTRITION:**

Serving: 1 donut
Calories: 283 kcal
Carbohydrates: 49 g
Protein: 5 g
Fat: 7 g
Saturated Fat: 4 g
Polyunsaturated
Fat: 0.5 g
Monounsaturated
Fat: 2 g

Trans Fat: 0.2 g
Cholesterol: 38 mg
Sodium: 208 mg
Potassium: 75 mg
Fiber: 1 g
Sugar: 22 g
Vitamin A: 241 IU
Calcium: 36 mg
Iron: 2 mg

INGREDIENTS:**For the Donuts:**

- 1 1/4 cups milk
- 1/2 cup sugar
- 1/4 cup butter
- 4 cups flour
- 2 eggs
- 1 cup active sourdough starter
- 1 teaspoon salt
- Oil for frying (like coconut, avocado, or lard)

For the Glaze:

- 1/4 cup butter
- 2 cups powdered sugar
- 2 teaspoons vanilla
- 2-3 tablespoons milk

INSTRUCTIONS:**1. Prepare the Dough:**

Warm the milk and sugar plus butter in a pot over a moo until the butter and sugar are dissolved.

Pour the milk mixture into a mixer fitted with a dough hook and gradually stir in two cups of flour. Mix to ensure the milk mixture has cooled slightly before adding the sourdough starter.

Add the sourdough starter, eggs, remaining flour, and salt. Work the dough on low speed for approximately 10 minutes or until it's smooth and elastic.

2. First Rise:

Let the dough sit warmly for five to six hours, covered with plastic or beeswax wrap.

3. Chill the Dough:

Place the dough in the refrigerator overnight to slow fermentation and develop the sourdough flavor without over-fermenting.

4. **Shape the Donuts:**

The next day, roll out the dough to a 1/2-inch thickness on a lightly floured board.

Cut the donuts using a wide-mouth mason jar or any circular cutter you have on hand. Use a smaller cutter or bottle cap for the holes.

5. **Second Rise:**

Place the donuts, once cut, onto a baking tray, then very lightly cover them, either with plastic wrap or a damp tea towel. Let them rise for 1.5-2 hours, depending on the temperature of your home.

6. **Fry the Donuts:** A cast iron pan should have approximately 1/2 inch of oil poured. When a little bit of dough sizzles in the oil, the skillet is heated to medium heat.

Fry the donuts in batches, about 2-3 minutes on each side, until they are puffy and golden brown. Avoid overcrowding the pan.

Put the fried donuts on a wire rack over parchment paper to cool slightly before glazing.

7. **Make the Glaze:**

Slowly melt the butter on low heat in a pot. Add the powdered sugar, vanilla, and milk, stirring until smooth.

When the time comes to dip the donuts, remove from the heat and set aside.

8. **Glaze the Donuts:**

Coat each donut with the glaze, letting any extra drip away. Put the glazed donuts on a wire rack to dry.

NOTES

Chill the Dough: To create the sourdough taste without overfermenting, the dough must be refrigerated.

Alternative Toppings: Besides the glaze, you can also top the donuts with cinnamon sugar or your favorite toppings.

Creative Cutters: You don't need fancy equipment to cut out the donuts. Household items like a mason jar and a bottle cap work perfectly.

Flavor Variations: Add a spoonful of your favorite jam to the glaze for a fruity twist.



Dive into the deliciousness of homemade sourdough donuts and enjoy the blend of tangy and sweet flavors in every bite. Perfect for any occasion, these donuts will indeed become a family favorite !

English Muffins Euphoria

Discover the delight of homemade sourdough English muffins with this easy-to-follow guide. Perfect for beginners, this recipe yields healthy, delicious muffins that will elevate your breakfast or snack time. Get ready to enjoy the satisfying taste of freshly made sourdough English muffins right from your kitchen!

PREP TIME:

15 minutes

ADDITIONAL TIME:

12 hours

SERVINGS:

12

muffins

COOK TIME:

15 minutes

TOTAL TIME:

12 hours 30 minutes



NUTRITION:

Serving: 1 muffin

Calories: 110 kcal

Carbohydrates: 23 g

Protein: 3 g

Fat: 0.3 g

Saturated Fat: 0.04 g

Polyunsaturated

Fat: 0.1 g

Monounsaturated

Fat: 0.02 g

Sodium: 287 mg

Potassium: 29 mg

Fiber: 1 g

Sugar: 2 g

Vitamin C: 0.01 mg

Calcium: 5 mg

Iron: 1 mg

INGREDIENTS:

For the Muffins:

- 2 1/2 cups flour
- 1 cup water
- 1/2 cup fed sourdough starter
- 1 tablespoon honey
- 1 teaspoon salt
- 1 teaspoon baking soda (optional, see notes)
- Coconut oil for cooking

INSTRUCTIONS:

1. Prepare the Dough:

The night before baking, combine flour and water and feed the sourdough starter in a glass bowl.

For 12 to 24 hours, cover the bowl with a cloth and let it stand at room temperature. Depending on the temperature in your house, the fermentation process might take longer in the winter and shorter in the summer.

2. Mix the Ingredients:

Once the dough has fermented, combine the mixture with honey, salt, and baking soda (if you want).

Mix until fully incorporated. You may need to use your hands as the dough will be thick. Add flour to the dough if it's too runny so that it's workable but not stiff. If your muffins turn out flat, it indicates the need for more flour.

3. Preheat and Cook:

Preheat a cast iron skillet on high and add a little coconut oil. Split the dough into 12 pieces, then place each into the heated skillet. Reduce the heat to low and let the dough rise for about 10 minutes.

4. Cook the Muffins:

Cook the muffins until they have doubled in size. Turn the heat to medium/low and cook until the bottoms are slightly browned. Avoid flipping them until they lift easily from the pan.

Flip the muffins and cook the other side until browned. If they are browned on the outside but not fully cooked inside, place them in a 250-300 degree oven for 10 minutes or cover with a lid and cook on low until done.

5. Serve:

Once cooked through, slice the muffins open and enjoy!

NOTES

Milk Substitute: You can substitute milk for water if desired.

Baking Soda: You can skip the second rise by adding baking soda.

Alternatively, omit the baking soda and let the dough rise for an hour after dividing and shaping before cooking.

Flour Adjustments: The type of flour, humidity, and starter quality may require adjustments in the flour amount. With experience, you'll know the right consistency by feeling. If your muffins are turning out flat, they need more flour.

Cooking Technique: Ensure the skillet is hot to prevent sticking, but reduce heat quickly to allow the muffins to rise and cook through.



Enjoy the process of making these delightful sourdough English muffins, and savor the delicious results. Perfect for toasting and topping with butter, jam, or your favorite spreads, these muffins are sure to become a staple in your home!

Buttery Croissants Elegance

Dive into the luxurious world of homemade sourdough croissants. These flaky, buttery delights are perfect for a fancy breakfast, a decadent brunch, or a special holiday treat. Despite their impressive appearance, making sourdough croissants is approachable even for beginners. With this detailed guide, you'll create croissants that boast the perfect layers and tangy sourdough flavor.

PREP TIME:

30 minutes

ADDITIONAL TIME:

14 hours

SERVINGS:

12

COOK TIME:

30 minutes

TOTAL TIME:

15 hours

croissants



NUTRITION:

Calories: 415 kcal
Carbohydrates: 35 g
Protein: 5 g
Fat: 28 g
Saturated Fat: 18 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 7 g

Trans Fat: 1 g
Cholesterol: 90 mg
Sodium: 432 mg
Potassium: 87 mg
Fiber: 1 g
Sugar: 6 g
Vitamin A: 889 IU
Calcium: 47 mg
Iron: 2 mg

INGREDIENTS:

For the Dough:

- 1/4 cup butter
- 3 1/2 cups flour
- 1/4 cup sugar
- 2 teaspoons salt
- 1 1/4 cups milk
- 1/2 cup active sourdough starter (bubbly and fed)

For the Butter Layer:

- 1 1/2 cups unsalted butter

For the Egg Wash:

- 1 large egg yolk

INSTRUCTIONS:

Make the Dough

1. Knead the Dough:

Combine flour, sugar, salt, milk, sourdough starter, and 1/4 cup butter with a mixer. Knead on medium/low speed for approximately ten minutes or until the dough is shiny and pulls away from the edges of the bowl.

2. First Fermentation:

To allow it to ferment, cover it with plastic wrap or beeswax wrap and leave it at room temperature for eight hours or overnight.

3. Chill the Dough:

After the first fermentation, refrigerate the dough for an hour to facilitate handling.

Prepare the Butter Layer

1. Shape the Butter:

Cut the butter into quarters lengthwise and arrange the pieces on parchment paper to form an 8" by 10" rectangle.

Fold the parchment around the butter to create a packet and use a rolling pin to roll it into an even layer.

Chill the butter for 15-30 minutes. The butter should be firm but pliable, similar in consistency to the dough.

Laminate the Dough

1. **Encasing the Butter:** Roll the chilled dough into a 10" by 16" rectangle. After positioning the butter in the center, fold the dough over it in the shape of an envelope, securing the sides to enclose the butter thoroughly.
2. **First Fold:** Roll the dough out to a 10" by 16" rectangle again. The dough should be folded like a business letter into thirds.
3. **Second Fold:** To make sure the butter is soft but not melted, tap the dough with the rolling pin. Once again, roll out to 10 by 16 inches, then fold into thirds. If dough gets too warm, place in the refrigerator for half an hour.
4. **Third Fold:** Repeat the rolling and folding one more time for a total of three folds. Chill the dough in the fridge for at least 4 hours.

Shape the Croissants

1. **Shape the Croissants:**
Roll the dough into a 10" by 20" rectangle. Using a ruler, make marks every 4" along one long edge. On the opposite edge, make offset marks 4" apart. Cut diagonally between the marks to create triangles.
2. **Roll the Croissants:**
Roll each triangle firmly toward the tip, beginning at the broad end. Transfer to a parchment paper-lined baking sheet.
3. **Final Rise:**
Let the croissants rise at room temperature for about 2 hours until puffy.

Bake the Croissants

1. **Preheat Oven:**
Warm up Oven to 375 degrees Fahrenheit (190 degrees Celsius).
2. **Apply Egg Wash:**
Brush the croissants with the beaten egg yolk.
3. **Bake:** Bake the croissants for thirty minutes or until they are flaky and golden brown.

NOTES

Rolling Technique: Roll the croissants tightly to ensure the correct shape and flakiness. Loose rolling can result in misshapen croissants.

Quick Cooling: If the butter softens too much during rolling, refrigerate the dough for 30 minutes before continuing.



Enjoy the process of making these exquisite sourdough croissants and savor each bite of their buttery, flaky goodness. Perfect for any special occasion or just a delightful treat!

Cinnamon Maple Apple Pie Bliss

Savor the tastes of autumn with this delicious Sourdough Apple Pie with cinnamon and maple. This pie combines the natural sweetness of apples and maple syrup with the tangy richness of sourdough, making it a wholesome treat that's perfect for both breakfast and dessert. It's made with whole ingredients and fermented grains, offering a healthy twist on a classic favorite.

PREP TIME:
15 minutes

ADDITIONAL TIME:
0 minutes

SERVINGS:

COOK TIME:
25 minutes

TOTAL TIME:
40 minutes

12



NUTRITION:

Calories: 410 kcal
Carbohydrates: 67 g
Protein: 5 g
Fat: 15 g
Saturated Fat: 10 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 3 g
Trans Fat: 0.2 g

Cholesterol: 97 mg
Sodium: 224 mg
Potassium: 341 mg
Fiber: 6 g
Sugar: 42 g
Vitamin A: 410 IU
Vitamin C: 10 mg
Calcium: 149 mg
Iron: 1 mg

INGREDIENTS:

Apple Pie Filling:

- 7-10 medium apples
- 3 tablespoons butter
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup maple syrup
- 2 tablespoons einkorn flour (or whole grain wheat flour, or all-purpose flour)

Sourdough Topping:

- 1.5 cups sourdough starter
- 3 eggs
- 2 tablespoons maple syrup
- 2 teaspoons baking powder
- 3 tablespoons coconut oil

INSTRUCTIONS:

Prepare the Filling

1. Preheat the Oven:

Warm up oven to 400 degrees Fahrenheit (200 degrees Celsius)..

2. Prepare the Apples:

Peel and dice 7-10 medium apples into bite-sized pieces.

3. Cook the Apples:

Three tablespoons of butter should be melted in a cast-iron pan over medium heat. When the apples become soft, add the diced apples and simmer, stirring regularly, for about 10 minutes.

4. Add Spices and Sweeteners:

Add 2 spoons of cinnamon, 1/4 spoon of nutmeg, half a cup of maple syrup, and 2 tablespoons of einkorn flour to the apples as they start to soften. Stir frequently for 2 minutes or until the syrup and apple juices have thickened.

Prepare the Sourdough Topping

1. Mix the Topping:

In another bowl, combine 1.5 cups of sourdough starter, 3 eggs, 2 tablespoons of maple syrup, 2 teaspoons of baking powder, and 3 tablespoons of coconut oil. Stir until the mixture becomes smooth.

Assemble and Bake

1. Pour Topping Over Apples:

Pour the sourdough topping evenly over the cooked apple mixture in the cast iron skillet.

2. Bake:

Bake the skillet for 15 minutes. The topping must be golden brown and set.

3. Serve:

This pie is best enjoyed warm. Serve immediately and savor the delightful combination of flavors.

NOTES

Storage: Any leftovers can be kept for up to a week in the refrigerator. However, it's so delicious it might not last that long!

Serving Suggestion: To make it even more delicious, present it alongside a dollop of vanilla ice cream. Or a small amount of whipped cream on top.



Indulge in this nutritious and delicious Cinnamon Maple Sourdough Apple Pie, perfect for any occasion, whether a cozy breakfast or a delightful dessert. Happy baking!

Everyday Essentials: Pan Loafs, Sandwich Bread, and Focaccia

Baking for Daily Life

Transform your everyday meals with homemade sourdough delights. From hearty sandwich loaves to versatile focaccia, these everyday essentials will elevate your daily bread game and bring joy to your kitchen.

Sourdough Sandwich Bread: The Ultimate Staple

- **Perfect for Toast:** Slice thick for a hearty breakfast toast or pack thin for a satisfying sandwich.
- **Kid-Friendly:** Even picky eaters will love the tangy flavor and soft texture of homemade sourdough bread.
- **Meal Prep Champion:** Bake a batch on the weekend for easy sandwiches, toast, or grilled cheese throughout the week.

Pan Loafs: Comfort in Every Slice

- **Soft and Fluffy:** Pan loaves are ideal for those who prefer a softer crumb. They're perfect for sandwiches, toast, or simply enjoying with butter and jam.
- **Versatile Shapes:** Bake in traditional loaf pans for sandwich slices, or try round pans for artisan-style boules.

Focaccia: A Blank Canvas for Flavor

- **Herb Garden Delight:** Garlic, olive oil, and fresh herbs on top make for a tasty and aromatic delight.
- **Endless Variations:** Experiment with toppings like cherry tomatoes, olives, caramelized onions, or even cheese for a savory twist.
- **Party Pleaser:** Focaccia is perfect for entertaining. Serve as an appetizer, tear and share with friends, or enjoy alongside soups and salads.

Tips for Success

- **Adjusting Hydration:** Pan loaves and sandwich bread may require slightly higher hydration to achieve a softer texture. Experiment with hydration levels to find the perfect balance.
- **Shaping Techniques:** Practice shaping your dough to fit your baking vessel. For sandwich loaves, use a loaf pan or shape into a batard for free-form baking.
- **Flavor Enhancements:** Don't be afraid to get creative with flavors. For an added taste boost, incorporate herbs, spices, or even shredded cheese into the dough.

Incorporating Sourdough into Your Routine

- **Plan Ahead:** Sourdough bread requires longer fermentation times. Plan your baking schedule to fit your daily routine.
- **Batch Baking:** Bake multiple loaves at once and freeze extras for later. This ensures you always have fresh sourdough on hand for any meal.

Enjoying the Fruits of Your Labor

- **Simple Pleasures:** There's nothing quite like the satisfaction of slicing into a loaf of homemade sourdough bread. Enjoy it straight out of the oven or toasted with your favorite toppings.
- **Sharing the Love:** Share your homemade bread with friends, family, and neighbors. Homemade sourdough makes a thoughtful and delicious gift for any occasion.

By introducing sourdough into your everyday routine, you can add a touch of handcrafted flavor to each meal. These everyday essentials are sure to become beloved staples in your kitchen. Let's bake some sourdough magic for daily delight!

Ultimate Sandwich Bloom

Discover the joy of baking your own soft and fluffy sourdough sandwich bread! This easy-to-follow recipe is perfect for beginners, combining simple ingredients like all-purpose flour, a bubbly sourdough starter, butter, and a hint of honey to create a delightful loaf. Whether you're new to sourdough or a seasoned baker, this bread will quickly become a staple in your kitchen.

PREP TIME:

20 minutes

ADDITIONAL TIME:

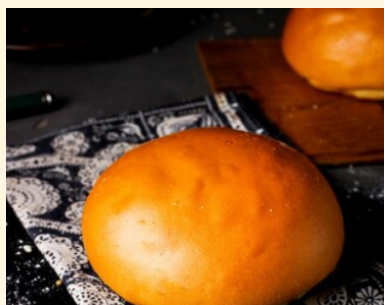
16 hours

SERVINGS:

24

COOK TIME:

45 minutes

TOTAL TIME:**NUTRITION:**

| | |
|-------------------------|-------------------|
| Serving Size: 1 pancake | Potassium: 36 mg |
| Calories: 291 kcal | Fiber: 1 g |
| Carbohydrates: 33 g | Sugar: 9 g |
| Protein: 6 g | Vitamin A: 119 IU |
| Fat: 16 g | Vitamin C: 0.1 mg |
| Saturated Fat: 12 g | Calcium: 13 mg |
| Cholesterol: 82 mg | Iron: 0.4 mg |
| Sodium: 598 mg | |

INGREDIENTS:

- 1/2 cup butter, softened (or coconut oil)
- 2 tablespoons honey (or sugar)
- 1 tablespoon salt
- 1 cup active sourdough starter (bubbly and ready)
- 2 1/2 cups water
- 8 cups all-purpose flour

INSTRUCTIONS:**Prepare the Dough****1. Combine Ingredients:**

Place the softened butter (or coconut oil), honey (or sugar), salt, water, and active sourdough starter in the bowl of a stand mixer. Finally, add the flour. Adding the flour last allows you to adjust the amount based on the hydration of your starter.

2. Knead the Dough:

Work the mixture into a smooth, elastic dough by kneading it on low speed with the dough hook attachment. This ought to take ten minutes or so. When the dough passes the windowpane test, it should come away from the bowl's sides.

First Rise (Bulk Fermentation)**1. Bulk Rise:**

The dough should rise for ten to twelve hours in a warm place, covered with a new cloth or plastic wrap.

The optimal locations are slightly warmer spaces above refrigerators and stoves.

2. **Divide and Shape:**

Divide the dough into two equal portions when it has risen. Each part should be rolled into a rectangle on a lightly floured surface, and then it should be tightly rolled into a log shape.

3. **Prepare the Pans:**

Place each rolled dough into parchment-lined or well-buttered loaf pans.

Second Rise

1. **Second Rise:**

Once more, let the dough rise at room temperature for two to four hours or until doubled in bulk.

Bake the Bread

1. **Preheat Oven:**

Preheat oven to 375°F (190°C).

2. **Bake:**

For an optional golden crust, brush the tops of the loaves with an egg wash. Bake the loaves for 45 minutes or until they are golden brown on top and sound hollow when tapped.

Cool and Serve

1. **Cool:**

Allow the bread to thoroughly cool on a wire rack before slicing. This guarantees that the crumb settles properly, resulting in cleaner slices.

NOTES

Stand Mixer Tips: If you find that two loaves are too much for your stand mixer to handle, consider halving the recipe and making one loaf at a time.

Butter Tips: Use very soft butter and cut it into small cubes to help it incorporate more easily into the dough.

Fermentation Caution: Be careful not to over-ferment the dough. Over-fermentation can result in a sticky, unmanageable dough that won't rise properly, although you can still turn it into sourdough croutons if needed!

Manual Kneading: Though it would take more work, you can knead your dough by hand if you don't have a stand mixer.



Enjoy your homemade sourdough sandwich bread fresh out of the oven, perfect for sandwiches, toast, or simply enjoying with a pat of butter. Happy baking!

Basic Pan Loaf

Welcome to the world of sourdough baking! This simple yet delicious Basic Pan Loaf is perfect for beginners. Baked in a regular loaf tin, this recipe eliminates the need for a Dutch oven, making it accessible and easy to follow. Enjoy the satisfaction of creating your own soft, flavorful bread at home.

PREP TIME:

15 minutes

RESTING TIME:

10 hours

SERVINGS:

1

loaf

COOK TIME:

45 minutes

TOTAL TIME:

11 hours



NUTRITION:

Serving Size: 1 slice
Calories: 152 kcal
Carbohydrates: 32 g
Protein: 4 g
Sodium: 325 mg
Fiber: 1 g

INGREDIENTS:

- 1/2 cup active starter or levain (100 grams)
- 4 cups all-purpose white flour (500 grams)
- 1 1/2 cups water, room temperature (350 grams)
- 2 teaspoons sea salt (10 grams)

EQUIPMENT:

- Digital kitchen scale (for precise measurements)
- Mixing bowl
- Tea towel
- Loaf pan
- Parchment paper
- Pastry brush
- Baking tray with high sides
- Wire rack

INSTRUCTIONS:

Two Nights Before

1. Make the Levain:

If you don't already have 1/2 cup of active starter, mix 1-2 tablespoons of your starter from the refrigerator with 3 tablespoons (50 grams) of room-temperature water and 3 tablespoons (50 grams) of white flour. This will create 1/2 cup of levain.

Cover the bowl with a plate and let it ferment on the counter overnight for approximately 8-12 hours.

