

Sourdough Starter is being talked about everywhere these days! Some recipes we have tried recently surprised us by starting with a Sourdough Starter! There are many cookbooks and on-line resources - give it a try!

Sourdough Starter

*Total Time: 7 days
Servings: 1 sourdough starter*

Flour Whole grain wheat or unbleached all-purpose
Filtered water

Day one: mix one cup of flour and one cup filtered water. Stir vigorously, making sure to scrape down the sides and incorporate everything. Place a clean tea towel over the bowl and set aside. Allow it to sit for 24 hours.

Day two: discard half of the mixture and repeat the process. Add one cup flour, one cup water, stir vigorously, and cover.

Days three/four/five: Repeat the Day two instructions.

Days six and seven: do the same but feed it every 12 hours, instead of every 24.

By day seven: there should be enough beneficial bacteria and yeast present. You will know it's working if it bubbles, and doubles in size.

Note: Once your sourdough starter is alive and active, there will be some maintenance to keep it going.

Storing it in the refrigerator slows down the fermentation process, so one feeding every week, or every other week, is sufficient.

If you leave your starter out on the counter, you will need to add flour and water every day.

Baked Sourdough Donuts

*Prep Time: 15 min.
Cook Time: 15 min.
Total Time: 30 min.
Servings: 12*

2 C. all-purpose flour
3/4 C. sugar
1/4 tsp. salt
2 tsp. baking powder
1/4 C. butter melted
1-1/2 tsp. vanilla
1/2 C. sourdough discard
3/4 C. water or milk
1 lg. egg

Glaze

1 C. powdered sugar
1/2 tsp. vanilla
2-1/2 T. Milk or cream

Preheat the oven to 350°. Grease your donut pan. Melt the butter and set aside. Stir together flour, sugar, salt, and baking powder in a large bowl. In a separate medium bowl, mix together melted butter, egg, sourdough starter and water.

Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to over mix.

Scoop the batter into a piping bag or zip-lock bag and clip the corner about 1/4-1/2 inch wide.

Squeeze the batter into each donut well.

Place in the preheated oven and bake for 15-17 minutes.

Pop donuts out of the pan and place on a wire rack to cool.

In a medium bowl, whisk together powdered sugar, vanilla extract, and milk or cream.

Gently place the donuts in the glaze on one side, pick up and place the non-glaze side down on a cooling rack.

Sprinkle some sprinkles on top if desired.

Note: if you do not have a donut pan, you can use a muffin tin and add a small ball of aluminum foil in the middle.

Sourdough Discard Pancakes

*Prep Time: 10 min.
Cook Time: 3 min.
Total Time: 13 min.
Servings: 10*

1/4 C. sourdough discard
1-1/2 C. milk or water
1-3/4 C. all-purpose flour
2 lg. eggs
1/4 C. butter melted
2 T. honey or maple syrup
1/2 tsp. salt
1 tsp. baking soda

Melt 1/4 C. of butter. Set it aside to cool slightly. Add flour, salt, and baking soda to a large bowl and combine.

Add the sourdough discard, milk, eggs, cooled butter, and honey to the dry ingredients. Whisk until just combined. It's okay if your batter is still a little lumpy. Heat the skillet over medium heat.
Add a small amount of butter to the hot skillet, then ladle about one-third of a cup of batter onto the melted butter.
Cook until the edges begin to set and bubbles appear across the batter. This may take several minutes. Flip, then continue to cook for 1-2 minutes on the other side.

Sourdough Cinnamon Swirl Quick Bread

Prep Time: 10 min.

Cook Time: 1 hr.

Servings: 1 loaf

Dry Ingredients

2 C. flour
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. baking powder
1/2 tsp. baking soda

Wet Ingredients

8 T. butter melted
1 C. sugar
1 tsp. vanilla
2 lg. eggs
3/4 C. sourdough discard

Cinnamon Swirl

1 T. cinnamon
1/2 C. brown sugar

Glaze

1/2 C. powdered sugar
1 tablespoon water
1/8 tsp vanilla

Preheat your oven to 350°.

Melt the butter, then let it cool until warm, but not hot.

Prepare your loaf pan by brushing with butter or line with parchment paper.

In a large mixing bowl, whisk the melted butter, sugar, vanilla, eggs, and starter.

In a separate bowl, combine the dry ingredients: flour, salt, cinnamon, baking powder, and baking soda.

Gradually add the bowl of dry ingredients into the wet ingredients, then mix until it's just combined.

In a small bowl create the cinnamon swirl by mixing the cinnamon and brown sugar, then set to the side.

Add half of the dough into the loaf pan, then sprinkle 3/4 of the cinnamon sugar mixture over the top.

Add the remaining batter, followed by the rest of the cinnamon sugar.

Using a knife, make swirls through the batter to spread the cinnamon sugar throughout, then smooth over the top.

Bake at 350° for 60-70 minutes until golden brown. Check if it's baked through by pricking it with a toothpick. If it comes out clean, the loaf is done.

Cool for 20 minutes.