One Day Before

1. Prepare the Dough:

Once your levain is ready, combine it with 1 1/2 cups (350 grams) of water in a large mixing bowl. Add 4 cups (500 grams) of flour to the water mixture and mix with your hands until fully combined.

For forty minutes, the dough should rest at room temperature, covered with a tea towel.

After resting, sprinkle 2 teaspoons (10 grams) of sea salt over the dough and mix well until fully incorporated. Once more, give the dough 30 minutes to rest before covering it with the tea towel.

2. First Fold:

Perform the first fold by stretching and folding the dough. Complete 6 folds, with one fold every 30 minutes, over a span of 3 hours.

3. Shape the Dough:

After the folds are complete, let the dough rest on the counter for 20 minutes.

Prepare your loaf pan by brushing it with a little neutral oil or butter.

The dough should be flattened into a rough rectangle on a surface dusted with flour. As you securely roll it up, expel any air bubbles.

Refrigerate the dough for eight hours or overnight after placing it in the prepared pan and covering it with a tea towel.

Day of Baking

1. Bake the Bread:

The next day, take your loaf out of the fridge and let it rise on the counter for about 2 hours or until the dough springs back when lightly touched with a floured finger. You can score the loaf if desired, but it is not necessary.

While the dough is proofing, position one oven rack in the middle and another on the bottom. Preheat oven to 500°F (260°C). Once the dough is ready, reduce the oven temperature to 450°F (230°C). Place a baking tray with high sides on the bottom rack and fill it with about 3/4 inch (2 cm) of water. Place your bread on the middle rack and bake for 25 minutes.

Take off the water tray after 25 minutes, then bake the bread for a further 20 minutes. Before slicing, let the loaf set in the pan for ten minutes and then move it to a wire rack to cool entirely.

NOTES

Once the dough is ready, reduce the oven temperature to 450°F (230°C).

Place a baking tray with high sides on the bottom rack and fill it with about 3/4 inch (2 cm) of water.

Place your bread on the middle rack and bake for 25 minutes.

Take off the water tray after 25 minutes, then bake the bread for a further 20 minutes.

Before slicing, let the loaf set in the pan for ten minutes and then move it to a wire rack to cool entirely.



Enjoy your homemade Basic Pan Loaf, a perfect entry into the delightful world of sourdough baking!

Sourdough Focaccia

Discover the magic of sourdough baking with this delightful Sourdough Focaccia. Infused with rich olive oil and aromatic herbs, this recipe yields a deliciously soft and flavorful bread. Perfect for novices, this guide will walk you through each step with ease.

PREP TIME:

20 minutes

ADDITIONAL TIME:

3 hours

SERVINGS:

12

COOK TIME:

20 minutes

TOTAL TIME:

43 minutes



NUTRITION:

Calories: 256 kcal
Carbohydrates: 37 g
Protein: 5 g
Fat: 9 g
Saturated Fat: 1 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 7 g

Sodium: 389 mg
Potassium: 49 mg
Fiber: 1 g
Sugar: 2 g
Vitamin A: 0.5 IU
Vitamin C: 0.02 mg
Calcium: 7 mg
Iron: 2 mg

INGREDIENTS:

- 1 cup active sourdough starter
- 1 1/2 cups warm water
- Split into half a cup and an additional tablespoon for drizzling some extra virgin olive oil
- 1 tablespoon honey
- 2 teaspoons sea salt
- 4 cups all-purpose flour
- 2 sprigs fresh rosemary, chopped
- 1 teaspoon garlic powder

INSTRUCTIONS:

1. Mixing the Dough:

In a large mixing basin, mix together 1 cup active sourdough starter, 1 1/2 cups of warm water, 1/4 cup of olive oil, 1 tablespoon honey, and 2 teaspoons sea salt.

Half a cup at a time, gradually add 4 cups all-purpose flour until the dough starts to come away from the bowl's sides.

2. Kneading:

Mix the dough until it's smooth and stretchy, which should take around 10 minutes with a stand mixer. The dough should be able to stretch without breaking, showing it's ready.

3. First Rise:

Put the dough in an oiled basin and cover it. Allow it to rise at room temperature for 12-24 hours. This slow fermentation develops the sourdough's flavor.

4. **Preparing the Pan:**

Line a baking sheet with parchment paper and add a quarter cup of olive oil to the bottom.

5. **Shaping the Dough:**

Carefully press the dough into the parchment-lined baking sheet, using your fingers to create dimples in the dough. Be gentle to avoid deflating the dough and ensure it reaches the edges of the pan.

6. **Second Rise:**

Let the dough rise again for a few hours until it becomes puffy and airy.

7. **Topping:**

Drizzle the risen dough with a few tablespoons of olive oil. Sprinkle it with 1 teaspoon of garlic powder and the chopped rosemary for an aromatic finish.

8. **Baking:**

Preheat oven to 400°F (200°C).

Bake the focaccia for 20 minutes or until it turns golden brown on top.

9. **Cooling and Serving:**

Let the focaccia sit in the pan for a few minutes before moving it to a wire rack to finish cooling. Serve warm for the greatest flavor.

NOTES

Handling the Dough: Be gentle when pressing the dough to avoid deflating it, ensuring a light and airy texture.

Stretch and Fold Method: If you don't have a stand mixer, use the stretch and fold method. In the bowl, gently stretch the dough upwards and fold it back into the center. Repeat this process four times, turning the bowl a quarter turn each time. Do three rounds of stretches every 15 minutes, then three more rounds every 30 minutes before covering and allowing the dough to bulk rise.



Enjoy baking and savoring this easy, flavorful Sourdough Focaccia! Perfect for beginners, it's a wonderful introduction to the world of sourdough baking.

Whole Wheat Sourdough Sandwich Bread

Dive into sourdough baking with this delightful Whole Wheat Sourdough Sandwich Bread. With a perfect blend of whole wheat and all-purpose flour, this recipe yields a deliciously soft and fluffy loaf perfect for sandwiches or toast. This easy-to-follow tutorial is perfect for novices since it will take you through every stage.

PREP TIME:

30 minutes

ADDITIONAL TIME:

14 hours

SERVINGS:

12

COOK TIME:

40 minutes

TOTAL TIME:

15 hours 10 minutes



NUTRITION:

Calories: 196 kcal
Carbohydrates: 34 g
Protein: 5 g
Fat: 4 g
Saturated Fat: 3 g
Polyunsaturated
Fat: 0.4 g
Monounsaturated
Fat: 1 g
Trans Fat: 0.2 g

Cholesterol: 10 mg
Sodium: 323 mg
Potassium: 72 mg
Fiber: 2 g
Sugar: 2 g
Vitamin A: 119 IU
Vitamin C: 0.01 mg
Calcium: 10 mg
Iron: 2 mg

INGREDIENTS:

- butter, softened (or coconut oil) 1/4 cup
- 1 tablespoon honey
- 1/2 tablespoon salt (8 grams)
- 1/2 cup active sourdough starter, bubbly and active
- 1 1/4 cups water
- 1 cup whole wheat flour
- 3 cups all-purpose flour
- Optional: 1 egg for egg wash

INSTRUCTIONS:

- 1. Prepare the Sourdough Starter:**
Prepare your sourdough starter by feeding it between 4 and 12 hours before you start cooking the dough. This will ensure that it is active and bubbly when you begin.
- 2. Mixing the Dough:**
Mix all ingredients in the stand mixer bowl, including the flour. Adjust the flour quantity slightly based on your starter's hydration level.
- 3. Kneading:**
Cook the dough for about 10 minutes or until it is smooth and pliable. It should pull away from the sides of the bowl and pass the windowpane test, indicating it's ready.
- 4. First Rise:**
Move the dough to a big bowl gently oiled with olive oil. Place it in a warm location, such as on top of a stove or refrigerator, and let it bulk rise for 10 to 12 hours.

You may also cover it with plastic wrap, a tight lid, or beeswax wrap. The temperature in your house and the activity level of your sourdough starter will affect how long the dough takes to rise.

5. Preparing the Loaf Pan:

Line a loaf pan with parchment paper.

6. Shaping the Dough:

On a floured surface, roll out the dough and cut it into a rectangle. Roll it up tightly, and place the shaped dough into the prepared loaf pan. Cover with a tea towel.

7. Second Rise:

Allow the dough to rise for a second time at room temperature for 2-4 hours or until it has doubled in size. Again, this all depends on the room temperature and how happy your starter is.

8. Egg Wash (Optional):

Spread egg wash over the dough's top for a gorgeous golden brown crust.

9. Baking:

Warm up the oven to 375°F (190°C). Bake the bread for 40 minutes or until it turns golden brown.

10. Cooling:

For optimal texture and taste, let the bread cool before slicing.

NOTES

Long Fermentation: Once the dough has completed bulk fermentation and has been molded and inserted into the loaf pan, it can be refrigerated for improved digestion. This long ferment can improve the bread's digestibility and flavor.

Hydration Level: Adjust the flour amount according to your sourdough starter's moisture level to get the proper dough consistency.



Enjoy baking and savoring this Whole Wheat Sourdough Sandwich Bread, perfect for beginners and a wholesome addition to any meal!

Featherlight Dinner Puffs

Discover the joy of making these perfectly soft, fluffy, and buttery sourdough dinner rolls. This beginner-friendly recipe will guide you through creating delicious rolls that are perfect for any meal.

PREP TIME:

20 minutes

ADDITIONAL TIME:

12 hours

SERVINGS:

8

COOK TIME:

25 minutes

TOTAL TIME:

12 hours 45 minutes



NUTRITION:

Calories: 231 kcal
Carbohydrates: 39g
Protein: 5g
Fat: 6g
Saturated Fat: 4g
Polyunsaturated
Fat: 0.4g
Monounsaturated
Fat: 2g

Trans Fat: 0.2g
Cholesterol: 15mg
Sodium: 192mg
Potassium: 44mg
Fiber: 1g
Sugar: 6g
Vitamin A: 177 IU
Calcium: 8mg
Iron: 2mg

INGREDIENTS:

- 1/2 cup active and bubbly sourdough starter
- 1/4 cup sugar
- 3/4 cup warm water
- 1/4 cup melted butter
- 1/2 teaspoon sea salt
- 2 1/2 cups all-purpose flour
- 1 egg (for egg wash)

INSTRUCTIONS:

1. Mixing the Dough:

Melted butter, sea salt, sugar, sourdough starter, and all-purpose flour should be combined in a stand mixer bowl. Knead the dough on speed two for 10 to 15 minutes. It should become smooth and stretchy and pass the windowpane test.

2. First Rise:

Move the dough to a bowl and cover it with a clean towel. Allow the dough to rise overnight (8-12 hours). Depending on how warm your house is, the rising time will change. It may take longer in more excellent conditions.

3. Shaping the Rolls:

Next day, cut the dough into eight equal pieces.

Roll each piece into a ball, creating tension by rolling the dough against the countertop or pressing your thumb into the center and pinching the ends together. Repeat this process a few times for each ball.

4. Second Rise:

Place the shaped rolls into a greased 9x13-inch or 8x8-inch baking dish. Cover with a cloth and let it rise for one to two hours or until it has doubled in size.

5. Preparing for Baking:

Warm up the oven to 375°F (190°C).

You might brush egg wash over the tops of the rolls to get a gorgeous golden hue.

6. Baking:

Bake the rolls for 25-30 minutes until they become golden brown.

When taken out of the oven, brush the tops with melted butter.

7. Cooling and Serving:

Allow the rolls to cool before serving. Enjoy them as a perfect addition to any meal!

NOTES

If you do not have a stand mixer, you can make this recipe by hand. Knead the dough by hand for 10 minutes to achieve the same smooth and stretchy consistency.



These sourdough dinner rolls are a delightful way to bring the timeless art of sourdough baking into your home. Enjoy the soft texture and buttery flavor that will make every meal special. Happy baking!

Luscious Sweet Hawaiian Rolls

Bring a taste of the tropics to your table with these deliciously sweet and tangy Sourdough Hawaiian Rolls. Perfect for dinner rolls or mini sandwiches, these soft, fluffy rolls are infused with the irresistible flavor of pineapple and the unique tang of sourdough. This beginner-friendly recipe will guide you through each step to baking perfection.

PREP TIME:

20 minutes

ADDITIONAL TIME:

12 hours

SERVINGS:

18

rolls

COOK TIME:

25 minutes

TOTAL TIME:

12 hours 45 minutes

**NUTRITION:**

Calories: 195 kcal
Carbohydrates: 35g
Protein: 5g
Fat: 4g
Saturated Fat: 2g
Polyunsaturated
Fat: 0.3g
Monounsaturated
Fat: 1g
Trans Fat: 0.1g

Cholesterol: 28mg
Sodium: 287mg
Potassium: 70mg
Fiber: 1g
Sugar: 7g
Vitamin A: 119 IU
Vitamin C: 1mg
Calcium: 19mg
Iron: 2mg

INGREDIENTS:

- 1 cup pineapple juice
- 1/2 cup milk
- 1/2 cup sugar
- 1/2 cup sourdough starter, active and bubbly
- 1/4 cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 large egg
- 2 teaspoons salt
- 5 cups all-purpose flour

For the Egg Wash:

- 1 large egg yolk
- 2 tablespoons water

INSTRUCTIONS:**1. Mixing the Dough:**

In a mixing bowl with a dough hook attached, mix pineapple juice, milk, sugar, sourdough starter, softened butter, vanilla extract, egg, salt, and regular flour. For about ten to fifteen minutes, or until the dough is elastic, knead the ingredients on medium speed.

2. First Rise:

Place the dough in a bowl and wrap it with plastic film. Let the dough rest and expand overnight, usually 8 to 12 hours. The exact time for this process can change depending on how warm or cool your house is.

3. Shaping the Rolls:

The next day, divide the dough into 18 pieces. Press each portion into a log shape and put it on a 9 x 13-inch baking sheet that has been buttered.

4. Second Rise:

Wrap the rolls in a towel and allow to rise until they have twice in size, which should take one to three hours, depending on the weather outside.

5. Preparing for Baking:

Warm up the oven to 375°F (190°C).

Mix the egg yolk and water to create the egg wash. Paint the top of each roll with the egg wash for a beautiful golden finish.

6. Baking:

Bake the rolls for 20-25 minutes or until they turn a lovely golden brown.

Before serving, take the cooked rolls out of the oven and allow them to cool.

NOTES

Versatility: These rolls can also be made into a loaf of bread. Simply shape the dough into six larger balls and place them in a bread pan. Bake for around 25 minutes at 375 degrees Fahrenheit.

Active Starter: For the best results, ensure your sourdough starter is very active and bubbly .

Timing Flexibility: If your dough has risen but you need more time before baking, place it in the fridge to slow down the fermentation process. This gives you some flexibility before shaping and baking .



Enjoy the delightful combination of pineapple sweetness and sourdough tang in these soft, fluffy rolls. Perfect for any meal, these Sourdough Hawaiian Rolls will be a hit at your table! Happy baking!

Artisan Bread Buns

Soft and fluffy, these sourdough buns are the perfect companion for sandwiches, burgers, or summer BBQs. With a lovely fermented tang and a light texture, they bring a homemade touch to any meal. Ideal for beginners, this recipe will guide you through creating delightful buns from scratch.

PREP TIME:

15 minutes

ADDITIONAL TIME:

1 day

SERVINGS:

8

COOK TIME:

20 minutes

TOTAL TIME:

1 day 35 minutes

buns

**NUTRITION:**

Serving: 1 bun

Calories: 281 kcal

Carbohydrates: 45g

Protein: 6g

Fat: 8g

Saturated Fat: 6g

Polyunsaturated Fat: 1g

Monounsaturated

Fat: 1g

Trans Fat: 0.003g

Cholesterol: 45mg

Sodium: 301mg

Potassium: 64mg

Sugar: 7g

Vitamin A: 62 IU

Vitamin C: 0.04 mg

Calcium: 14 mg

Iron: 2 mg

INGREDIENTS:

- active and bubbly sourdough starter (113g) 1/2 cup
- 3/4 cup warm water (177g)
- 3 cups all-purpose flour (420g)
- warm coconut oil (butter) (60g) 1/4 cup
- 3 tablespoons honey (63g)
- 1 teaspoon salt (6g)
- 1 egg

Egg Wash (optional):

- 1 egg yolk
- 1 tablespoon water
- Sesame seeds (optional)

EQUIPMENT:

- Cast Iron Skillet

INSTRUCTIONS:**1. Mixing the Dough:**

Combine the sourdough starter, warm water, all-purpose flour, melted coconut oil or butter, honey, salt, and egg in a stand mixer with a dough hook. The dough should be smooth and elastic after five to ten minutes of medium speed kneading. .

2. First Rise:

Put the dough in a bowl, cover it with wrap or a damp cloth, and let it rise at room temperature for about 8 hours.

3. Chilling:

Transfer the covered dough to the refrigerator and let it chill overnight. This slow fermentation process develops the flavor and texture.

4. **Shaping the Buns:**

Cut the dough into eight equal pieces, the next day. Shape each piece into a bun by creating a flat surface and tucking the remaining dough underneath. Create tension by gently rotating each bun on a lightly floured surface.

5. **Second Rise:**

After placing the formed buns onto a baking sheet, cover them with a moist tea towel or plastic wrap. Let them rise until they have doubled in size; this should take one to three hours, depending on how hot your kitchen is.

6. **Preparing for Baking:**

Warm up oven to 350°F (175°C). Beat the egg yolk and water together to create the egg wash, then brush it over the tops of the buns. Sprinkle with sesame seeds if desired.

7. **Baking:**

Bake the buns until golden brown in the oven for 25-30 minutes.

8. **Cooling:**

Chill the buns before slicing. You may eat them right away or save them for later.

NOTES

Short Fermentation Option: If you prefer to skip the long fermentation process, mix all the ingredients in a stand mixer (including the egg) and proceed directly to shaping and the second rise.

Customization: You can add seeds, herbs, or spices to the dough for flavor and texture.



These delightful sourdough buns bring a homemade touch to your meals. Easy to pair with burgers, sandwiches, or just as a delicious side dish, they will quickly become a family favorite. Enjoy the process and the delicious results!

Artisan Masterpieces: Rustic and Artisan Loafs

Crafting Artisan Breads

Unlock the secrets of artisan sourdough baking and embark on a journey to create rustic masterpieces that delight the senses. This chapter explores the art of shaping, scoring, and baking artisan loaves that boast impressive crusts, open crumbs, and complex flavors. Let's dive in and elevate your sourdough game to artisanal heights!

Embracing Rustic Charm

- **Handcrafted Beauty:** Artisan breads celebrate imperfections, with irregular shapes and rustic crusts that tell a story of homemade goodness.
- **Natural Fermentation:** Slow fermentation enhances flavor complexity, resulting in loaves with rich, nuanced tastes that are a testament to time and patience.
- **Bread with Character:** Each artisan loaf is unique, reflecting the baker's touch and creativity. Embrace the beauty of imperfection and let your creativity shine.

Mastering Shaping Techniques

- **Round Boules:** Create classic round loaves with a tight, smooth surface and a beautifully scored crust.
- **Batards:** Shape elongated loaves with tapered ends for a rustic, country-style appearance.
- **Boules with a Twist:** Try several ornamental scoring patterns to give your loaves more individuality and visual appeal.

Scoring: The Artistic Touch

- **Express Yourself:** Scoring allows the bread to expand during baking, creating intricate patterns and designs on the crust.
- **Basic Scoring Techniques:** Start with simple cuts like a single slash, cross, or tic-tac-toe pattern before progressing to more elaborate designs.
- **Tools of the Trade:** Invest in a sharp lame or razor blade for precise scoring and clean cuts that promote optimal oven springs.

Baking Techniques for Artisan Results

Steam is Key: Create a steamy baking environment by preheating a cast-iron skillet or baking tray in the oven. Add ice cubes or water to generate steam during the initial stages of baking.

- **Hot Start, Cool Finish:** Begin baking at a high temperature to promote oven spring and crust formation, then lower the temperature for even

baking and a deep, caramelized crust.

The Art of Patience and Practice

- **Trust the Process:** Artisan sourdough baking is a journey of patience and practice. Accept the learning curve and relish the process of trying new things and finding out.
- **Practice Makes Perfect:** You will get more proficient and comprehend the trade at a deeper level with each bake. Don't be discouraged by setbacks—each loaf brings you one step closer to mastery.

Sharing Your Artisan Creations

- **Proudly Present:** Display your artisan loaves with pride, showcasing their unique shapes, textures, and scoring patterns.
- **Gifts from the Hearth:** Share the joy of homemade bread with friends and family. Artisan sourdough makes a heartfelt and delicious gift for any occasion.

Crafting artisan bread is both a culinary art and a labor of love. You can make gorgeous and tasty loaves with a little perseverance, practice, and artistic touch. Let your passion for sourdough baking shine as you embark on the artisanal adventure of a lifetime!

Beginner's Sourdough Artisan Bread

To say that this dish is simple would be an understatement! Not only is this sourdough artisan bread really easy to prepare, but it tastes even better. It will walk you through making a gorgeous, crusty loaf with the most minor work, making it ideal for novices.

PREP TIME:

5 minutes

ADDITIONAL TIME:

6 hours

SERVINGS:

1

loaf

COOK TIME:

35 minutes

TOTAL TIME:

6 hours 40 minutes



NUTRITION:

Serving: 1 bun

Calories: 281 kcal

Carbohydrates: 45g

Protein: 6g

Fat: 8g

Saturated Fat: 6g

Polyunsaturated Fat: 1g

Monounsaturated

Fat: 1g

Trans Fat: 0.003g

Cholesterol: 45mg

Sodium: 301mg

Potassium: 64mg

Sugar: 7g

Vitamin A: 62 IU

Vitamin C: 0.04 mg

Calcium: 14 mg

Iron: 2 mg

INGREDIENTS:

- 1 1/2 cups lukewarm water
- 1 cup sourdough starter
- 3 1/2 to 4 cups unbleached all-purpose flour
- 1 1/2 tsp salt

INSTRUCTIONS:

1. Mixing the Dough:

Place the sourdough starter and lukewarm water into a large mixing bowl. To mix, give it a good stir.

2. Adding the Flour and Salt:

Add to the bowl 3 cups of the salt and flour. Mix until fully incorporated.

3. Forming the Dough:

1/4 cup at a time, gradually add the remaining flour until a soft ball of dough forms. Though workable, the dough should be slightly sticky.

4. Shaping the Dough:

Place the dough on a surface that has been very lightly floured. Shape it into a ball, pulling the dough along the surface to tighten the seam and build tension on the top.

5. Preparing for Proofing:

Line a banneton basket or a colander with a clean tea towel.

Generously flour the towel to prevent sticking. Place the ball of dough, seam side up, into the basket or colander. Put another towel or plastic wrap over it.

6. Proofing:

Allow the dough to rise for 4-8 hours. The dough is ready when an indentation made with your finger does not spring back quickly.

7. Preheating the Oven:

Warm up oven to 450°F (230°C) with a Dutch oven inside. This ensures that the Dutch oven is hot when the dough is placed in it, which helps create a perfect crust.

8. Preparing to Bake:

Out onto a sheet of parchment paper, turn the dough. Using a sharp knife or razor blade, slash the top of the dough to allow it to expand while baking.

9. Baking the Bread:

Gently move the dough, along with the parchment paper, into the Dutch oven that has been warmed. Place the cover on and bake for twenty minutes.

10. Finishing the Bake:

When the bread has a golden-brown crust, after about 15 more minutes of baking, remove the lid and continue baking.

11. Cooling:

Transfer the bread from the Dutch oven and let it cool before slicing. This step is crucial as it allows the bread to set and enhances its texture.

Enjoy your homemade sourdough artisan bread! Perfect for sandwiches, dipping into soups, or simply slathered with butter, this loaf will become a staple in your kitchen.

NOTES

Adjusting for Different Schedules If you need more flexibility, you can let the dough rise in the refrigerator overnight. This will slow the fermentation process and enhance the flavor.

Creating Steam: If you don't have a Dutch oven, place a baking pan filled with water on the bottom rack of your oven.

”

This simple and delicious sourdough artisan bread is perfect for beginners and a delightful addition to any meal. Enjoy the process and the wonderful aroma of freshly baked bread in your home!

Rustic Country Loaf

This sourdough country loaf recipe yields a beautiful loaf with a slightly open, even crumb and a mildly sour flavor. It's perfect for toast, dipping in soups, or making hearty sandwiches.

PREP TIME:

40 minutes

FERMENTING TIME:

12 hours

SERVINGS:

12

COOK TIME:

50 minutes

TOTAL TIME:

13 hours 30 minutes

**NUTRITION:**

Calories: 199
Sugar: 0.3 g
Sodium: 541.5 mg
Fat: 2.4 g
Saturated Fat: 0.4 g
Carbohydrates: 40.5 g
Fiber: 6.1 g
Protein: 7.4 g
Cholesterol: 0 mg

INGREDIENTS:**To Make ½ Cup of Active Sourdough Starter:**

- 1 spoon sourdough starter
- 1/3 cup + 1 tablespoon all-purpose flour
- 3 ½ tablespoons water

Dough Ingredients:

- ½ cup active sourdough starter
- 1 ½ cups water
- 1/3 cup + 1 tablespoon whole wheat flour
- 3 ¾ cups bread flour
- 2 teaspoons fine sea salt

INSTRUCTIONS:

- 1. Feed Your Sourdough Starter:**
12 hours before mixing the dough, combine the ingredients to make ½ cup (100g) of active sourdough starter in a clean jar. Stir until combined, loosely cover, and let it rise at room temperature. The starter is ready when it has doubled in size and is bubbly.
- 2. Make the Dough:**
Autolyse (1 hour): In a mixing bowl, combine 330g water and 100g active sourdough starter. Stir to combine. Add 50g whole wheat flour and 450g bread flour. Mix until no dry bits remain, forming a shaggy mass. Cover and let rest for 1 hour.
- 3. Add Salt (1 hour):**
Dissolve 10g salt in 30g water. Add this saltwater to the dough and mix until well combined. Cover and let rest for 1 hour.

4. **Bulk Fermentation (3-5,5 hours):**

Do three sets of stretches and folds separated by thirty minutes. To stretch and fold, pick up one side of the dough with a wet hand, pull it up, and fold it over itself. Repeat on all four sides of the bowl after turning it. Cover and let ferment at room temperature for an additional 1-3 hours, depending on the temperature. The dough is ready when it has risen 20-30% and has bubbles around the edges.

5. **Shaping:**

Move the dough onto a surface dusted with flour and shape it into a loose ball. After covering, give it a 20-minute rest.

Sprinkle a bit of flour on the surface of the dough ball, turn it over, and shape it by pulling the edges towards the center. Flip seam-side down and twist on the counter to create tension. Flour the dough ball and place it seam-side up in a floured banneton. Cover and let rest for 30 minutes.

6. **Second Rise:**

Place the covered dough in the fridge to cold ferment from 8 to 36 hours.

7. **Score and Bake:**

Take the dough out of the refrigerator and allow it to come to room temperature for half an hour. For thirty minutes, preheat the Dutch oven to 500°F (260°C). Turn the dough onto parchment paper and score the top with a razor. Carefully place the dough inside the pot, using the parchment paper as a sling. Cover, reduce oven temperature to 450°F (232°C), and bake for 20 minutes. After taking off the cover, bake for a further 25 to 30 minutes or until the crust turns brown.

Wait two hours for the bread to cool down before you slice it.

NOTES

Double the Recipe: This recipe is a halved version of the original, making one loaf. Double the quantities for two loaves.

Measuring Flour: In the event that you lack a kitchen scale, use the scoop and level approach.

Stretch and Fold Tips: When stretching and folding, use gentleness. The dough should only be stretched until it begins to tighten.

Baking Tips: If baking in a warm or humid area, reduce water by 50g initially and bake longer if needed.

Storage: Store at room temperature in a kitchen towel or beeswax wrap. Do not refrigerate.

Freezing: Freeze whole loaves or slices wrapped in plastic and stored in a freezer-safe container for up to 3 months.



Enjoy making and savoring this delicious sourdough country loaf, perfect for beginners and a delightful addition to any meal!

Earthy Seeded Sourdough Bread

Presenting Seeded Sourdough Bread: a flavorful loaf with a nutty and earthy taste that is packed with the health of whole wheat flour, the tangy flavor of long-fermented sourdough, and heaps of toasted seeds. Perfect for beginners looking to bake a healthy, flavorful bread.

PREP TIME:

1 hour

ADDITIONAL TIME:

20 hours

SERVINGS:

12

COOK TIME:

45 minutes

TOTAL TIME:

21 hours 45 minutes



NUTRITION:

| | |
|-------------------------|------------------|
| Calories: 200kcal | Potassium: 121mg |
| Carbohydrates: 33g | Fiber: 3g |
| Protein: 7g | Sugar: 0.3g |
| Fat: 5g | Vitamin A: 2IU |
| Saturated Fat: 1g | Vitamin C: 0.1mg |
| Polyunsaturated Fat: 3g | Calcium: 24mg |
| Monounsaturated Fat: 1g | Iron: 2mg |
| Sodium: 282mg | |

INGREDIENTS:

For the Dough:

- 250 grams of unbleached all-purpose flour
- 100 grams whole wheat flour
- 125 grams of bread flour
- 100 grams active and bubbly sourdough starter
- 350 grams water
- 8 grams salt
- 1/4 cup salted sunflower seeds
- 1/4 cup salted pumpkin seeds
- 1 tablespoon whole flax seeds
- 1 tablespoon sesame seeds

For the Topping:

- 1 tablespoon pumpkin seeds
- 1 tablespoon sunflower seeds
- 1 teaspoon flax seeds
- 1 teaspoon sesame seeds

INSTRUCTIONS:

1. Step 1: Feed Your Sourdough Starter

About 4-12 hours before you begin making the bread, feed your sourdough starter so it becomes active and bubbly.

2. Step 2: Autolyse

In a large bowl, combine the water and flour. Mix until all the flour is hydrated. Let this mixture rest for 30 minutes. This process, called autolyse, helps with gluten development and improves the texture of your bread.

3. Step 3: Mix the Dough

Add the active sourdough starter to the autolyse mixture, followed by the salt. Mix by hand for about 5 minutes until the dough comes together. After covering the dough with a wrap or a cloth, let it rest for half an hour.

4. Step 4: Stretch and Fold

To develop the gluten, perform 6 rounds of stretching and folding.

For the first three rounds, stretch and fold every 15 minutes. For the last three rounds, stretch and fold every 30 minutes.

Stir the seed mixture into the dough on the fifth cycle. The seeds will get incorporated during the remaining stretch and folds.

5. **Step 5: Bulk Fermentation**

After the final stretch and fold, move the dough to a bowl that you've lightly oiled. Use a towel or plastic wrap to cover it. Let the dough ferment in a warm place for 8-12 hours until it has doubled in size. The timing will depend on the temperature of your home and the maturity of your starter.

6. **Step 6: Shaping and Final Proof**

Move the dough onto a surface that you've lightly covered with flour. Shape it into a ball by gently spinning it towards you or pushing it away from you, creating tension in the dough. To create a light skin, let the dough rest, uncovered, at room temperature for fifteen to twenty minutes.

Turn the dough over and reshape it by folding the edges inward. Place it seam-side up in a bowl lined with a tea towel that has been floured or a banneton that has been gently floured.

Place plastic wrap on top and chill for a duration of 12 to 15 hours.

7. **Step 7: Baking**

Warm up oven to 500°F (260°C) with a Dutch oven inside for one hour.

Remove the proofed dough from the refrigerator. It should have risen further.

Transfer the dough to a workspace, seam-side down. Brush the top with water and sprinkle the topping seeds evenly.

Score the dough with a razor. Transfer it to the preheated Dutch oven, either directly or using parchment paper. Cover and bake for 20 minutes. Then reduce the temperature to 475°F (245°C), remove the lid, and bake for 25 minutes until the crust is golden brown. Before slicing, allow the bread to cool for one to two hours on a wire rack.

NOTES

Flour Choices: Whole wheat and all-purpose flour are essential for the structure. Altering these may affect your results.

Seed Selection: Customize the seeds to your preference. Consider soaking seeds like flax if they absorb too much water.

Baking Equipment: A Dutch oven is ideal for even heat distribution and shape, but a baking sheet can be used with caution regarding parchment paper's heat limits.

Storage: Keep covered with a kitchen towel or beeswax wrap at room temperature. Avoid refrigeration as it can harden the bread. Freeze slices wrapped in plastic and placed in a freezer-safe container for up to 3 months.



Enjoy making your Seeded Sourdough Bread, a delightful and flavorful loaf perfect for any meal!

Pain de Campagne (Traditional French Country Bread)

Dive into the world of traditional French baking with Pain de Campagne, a rustic country bread with a delightful sourdough tang and a hearty texture. This recipe is beginner-friendly and will guide you through the steps to create two large, beautiful loaves.

PREP TIME:

20 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

2

COOK TIME:

40 to 45 minutes

TOTAL TIME:

21 hours 5 minutes

large loaves



NUTRITION:

| | |
|-------------------------|--------------------|
| Serving: 1 bun | Trans Fat: 0.003g |
| Calories: 281 kcal | Cholesterol: 45mg |
| Carbohydrates: 45g | Sodium: 301mg |
| Protein: 6g | Potassium: 64mg |
| Fat: 8g | Sugar: 7g |
| Saturated Fat: 6g | Vitamin A: 62 IU |
| Polyunsaturated Fat: 1g | Vitamin C: 0.04 mg |
| Monounsaturated Fat: 1g | Calcium: 14 mg |
| | Iron: 2 mg |

INGREDIENTS:

- 7 1/2 cups unbleached bread flour
- 3/4 cup plus 3 tablespoons whole wheat flour or white whole wheat flour
- 3 1/2 cups water (75°F to 80°F)
- 1 tablespoon table salt
- 3 tablespoons unfed/discard sourdough starter

INSTRUCTIONS:

1. Step 1: Mix the Ingredients

In a large bowl or a 6-quart dough-rising bucket, combine all the ingredients. You can use the sourdough starter directly from the refrigerator if it's been fed within the past week. Mix the ingredients by hand until they form a shaggy mass and the flour is well hydrated. For fifteen minutes, let the dough be covered in the bucket or basin at room temperature.

2. Step 2: Folding the Dough

To fold the dough, wet your hand and grab a section from one side, lift it up, then press it down into the center. Repeat this process with the other three sides of the dough.

After covering the dough, give it a fifteen-minute rest. Repeat the folding process two more times, giving the dough a 15-minute rest between each set of folds.

3. Step 3: Bulk Fermentation

After the final fold, cover the dough tightly and let it rise at room temperature (around 72°F) for about 12 hours. Mark the height of the dough with a rubber band or the markings on your container to track its progress.

4. Step 4: Shaping and First Rest

Place the dough onto a surface that has been lightly oiled or floured. Divide it into two equal pieces and gently form each piece into a round. Cover and let them rest seam-side down for 10 minutes.

5. Step 5: Final Shaping and Proofing

Thoroughly dust two lined protoforms or big bowls lined with towels with whole wheat flour.

Shape the dough pieces into tight rounds (boules), placing them seam-side up into the prepared protoforms or bowls. Cover a plastic bag or shower cap.

If your dough doubled during the 12-hour rise, place the boules in the refrigerator immediately. If not, let them rest at room temperature for an additional 30 to 60 minutes before refrigerating for 8 to 12 hours.

6. Step 6: Baking

Warm up your oven to 500°F with two Dutch ovens or lidded bread bakers on a rack in the lowest third of the oven for 45 minutes.

Turn each loaf out onto parchment paper and slash the tops with a lame or sharp knife. Carefully transfer the loaves to the preheated Dutch ovens using the parchment paper. Cover with lids and place in the oven.

Preheat the oven to 450°F right away, and bake, covered, for 20 minutes. After taking off the covers, bake the loaves for a further 20 to 25 minutes or until they are deeply golden brown.

Remove the loaves from the oven and turn them out onto wire racks to cool completely. Repeat the process with the second loaf if baking one at a time.

7. Storage

Store leftover bread loosely wrapped at room temperature for several days. For longer storage, freeze the bread.

NOTES

This recipe makes 2 large loaves. To make just one, halve all the ingredients. No other adjustments are needed.

Be mindful of the temperature of your water and room to ensure proper fermentation.

Adjust resting times based on how your dough rises, as this can vary with different environments and starters.



Enjoy your Pain de Campagne, a delicious and rustic country bread perfect for any occasion!

Easy Baguettes

Discover the joy of making your own sourdough baguettes at home. With a crisp, light texture and a crackly brown crust, these baguettes are surprisingly easy to create. This comprehensive tutorial, ideal for novices, will lead you through the procedure.

PREP TIME:

15 minutes

YIELD:

6 baguettes

SERVINGS:

3

BAKE TIME:

25 to 30 minutes

TOTAL TIME:

4 hours 45 minutes

Italian loaves



NUTRITION:

Calories: 199

Sugar: 0.3 g

Sodium: 541.5 mg

Fat: 2.4 g

Saturated Fat: 0.4 g

Carbohydrates: 40.5 g

Fiber: 6.1 g

Protein: 7.4 g

Cholesterol: 0 mg

INGREDIENTS:

- 1 1/4 cups lukewarm water
- 2 cups ripe (fed) or discard sourdough starter
- Between 4 and 5 cups of all-purpose flour
- 2 1/2 teaspoons table salt
- 2 teaspoons granulated sugar
- Between 1 and 2 little spoons of instant yeast (depending on the vigor of your starter)
- 4 teaspoons vital wheat gluten

INSTRUCTIONS:

1. Step 1: Mixing the Dough

In a large bowl, combine the lukewarm water, sourdough starter, and 3 cups (360g) of flour. Mix until smooth. Add the salt, sugar, yeast, and vital wheat gluten, then gradually mix in 1 1/2 to 2 cups (180g to 240g) of flour. Stir the dough continuously until it begins to separate from the bowl's sides. To make a lighter loaf, aim for a somewhat sticky dough. Aim for a slightly sticky dough, which will result in a lighter loaf.

2. Step 2: Kneading the Dough

With a stand mixer, knead the dough for approximately 7 minutes; if by hand, knead it for 8 to 10 minutes on a lightly oiled surface. You can also use the dough cycle on a bread machine, transferring the dough to a bowl to rise once kneading is complete.

3. Step 3: First Rise

After putting the dough into an oiled basin, cover it and let it rise for about one and a half hours or until it has doubled in size.

4. Step 4: Shaping the Dough

After deflating the dough somewhat, divide it into three or six pieces for Italian loaves or baguettes.

If using baguette pans, shape each piece into a 16 long loaf for baguettes or a 15 long loaf for Italian loaves. Place the loaves on parchment-lined baking sheets or in lightly greased baguette pans, ensuring they are at least 4 apart.

5. Step 5: Second Rise

After lightly greasing covering the loaves, leave them to rise for one and a half to two hours or until puffed. Towards the end of this time, preheat your oven to 450°F.

6. Step 6: Scoring and Baking

For a traditional look, make three diagonal slashes about 1/4 deep on each loaf. For rounder, taller baguettes, skip the slashing.

Bake the baguettes for about 25 minutes or until they achieve a rich golden brown color. For an extra-crusty finish, add steam to your oven (see Tips below).

7. Step 7: Cooling

If you baked the loaves in baguette pans, remove them from the oven, unmold them, and return to the oven with the door cracked open for a few minutes. If baked on a baking sheet, simply turn off the oven and leave the door slightly open to let the loaves cool. This helps maintain the crunchy crust.

Remove the loaves and let them cool completely on a wire rack.

8. Storage:

Store leftover baguettes in a paper bag to preserve the crust. For longer storage, freeze the loaves.

NOTES

Steam for Crustiness: Place an empty cast iron pan on a lower oven rack while preheating. To produce steam, add one cup of boiling water to the pan after the bread is placed in the oven. Shut the oven door quickly to keep the steam in and improve the crust.

Adjusting Recipe Size: If you prefer making three baguettes instead of six, halve all ingredients except the yeast, which should be 1 teaspoon.

Optional Toppings: Brush risen loaves with a beaten egg yolk mixed with 1 tablespoon water before baking. Sprinkle with your favorite toppings for added flavor and color.



Embark on your sourdough journey with these delightful baguettes, which are perfect for any occasion and surprisingly simple to make!

Classic Sourdough Rye Bread

Discover the deep, complex flavors of sourdough rye bread, a loaf that will quickly become one of your favorites. This bread is great for both novice and experienced bakers since it has the distinct flavor of rye combined with the wonderful tang of a sourdough starter.

PREP TIME:

1 hour

ADDITIONAL TIME:

18 hours

SERVINGS:

12

COOK TIME:

40 minutes

TOTAL TIME:

19 hours 40 minutes



NUTRITION:

Calories: 166 kcal
Carbohydrates: 34g
Protein: 5g
Fat: 1g
Saturated Fat: 0.1g
Polyunsaturated
Fat: 0.3g
Monounsaturated
Fat: 0.1g

Sodium: 294mg
Potassium: 105mg
Fiber: 2g
Sugar: 1g
Vitamin A: 2IU
Vitamin C: 0.1mg
Calcium: 14mg
Iron: 1mg

INGREDIENTS:

- 1 1/4 cups water
- 1 cup sourdough starter
- 1 cup rye flour
- 2 1/2 cups bread flour
- 1/2 cup whole wheat flour
- 1 1/2 teaspoons salt
- 1 tablespoon molasses
- 2 teaspoons caraway seeds

INSTRUCTIONS:

1. Step 1: Prepare Your Starter

Feed your sourdough starter 4-12 hours before you begin making the bread to ensure it's active and bubbly.

2. Step 2: Mix and Autolyse

Combine the water, sourdough starter, rye flour, bread flour, whole wheat flour, salt, molasses, and caraway seeds in a large mixing bowl.

For half an hour, leave the bowl covered with a plastic wrap, lid, or moist cloth. This resting period, known as autolyse, helps the flour to fully hydrate.

3. Step 3: Stretch and Fold

Do three sets of stretches and folds; the first three sets should be separated by around 15 minutes. Gently stretch the dough upward and fold it over itself after each stretch and fold. Give the bowl a quarter turn, then do it again.

For the final three sets of stretches and folds, perform them every 30 minutes. After making each batch, put a damp cloth or plastic cover over the dough to stop it from getting dry.

4. **Step 4: Bulk Fermentation**

Once the dough has been stretched and folded one more time, cover the bowl and let it rise until it has doubled in size. Depending on your home's temperature and the activity of your sourdough starter, this might take up to 12 hours.

5. **Step 5: Shape the Dough**

Once the dough has doubled, gently shape it into a ball by spinning it toward you on a lightly floured surface.

Allow the dough to rest uncovered for 15-20 minutes to develop a skin.

Turn the dough over and shape it by folding the sides into the center, then the top and bottom.

6. **Step 6: Final Proof**

Spoon the formed dough, seam side up, into a tea towel-lined basin or a floured banneton.

Use a shower cap or plastic wrap over the top and chill from 12 to 15 hours.

7. **Step 7: Preheat and Bake**

Warm up oven to 475°F (245°C) with a Dutch oven for 1 hour.

Before baking, replace the dough from the fridge and place it on parchment paper. Optionally, dust the top of the dough with flour to make the scoring pattern stand out more, then score the dough with a razor.

Put the dough into the preheated Dutch oven, bake for 20 minutes, covered with the lid, and .

Remove the lid, reduce the oven to 450°F (230°C) temperature, and bake for 20 minutes until the crust becomes golden brown.

8. **Step 8: Cool and Enjoy**

Move the bread and allow it to cool completely before slicing.

NOTES

Flour Combination: For a lighter loaf, this recipe combines bread flour, rye flour, and all-purpose wheat flour. For a denser loaf, you can use all rye flour.