Glaze: whisk together the powdered sugar, water, and vanilla until smooth. Drizzle over the loaf and enjoy!

Sourdough Discard Hamburger Buns

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 3 hrs. 5 min.

Servings: 8 rolls

3/4 C. warm milk
2 tsp. instant dry yeast
3 T. honey
4 T. unsalted butter melted
1 egg lightly beaten.
1/2 C. sourdough discard
3 C. all-purpose flour
1 tsp. salt

Egg Wash

1 egg yolk
1 T. water
Sesame seeds - optional

Add warm milk to a large bowl with instant yeast and honey. Whisk until the honey is dissolved and the yeast is combined.

Add the melted butter, egg, sourdough discard, all-purpose flour, and salt to the same bowl. Stir well with a wooden spoon until a shaggy dough forms.

Turn this rough dough out onto your countertop and begin kneading. You will knead for about 4 to 5 minutes until the dough becomes smooth.

Form the dough into a ball, and place it into a lightly greased, large glass bowl. Cover with a tea towel or plastic wrap, and set it in a warm spot to rise until doubled in size. This will take approximately 90 min, depending on the room temperature.

Prepare your baking sheets by lining them with parchment paper.

With the dough on a hard work surface, begin dividing it into 8 equal parts.

Shape each dough piece into bun shapes by pulling the top smooth and tucking the sides underneath. You'll space them out, 4 buns per baking sheet.

Cover and let the dough rise a second time until doubled in size. This may take around 60 min.

With the second rise completed, preheat your oven to 350°.

Prepare the egg wash by whisking the egg yolk with the water. Brush the top of the dough with the egg wash, then sprinkle with sesame seeds or your topping of choice. The egg wash gives the buns a beautiful glossy crust.

Bake the buns for 20 to 25 min., until they are glossy and golden brown.

Cool completely before slicing and serving. You can use a cooling rack, or simply cool on the baking sheet.

Sourdough Pasta

Prep Time: 30 min.

Cook Time: 5 min.

Additional Time: 30 min.

Total Time: 1 hr. 5 min.

Servings: 8

1 C. sourdough starter discard

3 C. all-purpose flour

4 lg. eggs

Place the ingredients in a stand mixer with a dough hook. Mix on low/medium until the dough is smooth and stretchy, about 10 min.

Allow the dough to rest for 30 min. Divide dough into 8 equal parts. Lightly dust a clean surface with flour.

Roll the dough out as thin as possible with a rolling pin and cut with a sharp knife or pizza cutter.

Move the pasta to a towel and lay flat to dry, or hang on a pasta drying rack and allow to dry for at least 30 minutes (and up to 2 hours).

Fill a large pot with water, season well with salt, and bring to a boil. Add the fresh pasta to boiling water and boil for 4-5 min. stirring with a fork to loosen up the noodles.

When the noodles have reached 'al dente' texture and are cooked through, strain and add your favorite sauce.

Sourdough Discard Pizza Crust

Prep Time: 2 min.

Cook Time: 10 min.

Additional Time: 10 min.

Total Time: 22 min.

Servings: 1 pizza crust

Sourdough discard

Italian Seasoning

Salt

Olive Oil

Pizza Stone or Cast Iron Skillet

Preheat a pizza stone, or cast iron skillet, on 425°.

When the oven is preheated, and the pans are scorching hot, take them out of the oven. Drizzle your baking vessel (stone or skillet) of choice with a little extra virgin olive oil.

Ladle sourdough starter onto the hot pan. You just spread it out until you have a nice thin layer in the size you want.

Hit it with another drizzle of olive oil. Sprinkle it with salt and Italian seasoning.

It will already start to bake when it makes contact with the pan. This is expected.

Pop it back in the oven, until crispy, and easily pulls up from the pan. About 10 min.

Sourdough Blondies

Prep Time: 10 min.

Cook Time: 45 min.

Servings: 12

1 C. unsalted butter melted

1 C. white granulated sugar

1 C. light brown sugar lightly packed

2 lg. eggs

1 egg yolk

3/4 C. sourdough discard

2 tsp. vanilla extract

3 C. all-purpose flour

1 tsp. baking soda

1/2 tsp. baking powder

1-1/2 tsp. salt

2 tsp. cornstarch
1-1/2 C. chocolate chips

Preheat the oven to 350° and line your baking dish with parchment paper.

Grab your favorite large bowl and add the melted butter and white and brown sugar. Whisk thoroughly.

Add the two eggs, egg yolk, sourdough discard, and vanilla on top of the sugar mixture. Whisk it all up until smooth.

Measure your flour, then add the baking soda, baking powder, salt, and cornstarch to the measuring cup of flour. Mix them together before adding the dry ingredients to the wet. Stir until combined, not over-mixing. Fold in chocolate chips.

Scoop the batter into the prepared baking dish and spread into an even layer.

Bake for 40 to 45 min. or until set. The edges will be crisp.

Cool completely in the pan before serving.

Quote of the Week:

“There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human, are created, strengthened, and maintained.”

~ Winston S. Churchill