Active Starter: Ensure your sourdough starter is active and bubbly. If you place a spoonful of starter in a glass of water, it should float.

Starter Type: You can use a sourdough starter made with rye or all-purpose flour.



Enjoy baking and savoring your homemade sourdough rye bread. Its deep, complex flavors and perfect texture will make it a beloved addition to your baking repertoire. Happy baking!

Simple Sourdough Ciabatta

Dive into the delightful experience of baking sourdough ciabatta, a bread known for its irresistibly chewy texture on the inside and a gently crisped crust on the outside. This recipe is designed with beginners in mind, making the process straightforward and enjoyable.

PREP TIME:

15 minutes

ADDITIONAL TIME:

14 hours

SERVINGS:

8

COOK TIME:

25 minutes

TOTAL TIME:

14 hours 40 minutes



NUTRITION:

| | |
|---------------------------|-----------------|
| Calories: 282 kcal | Potassium: 70mg |
| Carbohydrates: 57g | Fiber: 2g |
| Protein: 9g | Sugar: 0.2g |
| Fat: 1g | Vitamin A: 1IU |
| Saturated Fat: 0.2g | Calcium: 13mg |
| Polyunsaturated Fat: 1g | Iron: 1mg |
| Monounsaturated Fat: 0.1g | |
| Sodium: 877mg | |

INGREDIENTS:

- One cup (227 grams) of bubbly, active sourdough starter
- Two cups water (472 grams)
- One tablespoon salt (17 grams)
- 4 ½ cups bread flour (630 grams)

INSTRUCTIONS:

- 1. Step 1: Prepare Your Starter**
To make sure your sourdough starter is lively and bubbly, feed it four to twelve hours before preparing the ciabatta dough.
- 2. Step 2: Mix and Autolyse**
In a large bowl, gently mix the sourdough starter, water, salt, and bread flour. Use a towel or plastic wrap to cover the bowl and let the mixture rest for 30 minutes. This process, known as autolyse, allows the flour to fully hydrate.
- 3. Step 3: Stretch and Fold**
Perform three sets of stretches and folds, giving yourself thirty minutes in between. To do this, extend one side of the dough up to a height of 6 to 12 inches, and then fold it into the middle of the dough. Once both sides are finished, give the bowl a quarter turn rotation and repeat. To avoid drying out, cover the bowl with a moist tea towel or plastic wrap in between each round of stretch and folds.

4. Step 4: Bulk Fermentation

Place a cover over the bowl and allow the dough to expand until it becomes twice as big following the final stretch and fold. The time this takes can vary based on the room temperature and the strength of your starter, but it usually takes about four hours.

Once doubled, transfer the dough to the refrigerator and let it ferment for 12-24 hours.

5. Step 5:

Shape and Proof The following day, gently take the dough out of the bowl and place it on a surface covered with flour, making sure not to burst the air pockets.

Carefully form the dough into a rectangle and sprinkle some flour on top.

Split the dough into 8 equal parts by first cutting it in half lengthwise and then making three more cuts on each half.

Use a bench scraper to gently transfer the pieces to parchment paper.

The pieces should rise for one to two hours after being covered with a tea towel.

6. Step 6: Preheat and Bake

Preheat your oven to 475°F with a pizza stone inside. Place a cast iron skillet on the bottom rack.

Just before baking, add a bit of water to the cast iron skillet to create steam.

This helps develop a golden, crusty exterior.

Slide the loaves onto the preheated pizza stone (along with the parchment paper) or a large baking sheet.

Bake for 25 minutes or until the crust is golden brown.

Transfer the loaves to a cooling rack and let them cool completely before slicing.

NOTES

Fermentation Time: For those with gluten sensitivity, fermenting the dough for at least 12 hours helps the wild yeast break down the gluten more effectively. Dusting the top with einkorn flour during the final step before baking can also aid digestion, as einkorn is easier to digest than regular wheat.

Parchment Paper: Baking on parchment paper makes transferring the dough into the oven easier and prevents sticking.



Enjoy baking and savoring your homemade sourdough ciabatta! This bread's delightful chewiness and crisp crust will make it a staple in your kitchen. Happy baking!

Festive Cranberry Walnut Bread

Experience the festive charm of Sourdough Cranberry Walnut Bread, a delightful combination of tangy sourdough, sweet cranberries, and crunchy walnuts. Perfect for beginners, this recipe will guide you through creating a bread that's both beautiful and delicious.

PREP TIME:

1 hour

ADDITIONAL TIME:

20 hours

SERVINGS:

10

COOK TIME:

45 minutes

TOTAL TIME:

21 hours 45 minutes



NUTRITION:

| | |
|-------------------------|------------------|
| Calories: 441 kcal | Potassium: 211mg |
| Carbohydrates: 77g | Fiber: 5g |
| Protein: 13g | Sugar: 1g |
| Fat: 9g | Vitamin A: 11 IU |
| Saturated Fat: 1g | Vitamin C: 1 mg |
| Polyunsaturated Fat: 6g | Calcium: 33 mg |
| Monounsaturated Fat: 1g | Iron: 4 mg |
| Sodium: 781mg | |

INGREDIENTS:

- 3 1/2 cups unbleached all-purpose flour
- 1 and a half cups of recently milled whole wheat flour
- 1 3/4 cups bread flour
- 1 cup active and bubbly sourdough starter
- 2 3/4 cups water
- 1 tablespoon salt
- 1 cup walnuts, shelled, chopped, and toasted
- 3/4 cup sweetened dried cranberries

INSTRUCTIONS:

- 1. Step 1: Prepare Your Starter**
Make sure your sourdough starter is bubbly and has about doubled in size by feeding it four to twelve hours before you start..
- 2. Step 2: Autolyse**
In a large bowl, combine the water and flours. Let the mixture rest for 30 minutes to autolyze, which allows the flour to fully hydrate.
- 3. Step 3: Incorporate the Starter**
Mix well after adding the active sourdough starter to the dough mixture. After adding the salt, work the dough with your hands for approximately five minutes or until it becomes a shaggy mass.
- 4. Step 4: Rest and Fold**
The dough should rest in the bowl for half an hour after being covered with plastic wrap or a moist cloth. Stretch and fold the dough in a sequence. First, take one side of the dough and pull it up.

Next, fold it over to the middle. Give the bowl a quarter turn, then do it again. Perform this four times in total.

Cover the dough and let it rest for 15 minutes. Repeat this process two more times, with 15-minute rests in between.

5. Step 5: Toast the Walnuts

While the dough is resting, heat the walnuts in a medium-heating pan. Let them cool down before putting them in the dough. After the final rest, add the toasted walnuts and dried cranberries to the dough.

Perform another round of stretch and folds to incorporate the mix-ins. After 30 minutes, cover and let the dough rest.

6. Step 6: Bulk Fermentation

After the dough has doubled in size, put a damp cloth or plastic wrap over it and let it rise. This might take a few hours, and it depends on how warm it is and how active your starter is. Once the dough has doubled, transfer it to a lightly floured surface. Using a dough scraper, divide the dough in half. Spin each half lightly on the counter to form it into a ball. Let the shaped dough rest uncovered for 15-20 minutes to develop a skin.

7. Step 7: Final Shaping and Proofing

Turn each dough ball's smooth side down and shape by folding the sides into the center and pinching them together. Shaped dough should be transferred, seam side up, to a bowl lined with a tea towel or a floured banneton. Cover with plastic and refrigerate for 12-15 hours (or proof at room temperature for 3-4 hours until doubled).

8. Step 8: Baking

Warm up the oven to 500°F (260°C) for one hour with a Dutch oven inside. Transfer the dough from the fridge to a piece of parchment paper, smooth side up. Place the lid on top. Bake for 20 minutes at 500°F (260°C) with the lid on. Take off the cover, lower the oven's setting to 475°F (245°C), and bake until the crust is golden brown about 25 more minutes.

9. Step 9: Cooling

Remove the baked bread and allow it to cool before slicing.

NOTES

Accuracy: Use a kitchen scale for precise measurements.

Fermentation Time: This will vary based on the activity of your starter and the temperature of your environment. Cooler temperatures require longer fermentation.

Alternative Baking Methods: You may bake the bread on a baking sheet, in a loaf pan or on a stone if you don't have a Dutch oven. Add steam by placing ice cubes in an oven-safe dish on a lower rack.

Rising Doubts: During the final proof in the fridge, the dough might not appear to rise much. Trust the process—it will bake beautifully.



Enjoy the festive flavors of this Sourdough Cranberry Walnut Bread, perfect for sharing with loved ones or savoring with a cup of tea. Happy baking!

Exploring New Flavors: Enriched Flours, Whole Grains, and Specialty Breads

Beyond the Basics

Take your sourdough baking to new heights with an exploration of enriched flours, whole grains, and specialty breads. In this chapter, we'll break free from the traditional and dive into a world of flavor and texture that will elevate your baking game. Prepare to broaden your horizons and explore the countless opportunities that come with baking with sourdough!

Enriched Flours: Adding Depth and Flavor

- **Buttery Bliss:** Incorporate enriched flours like spelt, rye, or buckwheat for a nutty, earthy flavor that enhances your sourdough loaves.
- **Nourishing Goodness:** Whole grains add depth and complexity to your bread, providing essential nutrients and a hearty texture that's both satisfying and nutritious.
- **Innovative Combinations:** Mix and match different flours to create unique flavor profiles. Experiment with ancient grains like kamut or emmer to taste culinary history.

Whole Grains: Nutty and Nutritious

- **Ancient Grains:** Discover the rich heritage of ancient grains like einkorn, farro, and teff, which offer unique flavors and nutritional benefits.
- **Whole Wheat Wonder:** Embrace the wholesome goodness of whole wheat flour, known for its robust flavor and hearty texture that adds character to your loaves.
- **Nutrient-Rich Additions:** Boost the nutritional value of your bread with ingredients like flaxseeds, sunflower seeds, or rolled oats, which add fiber, protein, and a satisfying crunch.

Specialty Breads: Exquisite Creations

- **Brioche Brilliance:** Indulge in the decadent richness of brioche, a buttery, tender bread that's perfect for breakfast pastries or gourmet sandwiches.
- **Challah Charm:** Enjoy the delights of creating challah, a classic Jewish bread filled with honey and eggs and renowned for its golden crust and soft, pillowy texture.
- **Festive Focaccia:** Elevate your focaccia game with creative toppings like roasted grapes, caramelized onions, or herbed olive oil, turning a simple flatbread into a culinary masterpiece.

Elevating Your Baking Skills

- **Understanding Flour Varieties:** Familiarize yourself with different types

of flours and their unique characteristics, from all-purpose to specialty varieties.

- **Mastering Dough Handling:** Experiment with hydration levels and kneading techniques to achieve the perfect balance of moisture and structure in your dough.
- **Exploring Flavor Profiles:** Develop your palate by sampling a variety of flours, grains, and specialty ingredients, and learn to recognize the subtle nuances that each contributes to your bread.

Embracing Creativity and Innovation

- **Think Outside the Loaf:** Don't be afraid to think creatively and experiment with unconventional ingredients and flavor combinations. The sky's the limit when it comes to sourdough baking!
- **Sharing Your Discoveries:** Share your innovative creations with fellow bakers and food enthusiasts. Your unique twists on traditional recipes may inspire others to explore new flavors and techniques.

The Joy of Exploration

- **Embrace the Journey:** Sourdough baking is a lifelong pursuit of discovery and learning. Accept a voyage of discovery and relish the process of developing your abilities and broadening your gastronomic horizons.
- **Celebrate Your Success:** Take pride in your creations and celebrate each milestone along the way. Every loaf you bake, whether you're baking for yourself or to share with loved ones, reflects your enthusiasm and commitment.

Go beyond the fundamentals and discover the kaleidoscope of tastes and sensations that sourdough baking produces. Your taste buds and soul will be nourished and your world of gastronomic delights will become unlocked if you have an adventurous attitude and are prepared to try new things. Cheers to your baking!

Tangy Brioche

Sourdough Brioche is a luxurious, enriched bread made with butter, eggs, and milk, naturally leavened with a sourdough starter. This recipe will become an absolute favorite around your table, perfect for breakfast or a delightful treat any time of the day.

PREP TIME:

1 day

ADDITIONAL TIME:

0 minutes

SERVINGS:

24

COOK TIME:

25 minutes

TOTAL TIME:

1 day 25 minutes



NUTRITION:

| | |
|--------------------|-------------------|
| Calories: 168 kcal | Polyunsaturated |
| Fat: 9g | Fat: 1g |
| Monounsaturated | Fiber: 1g |
| Fat: 2g | Sugar: 2g |
| Carbohydrates: 18g | Vitamin A: 299IU |
| Protein: 4g | Calcium: 17mg |
| Trans Fat: 0.3g | Iron: 0.4mg |
| Sodium: 221mg | Saturated Fat: 5g |
| Potassium: 41mg | Cholesterol: 60mg |

INGREDIENTS:

- 1 cup sourdough starter, active and bubbly
- 3 cups bread flour
- 1/2 cup unbleached all-purpose flour
- 1/4 cup sugar
- 4 large eggs
- 1 1/2 teaspoons salt
- 1/2 cup milk
- 2 sticks butter, room temperature

Eggwash:

- 1 large egg yolk
- 1 tablespoon water

INSTRUCTIONS:

1. Feed Your Starter:

The night before you plan to bake, feed your sourdough starter. By morning, it should be active and bubbly, ready to infuse your brioche with delightful flavor.

2. Combine Ingredients:

Put all the ingredients in a stand mixer (except the butter) and whisk them together in the morning. Knead until the dough becomes smooth and glossy. This will take about 10-15 minutes. The dough will be quite wet, but resist the temptation to add more flour.

3. First Rise:

Use plastic wrap, a damp towel, or a tight lid to cover the dough and place it in a warm spot. Allow it to rise for 6-8 hours or until it has doubled in size.

4. Chill the Dough:

Refrigerate the dough for several hours or overnight following the initial rise. This will make it easier to shape.

5. **Divide and Shape:**

Once chilled, divide the dough into two equal portions using a bench scraper. Further divide each half into eight pieces, giving you a total of 16 equal-sized pieces. Roll each piece into a ball.

6. **Prepare the Loaf Pans:**

Line two loaf pans with parchment paper. Place eight dough balls in each pan. **Second Rise:** After then, when dough has doubled in size, cover the loaf pans and allow it to rise once more. This will take another 6-8 hours, or you can let it rise overnight.

7. **Preheat the Oven:**

Warm up the oven to 425°F (220°C).

Egg Wash: With a little spoon of water beat the egg yolk to create an egg wash. Brush this over the tops of the risen dough. This will give the brioche a beautiful golden color.

8. **Bake:**

Bake the loaves for 25 minutes or until the brioche turns a lovely golden brown.

9. **Cool and Enjoy:**

Allow the brioche to cool completely before slicing. Enjoy the rich, buttery flavor and the tender, fluffy texture of this delightful bread.

NOTES

Wet Dough: This dough is designed to be wet. Adding more flour will result in tougher bread, so resist the temptation.

Flour Substitute: If you don't have bread flour, you can use all-purpose flour. The bread might not be as soft, but it will still be delicious. Bread flour helps the dough rise more effectively.

Dairy-Free Option: You may substitute milk and butter with plant-based alternatives to make this brioche dairy-free. However, this has not been tested with this specific recipe.



Enjoy baking this Sourdough Brioche, and savor the rich, buttery goodness that will surely impress everyone at your table!

Naturally Leavened Challah Bread

Discover the joy of baking with this Sourdough Challah Bread recipe! With a soft, fluffy texture inside and a beautiful, golden, braided crust on the outside, this bread is perfect for gracing your table at holiday feasts or elevating an average weekday meal.

PREP TIME:

30 minutes

ADDITIONAL TIME:

11 hours

SERVINGS:

12

COOK TIME:

25 minutes

TOTAL TIME:

11 hours 55 minutes



NUTRITION:

| | |
|-------------------------|-------------------|
| Calories: 286 kcal | Cholesterol: 62mg |
| Carbohydrates: 43g | Sodium: 408mg |
| Protein: 7g | Potassium: 66mg |
| Fat: 9g | Fiber: 1g |
| Saturated Fat: 1g | Sugar: 9g |
| Polyunsaturated Fat: 3g | Vitamin A: 89 IU |
| Monounsaturated Fat: 5g | Vitamin C: 0.1mg |
| Trans Fat: 0.03g | Calcium: 16mg |
| | Iron: 1mg |

INGREDIENTS:

- 1 cup sourdough starter, active and bubbly
- 3 1/2 cups bread flour
- 1/2 cup all-purpose flour
- 6 tablespoons honey
- 6 tablespoons oil (any neutral-tasting oil will do; melted coconut oil works great)
- 3 large eggs
- 2 teaspoons salt
- 1/2 cup water

Egg Wash:

- 1 large egg yolk
- 1 tablespoon water

INSTRUCTIONS:

- 1. Prepare the Starter:**
Feed your sourdough starter 4-12 hours before starting this recipe. It should be nice and bubbly before you begin.
- 2. Mix the Dough:**
Mix all ingredients in a mixer the night before, kneading until the dough pulls away from the stand mixer bowl and becomes smooth and shiny. It should take around 20 minutes to complete. Don't worry if the dough seems too wet; it will come together with enough kneading.
- 3. First Rise:**
Cover the dough with plastic wrap, a damp towel, or a tight lid. Allow it to rise at room temperature for about 10 hours or until it has doubled in size.
- 4. Shape the Dough:**
In the morning, divide the dough into four equal portions. Each section should be rolled into a long rectangle that is 3-4 inches wide and 18-20 inches long.

5. Braid the Challah:

Pinch the ends of the four dough ropes together after placing them on the worktop. Cross the second piece of dough, starting from the right side, beneath the piece to its left, and finally over the piece on the far left. Take the piece on the far right and move it over the dough piece to its left, under the middle piece, and over the far-left piece. Repeat this pattern until the dough is fully braided. Tuck the ends beneath the bread by pinching them together.

6. Second Rise:

Place the braided dough in a greased baking dish (a 9x13 pan or a cookie sheet works well). Let the dough rise for one more hour.

7. Preheat the Oven:

Preheat your oven to 425°F.

8. Prepare the Egg Wash:

Beat an egg with water to create an egg wash. Brush this over the loaf to give it a beautiful golden color when baked.

9. Bake:

Bake the challah for 25 minutes or until it starts to turn golden brown.

NOTES

This recipe creates a very wet dough. While it might be tempting to add more flour, resist the urge. The dough will come together wonderfully if you have enough patience and knead it well.

If you don't have bread flour, you can use all-purpose flour. The bread won't be quite as soft but will still be delicious.



Enjoy this delightful, home-baked Sourdough Challah Bread with its irresistible aroma and flavor that will make any meal special. Happy baking!

Festive Sourdough Focaccia

Welcome to the world of delightful sourdough baking! This Festive Sourdough Focaccia, with its beautiful array of fresh herbs and veggies, is perfect for any celebration or even a regular day that needs a bit of joy. Let's get baking!

PREP TIME:
4 hours 50 minutes

ADDITIONAL TIME:
0 minutes

SERVINGS:

8

COOK TIME:
50 minutes

TOTAL TIME:
14 hours 50 minutes



NUTRITION:

| | |
|-------------------------|------------------|
| Calories: 441 kcal | Potassium: 211mg |
| Carbohydrates: 77g | Fiber: 5g |
| Protein: 13g | Sugar: 1g |
| Fat: 9g | Calcium: 33 mg |
| Saturated Fat: 1g | Iron: 4 mg |
| Polyunsaturated Fat: 6g | |
| Monounsaturated Fat: 1g | |
| Sodium: 781mg | |

INGREDIENTS:

- 1 cup fed sourdough starter (or discard)
- 2 teaspoons tahini
- 2 teaspoons of date paste
- 2 cups of whole wheat flour
- 1 cup of unbleached bread or all-purpose flour
- 1 cup potato flour
- 2 teaspoons of nutritional yeast
- 2 teaspoons of sea salt
- Ingredients: ¼ teaspoon freshly ground black pepper and 1 teaspoon quick yeast
- 1½ cups plain unflavored plant-based milk
- 1/3 cup brown rice flour
- 3 garlic cloves minced (1 tablespoon)
- Assorted fresh herbs and vegetables (see to notes for recommendations)

INSTRUCTIONS:

- 1. Prepare the Sponge:**
In a stand mixer or food processor equipped with a dough blade, combine date paste, tahini and 1 cup warm water and the sourdough starter. Mix until thoroughly mixed.
- 2. Mix Dry Ingredients:**
Mix the nutritional yeast, sea salt, instant yeast, black pepper, bread flour, potato flour, and whole wheat flour in a big basin.
- 3. Form the Dough:**
To the sponge mixture, add the dry ingredients. Once a smooth dough forms, pour in one cup of the plant-based milk and mix or process.
- 4. First Rise:**
After transferring the dough to a bowl, give it an hour to rest before covering it with a fresh kitchen towel.

5. Fold the Dough:

Move the dough to a clean surface, dusted liberally with brown rice flour. Fold the dough a few times and return it to the bowl. Cover again and let rise for another hour.

6. Prepare the Baking Sheet:

Line a 13×18-inch sheet pan with a silicone baking mat or parchment paper. Dust the mat generously with brown rice flour, especially along the edges and corners.

7. Stretch the Dough:

Cover the entire baking sheet with the dough by gently stretching it. Give the dough ten minutes to rest if it resists before attempting again. After an hour, cover with a fresh towel and go.

8. Preheat the Oven:

Preheat oven to 400°F (200°C). Uncover the dough and use a wooden skewer to poke dimples all over its surface.

9. Garlic Milk Wash:

Place the minced garlic and the remaining ½ cup plant-based milk in a small bowl. Whisk together and brush over the dough's surface.

10. Decorate:

Arrange your chosen toppings in any pattern you wish. Be creative! (See notes for tips on creating beautiful designs.)

11. Bake:

The focaccia should be baked for 20 to 25 minutes or until the tops are golden brown.

12. Cool and Serve:

Take it out of the oven and give it ten minutes or so to cool. Use a large spatula to separate the focaccia from the baking mat and pan. Transfer to a large cutting board and slice into rectangles for serving.

NOTES

Herbs and Veggies Suggestions:

Stems: Parsley sprigs, scallions (green parts only), asparagus, fresh green peppercorns.

Flowers: Small bell peppers (any color), cherry tomatoes, small red onions, zucchini, a.

Soil, Grass, and Misc. Fillers: Capers, olives, okra, sliced jalapeño chiles, king oyster mushrooms, sunflower or pumpkin seeds, chopped scallions, corn, enoki mushrooms.



Let your creativity shine as you adorn your focaccia with vibrant and tasty decorations. This Festive Sourdough Focaccia is not only a feast for the eyes but also a delight for the palate. Happy baking!

Ancient Grain Spelt Bread

Discover the delight of baking with ancient grains through this Spelt Sourdough Bread recipe. With its crusty exterior and chewy crumb, this no-knead bread is a beginner-friendly way to enjoy the wholesome flavors of spelt. Let's dive into the process and make your first spelt sourdough loaf!

PREP TIME:

10 minutes

ADDITIONAL TIME:

1 day, 4 hours

SERVINGS:

12

COOK TIME:

40 minutes

TOTAL TIME:

1 day 4 hours 50 minutes



NUTRITION:

Calories: 176 kcal
Carbohydrates: 34g
Protein: 6g
Fat: 1g
Saturated Fat: 0.1g
Polyunsaturated
Fat: 0.2g
Monounsaturated
Fat: 0.03g

Cholesterol: 1mg
Sodium: 425mg
Potassium: 26mg
Fiber: 4g
Sugar: 0.2g
Vitamin A: 1 IU
Calcium: 4mg
Iron: 1mg

INGREDIENTS:

- 2 cups bread flour
- 1 ¼ cups white spelt flour
- ¾ cup whole spelt flour
- ½ cup active sourdough starter
- 1, 1/3 cup water
- 2 teaspoons salt

INSTRUCTIONS:

1. Prepare Your Starter:

Feed your sourdough starter 4-12 hours before beginning your bread to ensure it's active and bubbly.

2. Mix the Dough:

In a large mixing bowl, combine water, bread flour, white spelt flour, whole spelt flour, sourdough starter, and salt. Stir until all ingredients are well mixed.

3. Initial Rest:

To properly hydrate the flour, cover the bowl with a moist towel, lid, or plastic wrap and let the dough rest for half an hour.

4. Stretch and Fold:

With damp hands, grab the edge of the dough, stretch it upwards, and fold it back into the center. After giving the bowl a quarter turn, stretch and fold three or four more times. This is one round of stretch and folds.

Perform a total of 6 rounds of stretch and folds. For the first 3 rounds, do this every 15 minutes. For the last 3 rounds, do it every 30 minutes.

5. Bulk Fermentation:

Place the plastic wrap or damp cloth over your bowl and let the dough rise until it becomes twice its original size. This process may take anywhere from 3 to 8 hours, depending on the temperature and the strength of your starter.

6. Shape the Dough:

Carefully shape the dough into a ball by spinning it toward you on a lightly floured surface. Let it sit uncovered for 20-30 minutes.

7. Final Shaping:

Place the developed skin side down on a lightly floured board and turn the dough. Pull each side of the dough and fold it into the center, then roll it into a tight log.

8. Proofing:

Spoon the formed dough, seam side up, into a bowl lined with a tea towel that has been floured or a banneton. Place a plastic wrap over it and chill for a minimum of 12 to 15 hours or overnight.

9. Preheat the Oven:

The next day, preheat your Dutch oven to 500°F (260°C) for 1 hour.

10. Prepare for Baking: Take the dough out of the fridge. Turn out onto parchment paper and use sharp knife or razor to score the top.

11. Bake the Bread: Put the dough and parchment paper into the Dutch oven that has been prepared. Lower the oven's setting to 475°F (245°C).

After 20 minutes of covered baking, take off the lid and continue baking for a further 20 minutes, or until the bread is golden brown.

12. Cool and Slice:

Allow the bread to thoroughly cool on a wire rack before slicing.

NOTES

Flour Substitution: If you don't have both whole and white spelt flour, you can use one type for the entire spelt component.

Handling Sticky Dough: Wet your hands with water to prevent the dough from sticking during the stretch and fold process.



Enjoy the satisfaction of creating this wholesome and delicious Spelt Sourdough Bread in your own kitchen! Happy baking!

Ancient Grain Einkorn Bread

Experience the timeless charm of ancient grains with this Einkorn Sourdough Bread recipe. Perfect for beginners, this bread boasts a fluffy, chewy interior and a satisfyingly crusty exterior. Let's embark on a delicious sourdough adventure!

PREP TIME:

5 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

12

COOK TIME:

40 minutes

TOTAL TIME:

45 minutes



NUTRITION:

Calories: 203 kcal
Carbohydrates: 43g
Protein: 6g
Fat: 1g
Saturated Fat: 0.1g
Polyunsaturated
Fat: 0.3g
Monounsaturated
Fat: 0.1g

Sodium: 293mg
Potassium: 94mg
Fiber: 3g
Sugar: 0.2g
Vitamin A: 1 IU
Calcium: 11mg
Iron: 2mg

INGREDIENTS:

- 3 cups all-purpose einkorn flour
- 1 cup whole grain einkorn flour
- 1 1/4 cups water
- 1 cup active sourdough starter
- 1 1/2 teaspoons salt

INSTRUCTIONS:

1. Prepare Your Starter:

Feed your sourdough starter 4-12 hours before starting your dough. Ensure it's active and bubbly.

2. Mix the Dough:

In a large bowl, combine the all-purpose einkorn flour, whole grain einkorn flour, water, sourdough starter, and salt. Mix with your hands until the dough comes together.

3. Initial Rest:

Let the dough rest for 15 minutes to allow the flour to hydrate.

4. Stretch and Fold:

Flatten the dough and then stretch and fold the edges towards the center. Roll the dough into a ball. Place it back in the bowl and cover with plastic wrap or beeswax wrap. Allow to rest for 20 minutes.

5. Repeat the Process:

Two more times, repeat the folding and flattening procedure, allowing the dough to rest for twenty minutes in between.

6. First Rise:

After forming the dough into a ball, wrap it with plastic wrap. Let it rise until it doubles in size; this may take one to twelve hours, based on your home's temperature.

7. Final Shaping:

Gently shape the dough into a loaf with your hands and place it in a floured banneton basket.

8. Overnight Proof:

Place a plastic bag over the dough and chill it for the entire night.

9. Preheat the Oven:

Preheat your oven to 450°F. Place your Dutch oven inside to preheat for 30 minutes to an hour.

10. Prepare for Baking:

Take out the dough and place it onto a parchment paper-lined sheet. Score the dough's upper surface.

11. Bake the Bread:

The dough and parchment paper should be carefully placed inside the heated Dutch oven. Put the lid on and bake for thirty minutes.

12. Finish Baking:

After 15 minutes, or until the bread is golden brown, remove the lid and continue baking.

13. Cool and Serve:

When slicing and serving, let the bread cool completely on a wire rack.

NOTES

100% Einkorn Bread: If you prefer a 100% einkorn bread, start your sourdough starter with einkorn flour or convert your existing starter to einkorn flour.

Handling Einkorn Dough: Einkorn flour creates a stickier dough than conventional wheat, which can be trickier to shape. Wetting your hands slightly can help manage the stickiness.



Enjoy baking your very own Einkorn Sourdough Bread and relish the ancient grain goodness in every bite. Happy baking!

Aromatic Whole Wheat and Rye Sourdough

Dive into the aromatic world of sourdough with this Whole Wheat and Rye Sourdough Bread. Perfect for beginners, this loaf features a crisp crust and a delightfully fragrant interior infused with caraway, anise, and cardamom. Let's get baking!

PREP TIME:

1 hours

ADDITIONAL TIME:

30 minutes

SERVINGS:

18

COOK TIME:

2 hours

TOTAL TIME:

4 hours



NUTRITION:

Calories: 98 kcal
Carbohydrates: 19 g
Protein: 2 g
Fat: 1 g
Saturated Fat: 0.2 g
Polyunsaturated
Fat: 0.2 g
Monounsaturated
Fat: 1 g

Sodium: 195 mg
Potassium: 23 mg
Fiber: 1 g
Sugar: 1 g
Vitamin C: 0.004 mg
Calcium: 4 mg
Iron: 1 mg

INGREDIENTS:

- 1/4 cup plus 2 tablespoons of lukewarm milk; optional
 - 3/4 cup + 2 tablespoons lukewarm milk
 - 1 cup ripe (fed) or discard sourdough starter
 - 2 tablespoons packed dark brown sugar
 - 1 teaspoon table salt
 - 1 1/2 teaspoons caraway seeds
 - 1/2 teaspoon anise seeds
 - 1/4 teaspoon cardamom
 - 1/2 cup Rye Flour Blend, White Rye Flour, Organic Medium Rye Flour, or Pumpernickel Flour
 - 1/2 cup Whole Wheat Flour
 - 1 3/4 to 2 cups of King Arthur All-Purpose Flour
- * If you use a ripe, bubbly, and vigorous starter, you can skip the added yeast.

INSTRUCTIONS:

1. Combine Ingredients:

In a large bowl, mix together the yeast (if using), lukewarm milk, sourdough starter, dark brown sugar, salt, caraway seeds, anise seeds, and cardamom. After adding the rye flour, whip the mixture until it becomes smooth.

2. Add Flours:

One cup at a time, gradually add the whole wheat flour and then the all-purpose flour, stirring thoroughly after each addition. Turn the dough out onto a work surface dusted with flour until it begins to take on a shaggy texture.

3. Knead the Dough:

Using just enough flour to prevent sticking, knead the dough for around eight minutes. Smooth, elastic, and just a little bit tacky—not sticky—is what you want your dough to be. Alternatively, you can knead the dough for 6 to 7 minutes using a stand mixer with a dough hook.

4. First Rise:

Put the dough into a bowl that has been coated with oil, cover the bowl, and allow the dough to increase in size until it has doubled, which should take around 1 hour and 30 minutes to 2 hours.

5. Shape the Dough:

Deflate the dough and shape it as desired: a freestanding round, a bâtard (fat log with tapered ends), or a log to fit in a 9» x 5» loaf pan. To make the shaped loaf puffy, cover it with plastic wrap that has been oiled and let it rise for 45-60 minutes.

6. Preheat the Oven:

Towards the end of the rising time, preheat your oven to 400°F.

7. Bake the Bread:

Bake for approximately 25 minutes, or until the bread is well colored and sounds hollow when tapped on the bottom. Take it out of the oven and place it on wire rack to cool.

8. Store the Bread:

For many days, keep the bread firmly wrapped at room temperature. Freeze it for longer storage.

NOTES

Quicker Rise: Feeding your starter before making the dough will help it rise more quickly.

Decorative Touch: Reserve a small amount of dough to roll into long, thin strips. Snip with scissors to form a wheat stalk pattern to decorate the top of the loaf.

Bread Machine: A bread machine may be used by adding the ingredients in the specified sequence and selecting the dough or manual cycle. As instructed, shape and bake when the cycle is finished.



Embrace the rich flavors and delightful textures of this Whole Wheat and Rye Sourdough Bread, and enjoy the baking journey from start to delicious finish! Happy baking!

No-Knead Buckwheat Rye Bread with Seeds and Nuts

Elevate your baking game with this beginner-friendly, no-knead bread. Packed with fiber, minerals, and a delightful nutty flavor, this bread boasts a crunchy crust that pairs perfectly with its hearty interior. No baking skills required—just a bit of patience!

PREP TIME:

14 hours

COURSE:

Breakfast / Vegan

SERVINGS:

6

COOK TIME:

1 hour 10 minutes

TOTAL TIME:

15 hours 10 minutes



NUTRITION:

| | |
|---------------------------|-----------------|
| Calories: 262 kcal | Potassium: 70mg |
| Carbohydrates: 57g | Fiber: 2g |
| Protein: 8g | Sugar: 0.2g |
| Fat: 1g | Vitamin A: 1IU |
| Saturated Fat: 0.2g | Calcium: 13mg |
| Polyunsaturated Fat: 1g | Iron: 1mg |
| Monounsaturated Fat: 0.1g | |
| Sodium: 877mg | |

INGREDIENTS:

- 2 cups whole-wheat flour
- 1 cup buckwheat flour
- 1 cup rye flour
- 1 tablespoon chia seeds
- 1/2 cup toasted hazelnuts
- 1/2 cup walnuts
- 1/2 cup toasted sunflower seeds
- 1 teaspoon instant yeast
- 1 teaspoon salt
- 2 1/2 cups purified water
- Extra flour for dusting

INSTRUCTIONS:

1. Mix Ingredients:

In a large mixing bowl, combine the whole-wheat flour, buckwheat flour, rye flour, chia seeds, toasted hazelnuts, walnuts, toasted sunflower seeds, instant yeast, and salt. Pour in the purified water and stir until you achieve a sticky dough.

2. First Rise:

The dough should rise at room temperature for about 12 hours, or until bubbles start to form on the surface after you cover the bowl with a fresh cloth.

3. Shape the Dough:

Lightly dust a work surface, then tip the risen dough onto it. To form the dough into a ball, fold it once or twice.

4. Second Rise:

Generously flour the inside of a bowl and place the dough ball inside. Once it has doubled in size, cover it with a fresh towel and allow it to rise for a further two hours.

5. Preheat the Oven:

Before the dough is done, preheat the oven to 450°F (220°C) for about 20 minutes. To heat up, put a clay or cast-iron pot in the oven.

6. Bake the Bread:

After taking the hot pot out of the oven, carefully pour the dough into it. Place a lid on it and bake for half an hour.

7. Finish Baking:

Remove the lid and continue baking for an additional 40 minutes or until the bread has a deep golden-brown crust.

8. Cool and Serve:

Before slicing, take the bread out of the pot and allow it to cool for about ten minutes. Enjoy the delicious, crunchy crust and nutty flavor of your homemade bread!

NOTES

Experiment with various nuts and seeds to add taste and texture. If the dough feels too sticky, dampen your hands slightly to handle it more easily.

This bread is perfect for breakfast, sandwiches, or as a hearty side to soups and salads.



Enjoy the simple pleasure of homemade bread with this nutritious and flavorful recipe. Happy baking!

Nutrient-Rich Emmer (Farro) Sourdough

Emmer wheat, also known as farro, is not only delicious but also high in protein. This Emmer Sourdough Bread combines the ancient grain with bread flour and plenty of water to create a manageable dough that yields a beautiful, airy crumb. You can add more texture to the crust by rolling the formed dough in flaked emmer, or you can leave it smooth for a more traditional appearance.

PREP TIME:

30 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

6

BAKING TIME:

35 minutes

TOTAL TIME:

Varies with fermentation



NUTRITION:

Calories: 176 kcal
Carbohydrates: 34g
Protein: 6g
Fat: 1g
Saturated Fat: 0.1g
Polyunsaturated
Fat: 0.2g
Monounsaturated
Fat: 0.03g

Cholesterol: 1mg
Sodium: 425mg
Potassium: 26mg
Fiber: 4g
Sugar: 0.2g
Vitamin A: 1 IU
Calcium: 4mg
Iron: 1mg

INGREDIENTS:

- 1 3/4 cups home-milled emmer wheat berries or whole grain emmer flour
- 1 3/4 cups bread flour
- 1 1/2 cups water
- 1/3 cup sourdough starter
- 1 3/4 tsp salt
- Optional: 1/4 cup emmer flakes for the crust

INSTRUCTIONS:

Mixing and Bulk Fermentation:

1. Combine Ingredients:

In a large bowl, mix together the emmer flour, bread flour, water, sourdough starter, and salt. Cover the bowl and let it rest for 20-30 minutes.

2. Stretch and Fold:

After dusting your work surface with flour, carefully move the dough from the bowl. To do this, grab the edge of the dough, stretch it upwards, and fold it back over itself. Rotate the bowl and repeat until all edges are folded. Cover and let rest for another 20-30 minutes.

3. Repeat Process:

Perform two more rounds of stretching and folding, with 20-30 minute rests in between.

4. Bulk Fermentation:

Allow the dough to bulk ferment until it has nearly doubled in size.

This typically takes about 5 hours at warm temperatures (around 80°F). Cooler temperatures or a weaker starter may require more time.

Shaping and Final Proof:

1. Prepare Crust (Optional):

If using, flake the emmer berries for the crust. Spread the flakes on your work surface.

2. Shape the Dough:

Flour your work surface and gently transfer the dough from the bowl. Shape it into a boule, batard, or oblong loaf to fit your proofing basket and baking vessel.

3. Apply Emmer Flakes:

Brush or spray water on the top of the dough and roll it onto the emmer flakes to coat the surface. Place the dough, flake-side down, into your proofing basket. Use any extra flakes to coat the sides of the dough.

4. Final Proof:

The dough should be covered, allowed to rise for approximately thirty minutes at room temperature, and then chilled for eight to sixteen hours. Alternatively, you can proof it at room temperature for an additional 1-2 hours and skip the refrigeration.

Baking:

1. Preheat Oven:

Preheat your oven and baking vessel to 500°F for at least 30 minutes.

2. Prepare Dough for Baking:

Remove the dough from the proving basket and place it either straight onto the base of your preheated baking dish or on a piece of parchment paper. Using sharp knife or pair of scissors, score the top of the pastry.

3. For a ceramic cloche:

Bake at 500°F for 20 minutes with the lid on.

Reduce to 450°F and bake for 5 minutes with the lid on.

Take off the lid and continue baking for ten more minutes.

4. For a cast iron pot:

Place the lid on and bake for 15 minutes at 500°F. Place a baking sheet directly under the pot at the 15-minute mark to prevent burning.

Reduce to 450°F and bake for 10 minutes with the lid on.

Take off the lid and continue baking for ten more minutes.

5. Check Doneness:

The bread is ready when its inside reaches a temperature of at least 205°F and makes a hollow sound when you tap it on the bottom.

6. Cool and Serve:

Before slicing, let the bread cool for a few hours to allow its flavor and texture to fully develop.



Enjoy your homemade Emmer Sourdough Bread with its delightful crust and wholesome, nutty flavor! Perfect for beginners, this bread brings the ancient grain of emmer into your modern kitchen with ease and satisfaction. Happy baking!

Wholesome Gluten-Free Teff Bread

Experience the rich, nutty flavor of teff in this deliciously wholesome gluten-free and vegan sourdough bread. Perfect for beginners, this recipe transforms simple ingredients into a delightful loaf that's ideal for sandwiches and toasting. With a traditional sourdough starter and a slow ferment, this bread is packed with flavor and nutrition.

PREP TIME:

24 hours (includes fermentation)

COOK TIME:

50 minutes

TOTAL TIME:

Approximately 25 hours

SERVINGS:

21



NUTRITION:

| | |
|---------------------------|-----------------|
| Calories: 282 kcal | Potassium: 70mg |
| Carbohydrates: 57g | Fiber: 2g |
| Protein: 9g | Sugar: 0.2g |
| Fat: 1g | Vitamin A: 1IU |
| Saturated Fat: 0.2g | Calcium: 13mg |
| Polyunsaturated Fat: 1g | Iron: 1mg |
| Monounsaturated Fat: 0.1g | |
| Sodium: 877mg | |

INGREDIENTS:

- 2 cups freshly fed teff sourdough starter
- 2 cups water
- 1 1/2 cups teff flour
- 1 tablespoon molasses
- 1 tablespoon psyllium husk powder
- 2 teaspoons sea salt

INSTRUCTIONS:

- 1. Combine Starter and Water:**
Pour the water and teff sourdough starter into a large mixing dish. Stir well to combine.
- 2. Add Molasses and Salt:**
Stir in the molasses and sea salt until they are fully dissolved.
- 3. Incorporate Psyllium Husk Powder:**
Add the psyllium husk powder to the mixture and stir until well combined. Let the mixture sit for a few minutes to allow the psyllium husk to absorb the water and thicken.
- 4. Add Teff Flour:**
Begin by adding 1 cup of teff flour to the mixture. Stir well. When the batter has the consistency of thick cake batter, gradually add the remaining 1/2 cup of teff flour, two teaspoons at a time, stirring in between.

5. Prepare the Bread Pan:

Coat a bread pan with oil or use a silicone loaf pan. Pour some batter into the prepared pan and even out the top with a spatula.

6. Fermentation:

Put a fresh towel or piece of plastic wrap over the pan. At room temperature, let the batter rise until it reaches the top of the pan. Depending on the outside temperature and your starter's activity, this could take up to 24 hours.

7. Baking:

Preheat oven to 350°F (175°C). Bake the bread for fifty minutes after the dough has risen. When tapped, the bread should sound hollow and have a solid crust.

8. Cooling:

Take the bread out of the oven and let it sit in the pan until it's totally cool. This lets the bread firm up, making it easier to cut.



Enjoy your freshly baked Gluten-Free Sourdough Teff Bread! Its hearty texture and complex flavors make it a perfect base for your favorite sandwich toppings or simply toasted with a spread of your choice. Happy baking!

Discard Delicacies: Making the Most of Your Discard

Turn Discard into Delight

Don't let your sourdough discard go to waste! In this chapter, we'll explore how to transform what might seem like waste into mouthwatering delicacies. With simple recipes and creative ideas, you can turn your sourdough discard into delicious treats that will impress everyone. Let's dive into the world of discarded delicacies and make every bit of your sourdough journey count!

The Magic of Sourdough Discard

- **Hidden Potential:** Sourdough discard may appear to be an afterthought, but it is full of flavor and may be the standout element in a variety of recipes.
- **Easy and Efficient:** Using discard is a quick and efficient way to add a tangy twist to your favorite recipes without extra effort.
- **Versatile Applications:** From breakfast to dinner, sweet to savory, sourdough discard can be incorporated into numerous dishes.

Breakfast Bonanza: Start Your Day Right

- **Perfect Pancakes:** Make pancakes with your leftovers that are light and tart, ideal for a filling breakfast. Add some fresh fruit or syrup for an extra treat.
- **Waffle Wonders:** Make crispy, golden waffles with a hint of sourdough flavor. Ideal for a weekend brunch or a special breakfast treat.
- **Muffin Magic:** Bake tender, flavorful muffins using your discard. Experiment with different fruits, nuts, and spices to create your perfect morning snack.

Savory Snacks: Satisfy Your Cravings

- **Crispy Crackers:** Use your discard to make crunchy, delicious crackers. Ideal for nibbling or offering at your next get-together with cheese and dips.
- **Tangy Flatbreads:** Make quick and simple flatbreads to top with cheese, herbs, or your preferred spreads. Delicious as a side dish or appetizer.
- **Flavorful Fritters:** Mix your discard into a batter with vegetables and spices to create savory fritters. A tasty and versatile snack or side dish.

Sweet Treats: Indulge Your Sweet Tooth

- **Decadent Brownies:** Add discard to your brownie batter for an extra moist and tangy twist. Ideal for chocolate enthusiasts searching for a distinctive gift.
- **Chewy Cookies:** Incorporate discard into cookie dough to create soft,

chewy cookies with a subtle sourdough flavor. Customize with your favorite mix-ins like chocolate chips or nuts.

- **Delightful Doughnuts:** Use discard in your doughnut batter for a deliciously tangy treat. Bake or fry and top with glaze or powdered sugar for a delightful dessert.

Baking Tips for Success

- **Consistency Counts:** Ensure your discard has a consistency similar to that of pancake batter or yogurt. Adjust with a little flour or water if needed.
- **Flavor Balance:** Discard adds a unique tang to recipes. To prevent overpowering the other tastes, start with modest amounts and adapt according to your liking.
- **Experiment and Enjoy:** Don't be afraid to try new recipes and flavor combinations. The versatility of sourdough discard means the possibilities are endless!

Sustainability and Satisfaction

- **Waste Not, Want Not:** Using your discard is an excellent way to reduce waste and make the most of your sourdough starter.
- **Share the Joy:** Homemade discarded treats make wonderful gifts for friends and family. Share the delicious results of your creativity and sustainability efforts.

By turning your sourdough discard into delightful dishes, you'll discover new culinary horizons and make your sourdough baking journey even more rewarding. Embrace the possibilities and enjoy the delicious rewards of your creativity and resourcefulness. Happy baking!

Golden Crunch Discard Crackers

Transform your sourdough discard into a batch of irresistibly crispy and flavorful crackers. Perfect for a snack or a delightful appetizer, these Sourdough Discard Crackers are infused with aromatic herbs, making them a tasty and resourceful treat. This recipe is beginner-friendly and quick, ensuring you can enjoy these crunchy delights in no time.

PREP TIME:

5 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

5

COOK TIME:

15 minutes

TOTAL TIME:

20 minutes

**NUTRITION:**

| | |
|---------------------|--------------------|
| Calories: 164 kcal | Cholesterol: 20 mg |
| Carbohydrates: 20 g | Sodium: 450 mg |
| Protein: 3 g | Potassium: 24 mg |
| Fat: 8 g | Fiber: 1 g |
| Saturated Fat: 5 g | Sugar: 0.1 g |
| Polyunsaturated | Vitamin A: 262 IU |
| Fat: 0.4 g | Vitamin C: 0.3 mg |
| Monounsaturated | Calcium: 17 mg |
| Fat: 2 g | Iron: 2 mg |
| Trans Fat: 0.3 g | |

INGREDIENTS:

- 1 cup sourdough discard
- One cup all-purpose einkorn flour or three-quarters cup all-purpose flour
- 1/4 cup butter, softened
- 1 tablespoon dried herbs (basil, oregano, parsley, rosemary, thyme, or a combination)
- 1 teaspoon salt

INSTRUCTIONS:

- 1. Preheat the Oven:**
Preheat oven to 350°F (175°C).
- 2. Mix the Dough:**
The sourdough waste, flour, softened butter, salt, and dried herbs should all be combined in a mixing dish. The dough should only be mixed and kneaded until it forms a smooth ball.
- 3. Roll Out the Dough:**
Place the dough between two sheets of greased parchment paper. Roll it out as thin as possible to ensure the crackers are crispy. The thinner, the better!
- 4. Prepare for Baking:**
Remove the top sheet of parchment paper. Optionally, you can brush the rolled-out dough with a little melted butter and sprinkle it with extra salt for added flavor.

5. Bake the Crackers:

Move the dough, which is spread out on a parchment paper, onto a baking tray. Put it in the oven that has been heated beforehand and cook for 15 minutes. Keep an eye on it until the sides turn golden and dough becomes crunchy.

6. Cut and Store:

After baking, let the crackers cool for a few minutes. Use a knife to cut them into desired shapes or simply break them apart. Keep the crackers fresh and crunchy by storing them in a container that seals tightly.

NOTES

Rolling the Dough: The key to perfectly crispy crackers is rolling the dough very thin. If it's too thick, the texture will be more like tortillas rather than crackers.

Herb Variations: Try experimenting with other herbs and spices to find your go-to flavor combinations.



Enjoy making and munching on these Sourdough Discard Crackers! They are not only delicious but also a fantastic way to use up your sourdough discard. Perfect for dipping, pairing with cheese, or enjoying on their own. Happy baking!

Fluffy Discard Bagels

Start your morning with homemade Sourdough Discard Bagels, offering a perfect blend of chewiness and flavor. Whether enjoyed plain or as a foundation for a hearty breakfast sandwich, these bagels are a delightful and resourceful way to use your sourdough discard. This beginner-friendly recipe ensures you achieve delicious results every time.

PREP TIME:

15 minutes

ADDITIONAL TIME:

2 hours

SERVINGS:**8****COOK TIME:**

25 minutes

TOTAL TIME:

2 hours 40 minutes

bagels

**NUTRITION:**

| | |
|----------------------------|--------------------|
| Calories: 281 kcal | Sodium: 1007 mg |
| Carbohydrates: 60 g | Potassium: 83 mg |
| Protein: 8 g | Fiber: 2 g |
| Fat: 1 g | Sugar: 6 g |
| Saturated Fat: 0.1 g | Vitamin A: 1 IU |
| Polyunsaturated Fat: 0.3 g | Vitamin C: 0.03 mg |
| Monounsaturated Fat: 0.1 g | Calcium: 19 mg |
| | Iron: 3 mg |

INGREDIENTS:**For the Dough:**

- 3 teaspoons active dry yeast
- 1 cup warm water
- 1 cup sourdough discard
- 2 tablespoons honey or maple syrup
- 2 teaspoons salt
- 4 cups unbleached all-purpose flour

For Boiling the Bagels:

- 2 quarts water
- 1 tablespoon baking soda
- 1 tablespoon brown sugar

INSTRUCTIONS:**1. Activate the Yeast:**

In a bowl of the stand mixer, whisk together the warm water and yeast. Cover and let it sit for about 5 minutes until it becomes bubbly and frothy.

2. Prepare the Dough:

Combine the sourdough refuse, honey, salt, and flour with the yeast mixture in the stand mixer. Beat on a low speed with the dough hook attachment for about 2 minutes or until well incorporated. Knead the dough for a further five to ten minutes on low speed, or until it comes together into a smooth ball. If your mixer is having trouble mixing the stiff dough, knead for a short while, stop the motor, and then start again. As an alternative, knead the dough by hand for five to ten minutes on a surface that has been lightly floured.

3. **First Rise:**

Move the dough into a bowl that has been lightly oiled. To keep it from drying out, cover with plastic wrap, aluminum foil, beeswax wrap, or a moist tea towel. Let it rise for 60-90 minutes at room temperature, or until doubled in bulk.

4. **Shape the Bagels:**

Once the dough has risen, split it into eight equal halves, each weighing about 137 to 140 grams. Form each portion into a ball, then carefully flatten it and use your finger to pierce the center, extending the hole to create the shape of a bagel. Cover the formed dough with a tea towel and place it on a baking sheet. Allow it to sit in a warm area for half an hour to an hour or until it puffs out.

5. **Preheat and Prepare:**

Adjust the oven temperature to 425°F (220°C) and place parchment paper on baking pan. Brown sugar and baking soda should be added to a big pot of boiling water.

6. **Boil the Bagels:**

Using a slotted spoon, gently add the bagels to the boiling water. After one minute of boiling on each side, take it off with a slotted spoon and shake off any remaining water.

7. **Optional Toppings:**

If desired, dip the boiled bagels into your favorite toppings, such as sesame seeds, everything bagel seasoning, or brown sugar. Place the topped bagels on the prepared baking sheet.

8. **Bake:**

Bake the bagels in the preheated oven for 20-25 minutes or until golden brown on top. Before serving, move to a wire rack and allow cool fully.

NOTES

Boiling the Bagels: Boiling the bagels is essential for achieving their characteristic chewy crust. While it may seem like an extra step, it is crucial for the texture.

Baking Soda Sensitivity: If you are sensitive to baking soda, you can boil the bagels in just sugar water instead.

Kneading Tip: The dough can be tough to mix initially, but it will come together with patience and persistence.



Enjoy crafting and savoring these Sourdough Discard Bagels! They make for a deliciously chewy treat that will brighten up any morning. Happy baking!

Perfectly Crispy Discard Pizza Crust

Discover the joy of making a delicious sourdough discard pizza crust in just minutes! This recipe is perfect for beginners, requiring no kneading or waiting. It's a quick, easy, and tasty way to use your sourdough discarded, ensuring a crispy and flavorful base for your favorite pizza toppings.

PREP TIME:

2 minutes

ADDITIONAL TIME:

10 minutes

SERVINGS:

1

COOK TIME:

10 minutes

TOTAL TIME:

22 minutes

pizza crust

**NUTRITION:**

Calories: 164 kcal
Carbohydrates: 20 g
Protein: 3 g
Fat: 8 g
Saturated Fat: 5 g
Polyunsaturated
Fat: 0.4 g
Monounsaturated
Fat: 2 g
Trans Fat: 0.3 g

Cholesterol: 20 mg
Sodium: 450 mg
Potassium: 24 mg
Fiber: 1 g
Sugar: 0.1 g
Vitamin A: 262 IU
Vitamin C: 0.3 mg
Calcium: 17 mg
Iron: 2 mg

INGREDIENTS:

- Sourdough discard (amount based on desired pizza size)
- Italian seasoning
- Salt
- Olive oil

EQUIPMENT:

- Pizza stone or cast iron skillet

INSTRUCTIONS:

- 1. Preheat Your Cooking Surface:**
Set an oven temperature to 425°F (220°C) and put pizza stone or cast iron skillet inside to heat up.
- 2. Prepare Your Baking Vessel:**
Once the oven is fully preheated and the stone or skillet is scorching hot, carefully remove it from the oven. Drizzle a bit of extra virgin olive oil over the hot surface.
- 3. Spread the Sourdough Discard:**
Ladle your sourdough discard onto the hot stone or skillet. Spread it out to form a thin, even layer, adjusting the amount based on the size of your desired pizza. The discard should start to cook upon contact with the hot surface.

4. Season the Crust:

Pour a bit more olive oil onto the spread-out sourdough discard. Sprinkle generously with salt and Italian seasoning for added flavor.

5. Bake the Crust:

Place the prepared crust back in the oven and bake for about 10 minutes or until it turns crispy and easily lifts from the pan.

NOTES

Optimal Tools: This recipe works best with a preheated pizza stone or cast iron skillet. These tools help achieve the perfect crispy crust.

Quick Meal Preparation: While your crust is baking, prep your toppings.

Sauté any veggies or meats so they are ready to add once the crust is done.

Handling Sauce: This crust can become soft if you add regular pasta or pizza sauce directly. Use a thicker sauce or lightly coat the crust with some olive oil before adding the toppings to prevent this.



Enjoy the ease and satisfaction of making your own sourdough discarded pizza crust. This quick and tasty recipe will become a go-to in your kitchen repertoire. Happy baking!

Delightful Morning Scones

These sourdough scones are a beginner-friendly recipe that promises a tender crumb inside and a golden, flaky exterior. They are a tasty treat that can be eaten any time of day and are perfect as a foundation for your favorite add-ins.

PREP TIME:

15 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

8

scones

COOK TIME:

20 minutes

TOTAL TIME:

35 minutes

**NUTRITION:**

Calories: 331 kcal
Carbohydrates: 43 g
Protein: 5 g
Fat: 16 g
Saturated Fat: 10 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 4 g
Trans Fat: 0.5 g

Cholesterol: 64 mg
Sodium: 336 mg
Potassium: 56 mg
Fiber: 1 g
Sugar: 15 g
Vitamin A: 525 IU
Vitamin C: 0.1 mg
Calcium: 106 mg
Iron: 2 mg

INGREDIENTS:**Dry Ingredients:**

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 stick unsalted butter, frozen
- 1 cup mix-ins (chocolate chips, blueberries, dried cranberries)

Wet Ingredients:

- 1/2 cup sourdough starter discard
- 1 large egg
- 1 teaspoon vanilla extract
- 3 tablespoons heavy cream (milk can be substituted)

Topping (optional):

- 2 tablespoons heavy cream
- 3 tablespoons coarse sugar

INSTRUCTIONS:**1. Combine Dry Ingredients:**

Whisk together some sugar, flour, baking powder, and salt in a sizable bowl.

2. Incorporate the Butter:

Shred the cold, solid butter into the dry ingredients with a cheese grater. Combine them using a tool called a pastry cutter until the mixture looks like small, uneven pieces. Alternatively, you can mix it with your hands or use a machine called a food processor to do this.

3. Add Mix-Ins:

Stir in your choice of mix-ins (chocolate chips, blueberries, or dried cranberries) until they are evenly coated with the flour mixture. Set the bowl aside.

4. Prepare Wet Ingredients:

Whisk the egg, heavy cream, vanilla extract, and sourdough starter discard in another bowl.

5. Combine Wet and Dry Mixtures:

Carefully mix the wet ingredients with the flour. Take care not to overwork the dough because this can result in tough scones.

6. Shape the Dough:

The dough should be rolled out to a circle with an 8-inch diameter on a spotless, lightly floured surface. Cut the circle into 8 equal wedges.

7. Chill the Dough:

Place scones about 2 inches apart on a baking sheet covered with parchment paper. Refrigerate for at least 30 minutes or up to 3 days for longer fermentation. Note that a longer refrigeration will allow for more fermentation and flavor development.

8. Preheat the Oven:

When baking time comes, set the oven temperature to 400°F (200°C).

9. Add Topping:

Brush the tops of scones with some heavy cream and sprinkle them with the coarse sugar, if desired.

10. Bake the Scones:

A toothpick put into the center of the scones should come out clean after 20 to 25 minutes of baking or until they are golden brown.

11. Cool and Enjoy:

Before serving, allow the scones to cool slightly on a wire rack. Take pleasure in them heated or at room temperature.

NOTES

Keep It Cold: The key to flaky scones is to keep the dough cold. Use frozen butter and chill the scones before baking to prevent them from spreading.

Long Fermentation: For a deeper flavor, refrigerate the scones for up to 3 days before baking. This will allow the grains to ferment more fully.

Freezing Tips: Bake and cool the scones completely, then freeze them for an easy, make-ahead breakfast. Simply reheat in the oven when you're ready to enjoy.



These sourdough scones are a delightful treat, perfect for breakfast, brunch, or an afternoon snack. Enjoy experimenting with different mix-ins and savor the rich, buttery flavor enhanced by the tang of sourdough. Happy baking!

Cinnamon Swirl Quick Bread Bliss

Looking for an irresistible treat to serve with your morning coffee or to impress your guests at brunch? This Sourdough Cinnamon Swirl Quick Bread is perfect! Using sourdough discard, it combines a tender crumb with a sweet cinnamon swirl for a delightful flavor and texture. Ideal for beginners, this recipe is simple and straightforward.

PREP TIME:

10 minutes

ADDITIONAL TIME:

0 minutes

SERVINGS:

1

loaf

COOK TIME:

1 hour

TOTAL TIME:

1 hour 10 minutes



NUTRITION:

| | |
|---------------------|--------------------|
| Serving: 1 slice | Trans Fat: 0.4 g |
| Calories: 349 kcal | Cholesterol: 61 mg |
| Carbohydrates: 60 g | Sodium: 304 mg |
| Protein: 4 g | Potassium: 63 mg |
| Saturated | Sugar: 37 g |
| Fat: 6 g | Vitamin A: 337 IU |
| Polyunsaturated | Vitamin C: 0.04 mg |
| Fat: 1 g | Calcium: 55 mg |
| Monounsaturated | Iron: 2 mg |
| Fat: 3 g | |

INGREDIENTS:

Dry Ingredients:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda

Wet Ingredients:

- 8 tablespoons butter, melted and cooled
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 3/4 cup sourdough starter discard

Cinnamon Swirl:

- 1 tablespoon ground cinnamon
- 1/2 cup brown sugar

Glaze (optional):

- 1/2 cup powdered sugar
- 1 tablespoon water
- 1/8 teaspoon vanilla extract

EQUIPMENT:

- 1 Stand Mixer

INSTRUCTIONS:

1. Preheat and Prepare:

Preheat oven to 350°F (175°C).

Melt the butter and let it cool until warm but not hot.

Slather the loaf pan with butter or grease and coconut oil. Alternatively, one could line it with parchment paper.

2. Mix Wet Ingredients:

In a large mixing bowl, whisk together the melted butter, sugar, vanilla extract, eggs, and sourdough starter discard.

3. Combine Dry Ingredients:

Mix some flour, baking soda, baking powder, cinnamon, and salt in a separate basin.

4. Combine Mixtures:

To keep the bread tender, gradually add the dry ingredients to the wet components, mixing only until incorporated.

5. Prepare Cinnamon Swirl:

In a small bowl, mix together the cinnamon and brown sugar. Set aside.

6. Assemble the Bread:

Pour half of the batter into the prepared loaf pan.

Over the batter, scatter 3/4 of the cinnamon sugar mixture.

Add the remaining batter on top, then sprinkle with the remaining cinnamon sugar.

Use a knife to make swirls through the batter, distributing the cinnamon sugar throughout. Smooth the top.

7. Bake:

A toothpick put into the center should come out clean after baking for 60 to 70 minutes in a preheated oven.

If the top is browning too quickly, cover it loosely with aluminum foil or parchment paper.

8. Cool:

After letting the loaf cool in the pan for about twenty minutes, move it to a wire rack to finish cooling.

9. Prepare Optional Glaze:

If using the glaze, whisk together the powdered sugar, water, and vanilla extract until smooth.

After the bread has cooled, drizzle the glaze over it and eat!

NOTES

Keep It Cold: Using cold ingredients helps keep the butter solid until baking, resulting in a tender and flaky bread.

Swirl Tips: For a more pronounced swirl, ensure your cinnamon sugar is evenly spread and swirl thoroughly with a knife.

Fermentation Option: For a tangier flavor, let the batter ferment longer. Directions for this method can be found in the post.

Baking Tips: Cover your bread with foil or parchment paper if it's not quite done but is browning too much on top to avoid overbrowning.



Enjoy this delightful Sourdough Cinnamon Swirl Quick Bread for a comforting and flavorful start to your day or as a sweet treat to share with friends and family!

Soft and Chewy Discard Pretzels

Indulge in these delicious and soft Sourdough Discard Pretzels! Perfect for beginners, these homemade pretzels are an easy and quick way to enjoy a delightful snack or appetizer. With their chewy texture and golden crust, they are sure to be a hit at any gathering.

PREP TIME:

15 minutes

ADDITIONAL TIME:

3 hours

SERVINGS:

15

pretzels

COOK TIME:

15 minutes

TOTAL TIME:

3 hours 30 minutes

**NUTRITION:**

Serving: 1 pretzel
Calories: 154 kcal
Carbohydrates: 32 g
Protein: 4 g
Fat: 1 g
Saturated Fat: 0.2 g
Polyunsaturated
Fat: 0.2 g
Monounsaturated
Fat: 0.2 g

Cholesterol: 12 mg
Sodium: 538 mg
Potassium: 45 mg
Fiber: 1 g
Sugar: 3 g
Vitamin A: 17 IU
Vitamin C: 0.02 mg
Calcium: 12 mg
Iron: 2 mg

INGREDIENTS:**Dough:**

- 3 teaspoons active dry yeast
- 1 cup warm water
- 1 cup sourdough discard
- 2 tablespoons honey
- 2 teaspoons salt
- 4 cups unbleached all-purpose flour

For Boiling:

- 2 quarts water
- 1 tablespoon baking soda
- 1 tablespoon brown sugar

Egg Wash:

- 1 large egg yolk
- 1 tablespoon water

INSTRUCTIONS:**1. Prepare the Yeast Mixture:**

In the basin of your stand mixer, whisk together the warm water and yeast. Cover and let it sit for 5 minutes until it becomes bubbly.

2. Make the Dough:

Add the sourdough discard, honey, salt, and flour to the yeast mixture in your stand mixer with the dough hook attachment. Beat on low speed for 2 minutes. As an alternative, knead the dough by hand for five to ten minutes on a surface that has been lightly floured.

3. First Rise:

Transfer the dough in a lightly greased large mixing bowl. Cover with aluminum foil, beeswax wrap, plastic wrap, or a wet tea towel. Let it rise at room temperature for 60-90 minutes or until doubled in size.

4. **Shape the Pretzels:**

Cut the dough into fifteen uniform pieces. Form each piece into a U shape by rolling it into an 18-inch rope. To create a pretzel shape, twist the ends twice and press them into the bottom of the U. To stop the ends from unraveling during boiling, firmly pinch them.

5. **Second Rise:**

Put the shaped pretzels on a baking sheet, cover them with a tea towel, and let them rest in a warm place for 30 minutes to 1 hour until puffy.

6. **Preheat the Oven:**

Preheat oven to 425°F (220°C).

7. **Boil the Pretzels:**

Boil two quarts of water in a big stockpot. Add one tablespoon of brown sugar and baking soda to each.

Carefully add pretzels to the boiling water, boiling each for 30 seconds on each side. Avoid overcrowding the pot.

8. **Prepare for Baking:**

The pretzels can be taken out of the water with a slotted spoon and put on a baking sheet covered with paper.

In a small bowl, whisk together the egg yolk and 1 tablespoon of water. After drizzling each pretzel with the egg wash, sprinkle it with pretzel salt or coarse salt.

9. **Bake the Pretzels:**

For fifteen minutes, or until they are golden brown, bake the pretzels in a preheated oven.

10. **Optional Cinnamon Sugar Topping:**

Dip the baked pretzels in cinnamon sugar after brushing them with warmed butter for a delicious twist.

NOTES

Shaping Tip: Ensure you pinch the ends of the dough well to prevent the pretzels from coming apart during boiling.

Baking Soda Sensitivity: If sensitive to baking soda, you can substitute it with additional brown sugar. This will still give the pretzels their signature chewy texture.

Dough Consistency: Depending on your sourdough starter's hydration level, you may need to adjust the amount of flour. This recipe uses a starter fed with equal parts flour and water.



Enjoy these soft and chewy Sourdough Discard Pretzels as a delightful snack or appetizer, perfect for any occasion!

Flavorful Discard Focaccia

Imagine biting into a piece of focaccia with a chewy crumb and a lightly crispy exterior, all because of the bread's incorporation of olive oil. . This Sourdough Discard Focaccia is perfect as an appetizer, a side for dinner, or even as a base for a delicious pizza. Easy and beginner-friendly, this recipe will guide you through creating this Italian classic right in your kitchen.

PREP TIME:

10 minutes

ADDITIONAL TIME:

2 hours

SERVINGS:**10****COOK TIME:**

30 minutes

TOTAL TIME:

2 hours 40 minutes

**NUTRITION:**

Calories: 304 kcal
Carbohydrates: 44 g
Protein: 6 g
Fat: 11 g
Saturated Fat: 2 g
Polyunsaturated
Fat: 1 g
Monounsaturated
Fat: 8 g

Sodium: 467 mg
Potassium: 64 mg
Fiber: 2 g
Sugar: 0.2 g
Vitamin A: 1 IU
Vitamin C: 0.01 mg
Calcium: 8 mg
Iron: 2 mg

INGREDIENTS:

- 2 1/4 teaspoons active dry yeast
- 1 half cups of warm water
- 1 cup of sourdough discard
- one half cup extra virgin olive oil (divided, plus 1 tablespoon for drizzling)
- 1 tablespoon honey
- 2 teaspoons sea salt
- 4-5 cups all-purpose flour
- 2 sprigs fresh rosemary, chopped
- 1 teaspoon garlic powder

INSTRUCTIONS:**1. Activate the Yeast:**

Mix honey, active dry yeast, and warm water in a liquid measuring cup. Five minutes should pass while the mixture gets bubbly.

2. Prepare the Dough:

Put the 1/4 cup olive oil, the yeast mixture, salt, and the sourdough waste to the bowl of a stand mixer that has a dough hook attachment attached.

Mix on low speed, adding half a cup of flour at a time until the dough starts to pull away from the bowl's sides.

Knead the dough for ten to fifteen minutes or until it is smooth and elastic.

3. First Rise:

Place the dough to a bowl that has been lightly greased and cover it with a lid, a wet towel, or plastic wrap.

Let it rest in a warm spot for 1-2 hours until it has doubled in size.

4. Prepare the Pan:

Fill the bottom of a 9x13-inch pan with parchment paper and add 1/4 cup of olive oil.

5. Shape the Focaccia:

Press the dough to the edges of the prepared pan after transferring it there. To help spread the dough evenly if it's sticky, moisten your fingers with a little olive oil.

Use your fingers to press down on the dough, creating dimples across the surface.

6. Second Rise:

Cover the dough and let it rise for another 1-2 hours until it is puffy.

7. Top and Bake:

Preheat oven to 400°F (200°C).

Brush a thin layer of olive oil—one or two tablespoons—over the dough's surface and scatter chopped rosemary and garlic powder on top.

Bake for 20 minutes until the focaccia is golden brown.

8. Cool and Enjoy:

Allow the focaccia to cool before slicing. Enjoy it as a delightful appetizer, a side dish, or a pizza base.

NOTES

No Stand Mixer?: If you don't have a stand mixer, you can use a large bowl and mix by hand, utilizing the stretch and fold method to develop the dough.

Customization: Feel free to customize your focaccia with different herbs, olives, or even cherry tomatoes for added flavor and color.



With its irresistible texture and flavor, this Sourdough Discard Focaccia is sure to become a staple in your baking repertoire. Happy baking!

Pillow-Soft Discard Rolls

Imagine biting into a sweet, fluffy, and buttery roll made effortlessly with sourdough discard. These Sourdough Discard Rolls are perfect for any occasion, whether it's breakfast, dinner, or a special gathering. This beginner-friendly recipe will walk you through creating these delightful rolls step-by-step.

PREP TIME:

10 minutes

RISING TIME:

2 hours

SERVINGS:

8

COOK TIME:

25 minutes

TOTAL TIME:

2 hours 35 minutes



NUTRITION:

Calories: 234 kcal
Carbohydrates: 39 g
Protein: 5 g
Fat: 6 g
Saturated Fat: 4 g
Polyunsaturated
Fat: 0.4 g
Monounsaturated
Fat: 2 g
Trans Fat: 0.2 g

Cholesterol: 15 mg
Sodium: 192 mg
Potassium: 52 mg
Fiber: 1 g
Sugar: 6 g
Vitamin A: 177 IU
Vitamin C: 0.003 mg
Calcium: 8 mg
Iron: 2 mg

INGREDIENTS:

- 2 quarters of teaspoons active dry yeast (one packet)
- 3/4 cup warm water
- 1/2 cup sourdough discard
- 1/4 cup sugar
- 1/4 cup butter, melted and cooled
- 1/2 teaspoon salt
- 2 1/2 cups all-purpose flour
- 1 egg (for egg wash)

EQUIPMENT:

- Stand Mixer

INSTRUCTIONS:

1. Activate the Yeast:

Begin by whisking warm water and yeast in the bowl of your stand mixer. Cover the basin and set aside for 5 minutes to allow the yeast to activate. The mixture should become bubbly and foamy.

2. Prepare the Dough:

Add the sourdough discard, sugar, cooled butter, salt, and flour to the bowl. After attaching the dough hook, mix on low speed for two minutes..

3. Knead the Dough:

Increase the mixer speed to medium (setting 2 on a KitchenAid) and knead until the dough becomes smooth and glossy and starts to pull away from the sides of the bowl. This should take around 5-10 minutes. The dough should pass the windowpane test.

4. **Optional Hand Kneading:**

If you'd like, you can knead the dough by hand for five to ten minutes on a surface dusted with flour, just long enough to give it the same elastic and silky feel.

5. **First Rise:**

To keep the dough from drying out, transfer it to a bowl that has been lightly oiled and cover it with foil, plastic wrap, beeswax wrap, or a moist tea towel. Allow the dough to double in size 60 to 90 minutes at room temperature.

6. **Shape the Rolls:**

After the first rise, turn the dough out onto your counter and divide it into 8 equal pieces using a bench scraper. To build tension, gently roll each piece against the tabletop until it forms a tight ball.

7. **Second Rise:**

Depending on whether you want the rolls to be split or touching, place the shaped rolls onto an 8 x 8 or 9 x 13 baking dish that has been buttered. Once the rolls are doubled in size and puffy, cover them with a damp tea towel and let them rise in a warm place for 30 to 1 hour.

8. **Prepare for Baking:**

Preheat oven to 375°F. Then, whisk an egg yolk with a tablespoon of water to prepare the egg wash, and gently brush the tops of the rolls.

9. **Bake the Rolls:**

The rolls should be baked for 25 to 30 minutes, or until they are golden brown, in a preheated oven.

10. **Finish and Enjoy:**

Take the rolls out of the oven and give them a quick brushing of melted butter if you want to add a little more richness. Before serving, allow the rolls to cool somewhat.

NOTES

Windowpane Test: To do this, roll out a tiny amount of dough and shape it into a rectangle. If the center stretches thinly without tearing and allows light to pass through, the dough has developed sufficient gluten.

Rising Time: The dough may rise faster in warmer kitchens. Adjust the rising time accordingly if the dough isn't in a warm place.



Enjoy making and sharing these delectable sourdough discard rolls, which are perfect for beginners and sure to impress any crowd! Happy baking!

Effortless Artisan Naan

Whether you are a novice or a seasoned baker, this Simple Sourdough Naan recipe is sure to become a staple in your kitchen. This naan is loaded with flavor and comes together quickly. It can be eaten on its own or paired with your favorite curries or hummus.

PREP TIME:

10 minutes

ADDITIONAL TIME:

6 hours

SERVINGS:

8

COOK TIME:

20 minutes

TOTAL TIME:

6 hours 30 minutes



NUTRITION:

| | |
|----------------------|--------------------|
| Serving: 1 person | Cholesterol: 3 mg |
| Calories: 151 kcal | Sodium: 209 mg |
| Carbohydrates: 30 g | Potassium: 68 mg |
| Protein: 5 g | Fiber: 1 g |
| Fat: 1 g | Sugar: 2 g |
| Saturated Fat: 0.5 g | Vitamin A: 33 IU |
| Polyunsaturated | Vitamin C: 0.04 mg |
| Fat: 0.2 g | Calcium: 62 mg |
| Monounsaturated | Iron: 2 mg |
| Fat: 0.2 g | |

INGREDIENTS:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup warm whole milk
- ¼ cup full-fat plain yogurt
- 1 teaspoon cane sugar
- ¾ cup sourdough discard (active will also work)
- Butter (to brush the naan with, optional)

EQUIPMENT:

- Large Mixing Bowl
- Rolling Pin
- Non-stick Skillet

INSTRUCTIONS:

- 1. Mix Dry Ingredients:**
Mix some flour, baking powder, and salt together in a big bowl until well combined.
- 2. Prepare Wet Ingredients:**
Whisk the yogurt, sugar, sourdough refuse, and warm milk together in a separate mixing dish until well blended and smooth.
- 3. Combine and Knead:**
Stirring constantly, gradually integrate the dry ingredients into the wet mixture until the dough begins to form. It will be unkempt at first. After transferring the dough to a sanitized surface, give it a quick kneading session for about a minute or until it is mostly smooth.
- 4. First Rise:**
Spoon the dough into a bowl that has been lightly oiled, then cover it with a tea towel. Leave it in a warm place to rise for about 5-6 hours or until it has doubled in size. Check the dough at the 4-hour mark to monitor its progress.

5. Shape the Naan:

After the dough has risen, divide it into eight pieces that are equal. Roll out each component to form an oval that is roughly six inches long. The forms don't need to be precisely formed.

6. Cook the Naan:

7. Heat cast iron pan or nonstick skillet to medium temperature. Once the skillet is heated, slide one of the pieces of rolled-out dough into it. Cook for sixty to 90 seconds on each side or until puffy and golden brown.

8. Finish and Serve:

Remove the naan from the pan and, if desired, brush with melted butter for extra flavor. Proceed with cooking the leftover dough.

NOTES

For a richer flavor, consider brushing the cooked naan with melted butter immediately after removing it from the skillet.

Replace the trash with an active sourdough starter if you'd like a tangier taste.

The time it takes for the dough to rise can change based on how warm your kitchen is. If it's warmer, the dough will rise faster.



Enjoy creating and savoring this delicious Sourdough Naan, perfect for any meal or snack! Happy baking!

Rustic Discard Loaf

This Sourdough Discard Bread recipe is perfect for those who want to enjoy the delightful tang of sourdough with minimal effort. With its soft, chewy, crumb, and crusty exterior, it's the perfect loaf for beginners to try.

PREP TIME:

10 minutes

ADDITIONAL TIME:

12 hours

SERVINGS:

12

COOK TIME:

50 minutes

TOTAL TIME:

13 hours

**NUTRITION:**

Calories: 174 kcal
Carbohydrates: 36 g
Protein: 5 g
Fat: 1 g
Saturated Fat: 0.1 g
Polyunsaturated
Fat: 0.2 g
Monounsaturated
Fat: 0.1 g
Cholesterol: 0.5 mg

Sodium: 480 mg
Potassium: 55 mg
Fiber: 1 g
Sugar: 0.2 g
Vitamin A: 0.5 IU
Vitamin C: 0.002 mg
Calcium: 8 mg
Iron: 2 mg

INGREDIENTS:

- one-quarter cup of warm water (about 110°F)
- 2 halves of teaspoons active dry yeast (or one packet)
- 2 teaspoons salt
- 1 cup sourdough discard
- 4 cups all-purpose flour

INSTRUCTIONS:

- 1. Activate the Yeast:**
Warm the water to about 110°F. Add the active dry yeast and stir. Let it sit for about five minutes until it becomes bubbly and frothy, indicating the yeast is activated.
- 2. Prepare the Dry Ingredients:**
In a large mixing bowl, whisk together the salt and flour.
- 3. Combine Ingredients:**
Add the sourdough discard and the yeast-water mixture to the dry ingredients. Mix well using a large spoon or a silicone spatula until a shaggy dough forms.
- 4. First Rise:**
Place a lid or plastic wrap over the bowl and let it sit at room temperature for approximately twelve hours. The dough will rise slowly and develop flavor.

5. Preheat the Oven:

Preheat oven to 450°F the following day. To preheat, place your Dutch oven and its lid inside the oven.

6. Shape the Dough:

Transfer the dough to a surface which has been lightly floured. It will be a very sticky dough. Pull the sides into the center to form it into a ball. Repeat 4–6 times. Turn over the dough and seam it side down.

7. Add Tension:

Using your hands, pull the dough towards you, rotating it slightly after each pull to create tension. This helps the dough rise better during baking.

8. Second Rise:

The shaped dough should be placed on a sheet of parchment paper. Place a towel over it and leave it in a warm area to rise for half an hour to an hour.

9. Score the Dough:

If desired, slash the top of the dough with a lame or sharp knife to help control the expansion during baking.

10. Bake the Bread:

The dough and parchment paper should be carefully placed inside the heated Dutch oven. Put the cover on and put the oven inside. Reduce the heat to 400°F. Place the lid on and bake for 30 minutes, then take it off and continue baking for another 20 to 30 minutes or until the bread is golden brown.

11. Cool the Bread:

Take the bread out of the oven and let it cool down on a rack before cutting it.

NOTES

Creating Tension: To achieve a fluffier loaf with a better rise, don't skip adding tension to the dough. Shaping and pulling the dough properly before the second rise can make a significant difference.

Yeast Tips: Active dry yeast is recommended for this recipe because it has a slightly slower rise compared to instant yeast, which works well with the long fermentation time.

Water Temperature: Ensure the water is around 110°F when dissolving the yeast. Too hot water can kill yeast, whilst cool water may not activate it effectively.

Crusty Exterior: Baking the bread in a Dutch oven is essential for achieving that desirable crusty exterior.



Enjoy baking your Sourdough Discard Bread, a perfect blend of simplicity and flavor. Happy baking!

Gourmet Discard Hamburger Buns

Elevate your burger game with these Sourdough Discard Hamburger Buns! Perfectly soft with a touch of chewiness, these buns bring a rich, wholesome flavor to any meal. This recipe uses basic ingredients and simple instructions, making it perfect for both new cooks and experienced bakers who want to use up their leftover sourdough starter.

PREP TIME:

15 minutes

RISING TIME:

2 hours 30 minutes

SERVINGS:

8

COOK TIME:

20 minutes

TOTAL TIME:

3 hours 5 minutes

buns

**NUTRITION:**

| | |
|---------------------|--------------------|
| Calories: 298 kcal | Cholesterol: 63 mg |
| Carbohydrates: 48 g | Sodium: 312 mg |
| Protein: 8 g | Potassium: 129 mg |
| Fat: 8 g | Fiber: 2 g |
| Saturated Fat: 5 g | Sugar: 8 g |
| Polyunsaturated | Vitamin A: 275 IU |
| Fat: 1 g | Vitamin C: 0.05 mg |
| Monounsaturated | Calcium: 44 mg |
| Fat: 2 g | Iron: 2 mg |
| Trans Fat: 0.2 g | |

INGREDIENTS:

- $\frac{3}{4}$ cup warm milk
- 2 teaspoons instant dry yeast
- 3 tablespoons honey
- 4 tablespoons unsalted butter, melted
- 1 egg, lightly beaten
- $\frac{1}{2}$ cup sourdough discard
- 3 cups all-purpose flour
- 1 teaspoon salt

Egg Wash

- 1 egg yolk
- 1 tablespoon water
- Sesame seeds (optional)

EQUIPMENT:

- Large Mixing Bowl
- Wooden Spoon
- Baking Sheets
- Parchment Paper
- Stand Mixer (optional)

INSTRUCTIONS:**1. Activate the Yeast:**

In the big bowl, mix the warm milk, instant yeast, and honey together. Stir with a whisk until the honey is completely dissolved and the yeast is well mixed in.

2. Combine Ingredients:

Add the melted butter, lightly beaten egg, sourdough discard, all-purpose flour, and salt to the yeast mixture. Using wooden spoon, stir the dough until it becomes shaggy.

3. Knead the Dough:

Turn the rough dough out onto a clean countertop and knead for about 4 to 5 minutes until the dough becomes smooth. This stage can also be completed with stand mixer fitted with a dough hook attachment.

4. First Rise:

Shape the dough into a ball and place it in a lightly greased, large glass bowl. Place it in a warm location and cover it with a tea towel or plastic wrap. It will take around 90 minutes for it to double in size.

5. Prepare Baking Sheets:

Line two baking sheets with parchment paper.

6. Shape the Buns:

After the first rise, divide the dough into 8 equal parts. Shape each piece into a smooth bun by pulling the top tight and tucking the sides underneath. Evenly, space the buns out on the baking sheets that have been prepared.

7. Second Rise:

Cover the buns with a tea towel and let them rise a second time until doubled in size, about 60 minutes.

8. Preheat the Oven:

Preheat oven to 350°F (175°C).

9. Prepare the Egg Wash:

Beat the egg yolk and water together. Brush the egg mixture over the risen buns, then sprinkle with sesame seeds if preferred.

10. Bake the Buns:

The buns should be baked for 20 to 25 minutes in preheated oven or until they are glossy and golden brown.

11. Cool the Buns:

Before slicing and serving, take the buns out of the oven and let them cool fully on a wire rack.

NOTES

Rising Environment: The temperature of your kitchen will affect the rising times. For quicker rises, place the dough in a warm spot, such as near a heat source or in a sunny window.

Stand Mixer: Although using your hands to knead the dough gives you a better sense of it, a stand mixer fitted with a dough hook can also be used for convenience.

Adjustable Sizes: You can make larger or smaller buns to fit your needs. Adjust the baking time accordingly.



*Enjoy your homemade Sourdough Discard Hamburger Buns, which are perfect for any occasion and sure to impress your family and friends!
Happy baking!*

Classic Discard Sandwich Bread

With this simple and delicious recipe for Sourdough Discard Sandwich Bread, explore the world of homemade bread. Perfect for beginners, this recipe transforms your sourdough discard into a soft, fluffy loaf with a subtle sourdough tang, ideal for sandwiches and toast. Best of all, it only takes a few hours to make!

PREP TIME:

15 minutes

ADDITIONAL TIME:

2 hours

SERVINGS:

12

COOK TIME:

45 minutes

TOTAL TIME:

3 hours

**NUTRITION:**

| | |
|----------------------|--------------------|
| Calories: 181 kcal | Cholesterol: 1 mg |
| Carbohydrates: 38 g | Sodium: 295 mg |
| Protein: 5 g | Potassium: 53 mg |
| Fat: 1 g | Fiber: 1 g |
| Saturated Fat: 0.2 g | Sugar: 2 g |
| Polyunsaturated | Vitamin A: 8 IU |
| Fat: 0.2 g | Vitamin C: 0.01 mg |
| Monounsaturated | Calcium: 7 mg |
| Fat: 0.1 g | Iron: 2 mg |
| Trans Fat: 0.01 g | |

INGREDIENTS:

- 1 cup water
- 1 tablespoon honey
- 3 teaspoons active dry yeast
- 4 tablespoons butter, softened
- 4 cups all-purpose flour
- 1/2 tablespoon salt
- 1 cup sourdough discard

INSTRUCTIONS:**1. Activate the Yeast:**

Mix the active dry yeast, honey, and warm water in a mixing basin. After whisking everything together, let it sit for about five minutes to get foamy and bubbly.

2. Prepare the Dough:

Place the softened butter, flour, salt, sourdough refuse, and yeast mixture into a bowl of stand mixer that has a dough hook attachment attached.

Knead on low speed for about 10 minutes until the dough is smooth and elastic.

You can also knead by hand if you prefer. The dough shouldn't adhere to the bowl's edges.

3. Check Gluten Development:

You can do the windowpane test to make sure the gluten has grown appropriately. Gently roll out a tiny piece of dough into a square shape. It ought to be sufficiently thin to look through without rupturing.

4. First Rise:

Put the dough into a bowl that has been oiled, then cover it with a cloth, plastic wrap, or a lid. Let it rise for one to two hours, or until it has doubled in size, in a warm location.

5. Shape the Dough:

After the dough has risen, place it on a surface dusted with flour and roll it into a rectangular shape. Pinch the seams shut after tightly rolling the dough into a log.

6. Prepare the Loaf Pan:

Coat a bread pan with oil or use parchment paper to line it. Put the dough you've shaped into the pan, with the folded side facing down.

7. Second Rise:

Place a towel over the dough and allow it to increase in size at normal room-temperature for 30 minutes to 1 hour or until it becomes twice as big.

8. Preheat the Oven:

Preheat oven to 375°F (190°C).

9. Optional Egg Wash:

For a glossy finish, whisk an egg in a small bowl and brush it over the top of the dough.

10. Bake the Bread:

Bake the loaf in the preheated oven for about 45 minutes, or until the top is golden brown and the internal temperature reaches between 195-210°F (90-99°C).

11. Cool and Serve:

When slicing and serving, let the bread cool completely on a wire rack.

NOTES

Internal Temperature: Ensure the bread's internal temperature is between 195-210°F to confirm it's fully baked.

Soft Butter: Use very soft butter to ensure it mixes smoothly with the other ingredients.

Avoid Over-Fermentation: Be careful not to over-ferment the dough, as it can become too wet and may not rise properly.

Stand Mixer: A stand mixer makes the process easier, but you can also knead the dough by hand for a more hands-on experience.



Enjoy making this delicious Sourdough Discard Sandwich Bread, perfect for everyday meals and sure to impress your family with its soft texture and delightful flavor. Happy baking!

The Science Behind the Bread: Understanding Sourdough

Fermentation Fundamentals

Dive into the heart of sourdough baking with an understanding of fermentation fundamentals. This magical process transforms simple ingredients into flavorful, airy bread. Let's explore how fermentation works and how you can harness its power to bake perfect sourdough loaves every time.

The Magic of Fermentation

- **Nature's Alchemy:** Fermentation is the process where yeast and bacteria in your sourdough starter convert sugars into carbon dioxide, alcohol, and acids. This creates the bread's unique flavor and texture.
- **Microbial Symphony:** Your starter is a living community of wild yeast and lactic acid bacteria. These microorganisms work together, each playing a crucial role in developing the dough.

How Fermentation Works

Yeast Action: Your starter's wild yeast ferments the sugars to release carbon dioxide gas. The dough rises as a result of the trapped gas, giving your bread those lovely air pockets.

Bacterial Benefits: Lactic acid bacteria produce lactic and acetic acids, which give sourdough its characteristic tangy flavor. They also help strengthen the dough, making it easier to shape and bake.

Time and Temperature: Fermentation is influenced by time and temperature. Longer, slower fermentation at cooler temperatures enhances flavor, while warmer conditions speed up the process but may result in milder flavors.

Key Stages of Fermentation

Bulk Fermentation: After mixing your dough, it undergoes bulk fermentation. This is the first rise, where the dough develops structure and flavor. It's a crucial period for gluten development and gas production.

Proofing: After shaping, the dough rests and rises again in a process called proofing or final fermentation. This stage is shorter and ensures the dough is ready for baking, with optimal rise and texture.

Tips for Successful Fermentation

- **Monitor Temperature:** Keep an eye on your dough's temperature. Ideal fermentation temperatures range from 70°F to 85°F (21°C to 29°C). Adjust your environment to control the fermentation speed.
- **Watch the Dough, Not the Clock:** Fermentation times can vary. Learn to judge by the dough's appearance and feel rather than strict timing. Look for signs like doubling in size and a slight dome shape.
- **Stretch and Fold:** During bulk fermentation, periodically stretch and fold the dough. This helps strengthen the gluten network and evenly distribute the yeast and bacteria.

Troubleshooting Common Issues

- **Under-Fermented Dough:** If your dough hasn't risen enough, it might need more time. Ensure your starter is active and fermenting at the right temperature.
- **Over-Fermented Dough:** If your dough has risen too much, it can become weak and collapse. Keep an eye on the dough and aim to catch it at its peak rise before it starts to deflate.
- **Flavor Balance:** If your bread is too sour or too mild, adjust the fermentation time and temperature. Longer, cooler fermentations enhance tanginess, while shorter, warmer fermentations yield a milder flavor.

Embrace the Process

- **Patience Pays Off:** Fermentation is a slow but rewarding process. Take your time and enjoy watching your dough transform.
- **Experiment and Learn:** Every starter and environment is unique. Experiment with different fermentation times and temperatures to find what works best for you.
- **Savor the Results:** The effort you put into understanding and mastering fermentation will shine through in every loaf. Savor the results of your efforts and serve others with these delectable creations.

Understanding fermentation fundamentals will empower you to bake better sourdough bread. Embrace this natural process and let it guide you to create flavorful, beautifully textured loaves every time. Happy baking!

Mastering Temperature and Humidity

Unlock the secrets to perfect sourdough by mastering the delicate balance of temperature and humidity. These two elements play a crucial role in fermentation and baking, and understanding how to control them will elevate your sourdough game. Let's delve into how temperature and humidity affect your bread and learn simple techniques to manage them for consistent, delicious results.

Temperature: The Driver of Fermentation

- **Warm and Fast, Cool and Slow:** Fermentation speed is directly influenced by temperature. Warmer temperatures (75°F to 85°F) speed up the process, leading to quicker rises but potentially less complex flavors. Cooler temperatures (65°F to 75°F) slow down fermentation, allowing flavors to develop more deeply.
- **Optimal Range:** Aim for a consistent fermentation temperature between 70°F and 80°F for balanced flavor and rise. Use a kitchen thermometer to monitor your dough and environment.
- **Seasonal Adjustments:** Adjust your fermentation practices based on the season. In winter, find a warm spot like the top of your fridge or near a heater. In summer, opt for cooler areas or consider refrigerating your dough for part of the fermentation.

Managing Temperature in Your Kitchen

- **Warm Up Your Dough:** If your kitchen is cool, use a proofing box, oven with the light on, or a warm water bath to maintain an optimal fermentation temperature. After the dough container cools, place it inside a bigger bowl of warm water and replace the water.
- **Cool Down Techniques:** In hot weather, slow down fermentation by refrigerating your dough during bulk fermentation. This technique, known as retarding, not only controls temperature but also enhances flavor.
- **Consistency is Key:** Try to maintain a constant temperature for your dough during the fermentation phase. Dough development and yeast activity can be impacted by abrupt changes.

Humidity: The Silent Partner

- **Hydration and Rise:** High humidity levels help maintain dough hydration, which is essential for a good rise and open crumb structure. Conversely, dry conditions can cause the dough to lose moisture and dry out.
- **Crust Development:** Humidity also affects crust formation. A humid environment during the initial baking stages helps create a beautiful, blistered crust. Lower humidity towards the end of baking helps the crust set and become crisp.

Controlling Humidity in Your Baking

- **Steam for Success:** Create steam in your oven to replicate a professional bakery's humid environment. Use a metal tray or cast iron skillet that has ice cubes or water in it. This steam helps your bread rise properly and develop a shiny, crackly crust.
- **Proofing Techniques:** Cover your dough with a damp cloth or plastic wrap during proofing to prevent it from drying out. You can also proof your dough in a sealed container with a small bowl of water to maintain humidity.

Adjusting for Climate: If you live in a dry climate, consider increasing the hydration of your dough slightly to compensate for moisture loss. In humid climates, ensure proper ventilation and avoid over-proofing.

Practical Tips for Beginners

- **Temperature Tracking:** Keep a simple log of your fermentation temperatures and times. Note how your dough responds and use this information to make adjustments.
- **Invest in Tools:** A kitchen thermometer and hygrometer (to measure humidity) are valuable tools for any serious sourdough baker. They help you understand and control your baking environment more precisely.
- **Stay Flexible:** Baking is both an art and a science. Stay flexible and adapt your techniques based on your observations and results. With practice, you'll develop an intuitive sense of how temperature and humidity affect your sourdough.

By mastering temperature and humidity, you'll gain better control over your sourdough baking process. These elements are key to achieving the perfect rise, flavor, and crust. Accept the learning curve and relish the process of producing consistently delicious sourdough bread. Happy baking!

Balancing Hydration Levels

Achieving the perfect hydration level in your sourdough dough is a game-changer. It's all about finding the right balance of water and flour to create a dough that's easy to handle and bakes into a beautifully textured loaf. Let's explore the importance of hydration and how you can master it for consistently amazing sourdough bread.

Why Hydration Matters

- **Texture and Crumb:** Hydration significantly impacts the texture of your bread. Higher hydration doughs typically result in an open, airy crumb, while lower hydration doughs produce a denser crumb.
- **Flavor Development:** The water in your dough helps activate the enzymes and yeast, facilitating fermentation and flavor development.
- **Dough Handling:** The amount of water in your dough affects its elasticity and extensibility, influencing how easy it is to knead, shape, and proof.

Understanding Hydration Percentages

- **Baker's Percentage:** Hydration is often expressed as a percentage of the weight of flour. For instance, a dough with 70% hydration means there are 70 grams of water for every 100 grams of flour.

- **Common Ranges:** Beginners typically start with 60-70% hydration doughs, which are easier to handle. As you become more comfortable, you can experiment with up to 80–85% more hydration for more open crumb structures.

Finding the Right Balance

- **Start Low:** If you're new to sourdough baking, start with a lower hydration level. This makes the dough easier to manage and reduces the risk of it becoming too sticky.
- **Gradual Adjustments:** Increase hydration gradually. As you become more comfortable with the dough's behavior, you can add more water to achieve the desired texture.
- **Consistency Counts:** Aim for a dough that is tacky but not overly sticky. It should hold its shape but feel slightly wet to the touch.

Adjusting Hydration for Different Flours

- **Whole Grain Flours:** Flours like whole wheat or rye absorb more water than white flours. If using these, you might need to increase hydration to compensate.
- **Enriched Flours:** Flours with added fats or sugars might require adjustments in hydration. Pay attention to how the dough feels, and be prepared to tweak water levels.

Techniques for Managing Hydration

- **Autolyse Method:** Mix your flour and water first and let it rest for 20-30 minutes before adding salt and starter. This helps the flour fully hydrate and makes the dough easier to work with.
- **Incremental Addition:** Add water in stages rather than all at once. This helps you gauge the dough's hydration level and make adjustments as needed.
- **Wet Hands and Tools:** When working with higher hydration doughs, keep your hands and tools wet to prevent sticking and make handling easier.

Troubleshooting Hydration Issues

- **Too Wet:** If your dough is too wet and unmanageable, add a small amount of flour until it reaches the desired consistency. Remember to make adjustments gradually.
- **Too Dry:** If the dough feels too stiff, add water a teaspoon at a time until it loosens up. Mix thoroughly to ensure even hydration.
- **Practice Makes Perfect:** Understanding and balancing hydration takes practice. Don't be discouraged by sticky situations; each attempt brings you closer to mastering your dough.

Benefits of High Hydration Doughs

- **Open Crumb:** Higher hydration levels contribute to a more open, airy crumb structure, ideal for rustic artisan loaves.

- **Crispy Crust:** These doughs often produce a thinner, crisper crust that contrasts beautifully with the soft interior.
- **Enhanced Flavor:** The extended fermentation times typical of high-hydration doughs develop more complex flavors.

Embrace the Journey

- **Experiment and Learn:** Each bake is a learning opportunity. Experiment with different hydration levels and observe how they affect your bread's texture and flavor.
- **Build Confidence:** As you gain experience, you'll develop a better feel for the dough and greater confidence in adjusting hydration levels to suit your baking goals.
- **Enjoy the Process:** Balancing hydration is an essential skill in sourdough baking. Accept the procedure, relish the trip, and acknowledge your advancements as you go.

Mastering hydration levels is key to baking exceptional sourdough bread. With practice and patience, you'll find the perfect balance that works for you, resulting in loaves that are not only delicious but also a joy to bake. Happy baking!

Experimenting with Flours: What You Need to Know

Venturing beyond basic white flour opens up a world of flavors, textures, and nutritional benefits in your sourdough baking. Whether you want to create a rustic loaf with whole grains or add a unique twist with specialty flours, understanding how different flours work is key to successful experimentation. Let's explore the essentials of using various flours in your sourdough baking.

The Basics of Flour Varieties

- **All-Purpose Flour:** This is the go-to flour for many beginners. It's versatile, easy to work with, and produces reliable results. It's a good place to start your sourdough journey.
- **Bread Flour:** With higher protein content, bread flour gives your dough extra strength and elasticity, resulting in a chewier texture and better rise. Ideal for beginners aiming for that perfect loaf.
- **Whole Wheat Flour:** Adding whole wheat flour boosts the nutritional content and introduces a nutty, hearty flavor. It absorbs more water and can make the dough denser, so start with a mix of whole wheat and white flour.

Specialty Flours for Unique Bakes

- **Rye Flour:** Rye flour has less gluten and creates a denser, moist crumb with a distinctive earthy flavor. Use it for rustic, flavorful loaves. It's great for blending with other flours.
- **Spelt Flour:** Spelt, an ancient grain, imparts a sweet, nutty flavor to your bread. It has less gluten than modern wheat, making the dough slightly more delicate to handle.
- **Einkorn Flour:** Another ancient grain, einkorn offers a rich, buttery taste and a golden hue. It's more absorbent and can be tricky to work with but rewards with a unique flavor profile.

How Different Flours Affect Dough

- **Protein Content:** Higher protein flours (like bread flour) create more gluten, giving the dough structure and elasticity. Lower protein flours (like rye or spelt) result in denser loaves.
- **Water Absorption:** Whole grain flours absorb more water due to their higher fiber content. Adjust your hydration levels accordingly when using these flours.
- **Fermentation Speed:** Some flours, like whole wheat, ferment faster because they contain more nutrients for the yeast. Keep an eye on your dough to avoid over-fermentation.

Tips for Successful Flour Experimentation

- **Start Small:** Begin by substituting a portion of your white flour with a new flour. A good ratio is 20-30% of the new flour to get a feel for its impact on the dough.
- **Hydrate Appropriately:** Adjust your water levels based on the flour's absorption rate. Whole grain flours will likely need more water, while ancient grains may need less.
- **Mix and Match:** Combining different flours can balance their strengths and weaknesses. For example, mixing bread flour with rye flour can yield a loaf with both good structure and rich flavor.
- **Observe and Adapt:** Pay attention to how the dough feels and behaves. Is it stickier, drier, or fermenting faster than usual? Adjust your technique accordingly.

Enhancing Flavor and Nutrition

- **Nutritional Boost:** Whole grains and ancient flours offer higher nutritional content, including more fiber, vitamins, and minerals. They add both health benefits and depth of flavor to your bread.
- **Flavor Profiles:** Experimenting with different flours can introduce a variety of flavors—from the sweet nuttiness of spelt to the earthy richness of rye. This can transform your bread and surprise your taste buds.

Embracing the Learning Curve

- **Patience is Key:** Different flours behave differently, and it might take a few tries to get the results you want. Be patient and enjoy the learning process.
- **Document Your Journey:** Keep a baking journal to note down the types of flour you use, hydration levels, fermentation times, and the final outcome. This will assist you in improving your methods and getting reliable outcomes.
- **Celebrate Successes and Learn from Mistakes:** Every bake, whether perfect or not, teaches you something valuable. Honor your accomplishments and take lessons from your mistakes.

Experimenting with flour is a fun and rewarding aspect of sourdough baking. By understanding the characteristics and behaviors of different flours, you'll unlock new flavors and textures, taking your sourdough to the next level. Enjoy the adventure, and happy baking!

Your Sourdough Finale: Conclusion

Celebrating Your Accomplishments

Congratulations, dear reader! You've made it through the journey of mastering sourdough baking, and what a journey it has been. Remember the first day you looked at a packet of flour and wondered if you could turn it into something extraordinary? Look at you now! From nurturing your starter to pulling that first perfect loaf from the oven, each step was a milestone. Take a moment to celebrate your hard-earned accomplishments. You've not only learned a new skill but also created something beautiful and delicious with your own hands.

Next Steps: Where to Go from Here

With a strong foundation in sourdough baking under your belt, the opportunities are virtually limitless. Experiment with new recipes and techniques. Try incorporating different flours, seeds, or herbs into your dough. Challenge yourself with more complex shapes and scoring patterns. If you enjoyed the basics, consider diving deeper into the science of fermentation or exploring other types of artisanal bread. Don't be afraid to make mistakes—each one is a learning opportunity.

And don't stop here! Stay tuned for my books, where you delve into even more exciting baking adventures. From advanced sourdough techniques to other types of breads and pastries, there's so much more to discover. I can't wait to continue this journey with you and share more tips, tricks, and recipes.

Resources for Continued Learning

Your journey doesn't end with this book. There are numerous resources to help you continue your sourdough adventure. Join online groups to share your experiences, ask questions, and get inspired. Websites, blogs, and YouTube channels dedicated to sourdough baking offer a wealth of information and tutorials. Consider attending workshops or classes, either in person or online, to further hone your skills. Be in the company of like-minded people who understand your enthusiasm for the baking.

The Joy of Baking: A Lifelong Journey

Baking sourdough is more than just a hobby—it's a lifelong journey filled with joy, creativity, and satisfaction. Each loaf you bake connects you to a tradition that spans centuries, bringing the timeless art of bread-making into your home.

Moments of sheer magic are the aroma of baking bread, the cracking of the crust as it cools, and sharing the first warm piece with loved ones. Embrace the joy of baking as a source of comfort, creativity, and connection.

As you continue on this path, remember that the true beauty of sourdough baking lies not just in the finished loaf, but in the process itself. Every dough you work with, every rise and bake, is a chance for personal development and expression. Keep experimenting, keep baking, and most importantly, keep enjoying every moment of this delicious journey.

Thank you for allowing me to be a part of your baking adventure. I can't wait to see where your newfound skills will take you. Happy baking!

About the Author

Hi, I'm Clara Bennett, and I'm thrilled to invite you into the wonderful world of sourdough baking. My passion for baking started in a cozy kitchen in a small American town, where the tantalizing aroma of freshly baked bread was a staple in my childhood. My grandmother, a master baker with deep English roots, was my first teacher. She showed me how simple ingredients could transform into something magical, sparking a lifelong fascination with the art of baking.

My journey to mastering sourdough, however, was anything but straightforward. Like many of you, I faced numerous challenges—starters that wouldn't rise, dense and disappointing loaves, and a seemingly endless array of techniques that felt overwhelming. I remember the frustration of seeing beautiful sourdough creations online and wondering why mine didn't measure up.

But I didn't give up. I spent years experimenting, learning from my mistakes, and refining my methods. I delved into the science behind sourdough, attended workshops, and connected with experienced bakers who shared their secrets. Through persistence and a lot of flour, I finally cracked the code. The day I pulled my first perfect loaf out of the oven was unforgettable, and it made every failed attempt worthwhile.

Realizing how daunting sourdough can be for beginners, I felt a strong urge to help others avoid the pitfalls I encountered. I wanted to create resources that would demystify sourdough and make it accessible to everyone, no matter their skill level. That's why I started writing books specifically for beginners. In my guides, I break down complex techniques into simple, step-by-step instructions. I share practical tips, personal anecdotes, and a wealth of knowledge to make your baking journey as smooth as possible.

I'm deeply committed to teaching and passionate about seeing you succeed. There's nothing more rewarding than the sight of a golden, crusty loaf that you've made with your own hands, and I believe everyone should experience that joy. My goal is to be your guide and cheerleader, helping you navigate the world of sourdough with confidence and enthusiasm.

So, whether you're just starting out or have faced a few setbacks along the way, I'm here to help. Let's embark on this delicious adventure together and discover the satisfaction of baking your own homemade sourdough bread. With the right guidance and a bit of patience, I truly believe that anyone can master the art of sourdough baking.

Measurements and Conversion Table

MEASUREMENT CONVERSIONS

VOLUME EQUIVALENTS (LIQUID)

| US STANDARD | US STANDARD (OUNCES) | METRIC (APPROXIMATE) |
|-------------------|----------------------|----------------------|
| 2 tablespoons | 1 fl oz. | 30 millilitres |
| ¼ cup | 2 fl oz. | 60 millilitres |
| ½ cup | 4 fl oz. | 120 millilitres |
| 1 cup | 8 fl oz. | 240 millilitres |
| 1 ½ cups | 12 fl oz. | 355 millilitres |
| 2 cups or 1 pint | 16 fl oz. | 475 millilitres |
| 4 cups or 1 quart | 32 fl oz. | 1 litre |
| 1 gallon | 128 fl oz. | 4 litres |

OVEN TEMPERATURES

| FAHRENHEIT | CELSIUS (APROXIMATE) |
|------------|----------------------|
| 250°F | 120°C |
| 300°F | 150°C |
| 325°F | 165°C |
| 350°F | 180°C |
| 375°F | 190°C |
| 400°F | 200°C |
| 425°F | 220°C |
| 450°F | 230°C |

VOLUME EQUIVALENTS (LIQUID)

| US STANDARD | METRIC (APPROXIMATE) |
|------------------------|----------------------|
| $\frac{1}{8}$ teaspoon | 0.5 milliliter |
| $\frac{1}{4}$ teaspoon | 1 milliliter |
| $\frac{1}{2}$ teaspoon | 2 millilitres |
| $\frac{3}{4}$ teaspoon | 4 millilitres |
| 1 teaspoon | 5 millilitres |
| 1 tablespoon | 15 millilitres |
| $\frac{1}{4}$ cup | 59 millilitres |
| $\frac{1}{2}$ cup | 118 millilitres |
| $\frac{3}{4}$ cup | 177 millilitres |
| 1 cup | 235 millilitres |
| 2 cup 1 pint | 475 millilitres |
| 3 cups | 700 millilitres |

WEIGHT EQUIVALENT

| US STANDARD | METRIC (APPROXIMATE) |
|---------------------|----------------------|
| $\frac{1}{2}$ ounce | 15 grams |
| 1 ounce | 30 grams |
| 2 ounce | 60 grams |
| 4 ounce | 115 grams |
| 8 ounce | 225 grams |
| 12 ounce | 340 grams |
| 16 ounce or 1 pound | 455 grams |

Bread and all-purpose flour = 130 grams per cup

Morton's coarse salt = 6 grams per teaspoon

Oil = 14 grams per tablespoon

Thank You

Thank you so much for choosing to purchase my book. With so many options available, I'm truly grateful that you selected mine. I appreciate you taking the time to read it all the way through. Before you go, I have a small request.

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Your feedback is vital and allows me to continue creating books that match your needs. Hearing from you would mean a lot to me.