

# Beginners Guide to Artisan Sourdough

## INCLUDES:

SOURDOUGH BENEFITS

SOURDOUGH STARTER TROUBLESHOOTING

WHAT'S INCLUDED IN YOUR SET & HOW TO USE IT

SOURDOUGH STARTER & BREAD RECIPES, PLUS MORE

SOURDOUGH STARTER MAINTENANCE

SOURDOUGH DISCARD USES

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# *Thank You & Welcome to Essential Delights*

Thank you so much for choosing The Essential Delights & supporting our little family owned business. It truly means so much to us. We are avid bakers who have put a lot of time & effort into finding the best quality products that we love, and want to share. We believe that each loaf is made with love. Whether it's baked regularly through the week to have on hand for our loved ones, as a gift for a neighbour who could use a little extra kindness that day, or to bring along to a dinner party to share with our friends & family, seeing the joy it brings to so many, warms our heart.

From our family to yours, our most sincerest Thank You & Happy Baking!!



## Tag Us In Your Bread Journey

We love seeing all your lovely loaves & designs. Please feel free to tag us in your bread baking journey so we can showcase your beautiful work! Let us know how it turned out or any feedback you'd love to share.



@the\_essential\_delights

#theessentialdelights

Follow along as we share more delicious recipes, and tips we learn along the way.



## *What's Included & How to Use*

- **9" Round Bread Banneton Proofing Basket (made from All-Natural Premium Indonesian Cane Rattan)**
  - The proofing basket provides structure to beautifully shape your loaf of bread during proofing (the process of rising the dough). Our All-Natural Cane Rattan baskets absorb moisture during proofing so that the outside of the dough is less sticky. As the dough rises the basket leaves an imprint around it similar to rings to get the look of that perfect french artisan bread. It retains and absorbs warmth, while also providing a consistent shape and texture to ensure the formation of a healthy crust by controlling moisture conditions on the surface of the dough.
- **Washable Linen Banneton Cover**
  - The linen liner can be used to provide a smoother loaf if preferred. It can also be used to help keep the basket free & clear of excess flour & dough. Our banneton liners are made from 100% untreated, unbleached natural flax linen.
- **Reusable Decorative Bread Bag**
  - Our unique and stylish reusable bread bag can be used to keep your bread fresher longer, then later used to conveniently store your set away in safekeeping. Our bag comes with two unique designs that our customers love showcasing their bread in.
- **Scoring Lame with Leather Cover**
  - Have fun getting creative making beautiful authentic bread markings to make that artisan loaf you've always dreamed of.

## *What's Included & How to Use Continued*

- **5 Replacement Blades for Scoring Lame**
  - The Replacement Blades are very sharp and extreme caution should be used while using, especially while changing blades. Please keep away from children.
- **Stainless Steel Dough Scraper**
  - An essential tool to help easily remove, lift, transfer or shape dough. With an ergonomically designed all-natural wood handle, this sharp & sturdy stainless steel dough scraper can serve many uses in the kitchen such as, chopping & transferring various foods, nuts, vegetables, herbs, etc. with much ease
- **Flexible Plastic(BPA Free) Dough Scraper**
  - This very handy flexible dough scraper can be used to cut, divide or scrape the dough, and any excess flour. The flexibility takes on the shape and curves of any surface you are working with, including cleaning out the starter jar when transferring or feeding your culture. We particularly love using it for mixing in any loose flour.
  - Food-grade, non-toxic plastic & dishwasher safe

# How to use Essential Delights Baking Set

Step 1: Lightly mist your banneton with water in a spray bottle

Step 2: Dust your banneton basket generously with flour (Rice Flour or Oat Flour works best as it doesn't absorb as easily) for the first few uses to help prevent any dough sticking through transfer (tea strainers are handy for dusting!). We've tested many different baskets, many times and this trick doesn't get old

Step 3: Place your shaped dough inside your proofing basket in the last stage of rising, until it doubles in size to get this delicious crispy crust

Step 4: Flip your dough into your preheated baking pan. Once transferred to baking dish, lightly mist your dough then sprinkle with flour before scoring \*\*Never bake your bread in the banneton basket, or put the basket in a heated oven\*\*

Step 5: Score your beautiful artisan markings in the dough with the scoring lame. Grease your blade well with oil before scoring at a 45 degree angle,  $\frac{3}{4}$  of an inch deep

Step 6: Bake & Enjoy!!!!

# Cleaning & Care

## BASKET

No need to wash the basket after each use. Simply shaking off any excess flour or brushing flour off with a bristle brush/cloth after each use is okay. If dough gets dried on, then use a cool damp cloth, make it as quick as possible, and dry after cleaning

Important:

- Please do not submerge the basket in water, or use soap as this can cause deformation
- Do not put the basket in any kind of oven and avoid high temperatures
- Cane Rattan is a natural wood. As with any wood, there can be small imperfections & a natural wood smell that fades with time. This does not affect the bread in any way whatsoever

## LINEN BAG & COVER

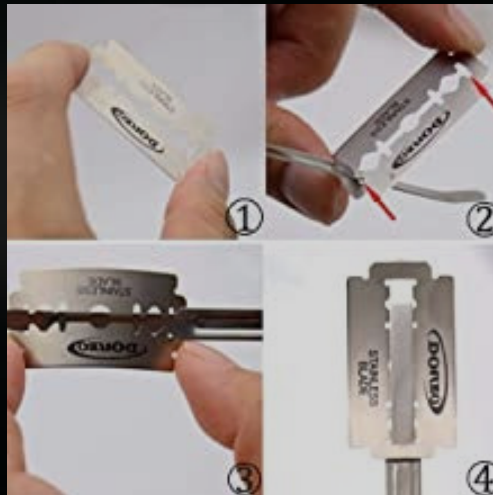
Hand wash only with gentle soap & hang to dry. Please do not machine wash or put in the dryer



## Cleaning & Care Continued

### SCORING LAME

The blades are very sharp, please handle with care. To replace blade: Hold the top & bottom of the blade with index & thumb to curve slightly, then slide the blade on very carefully onto the handle



### STAINLESS STEEL DOUGH SCRAPER

Dishwasher safe

### PLASTIC DOUGH SCRAPER (BPA FREE)

Dishwasher Safe

# Benefits of Sourdough

One of the most common reasons people turn to sourdough bread is that it is much easier to digest, but there are many other amazing benefits worth knowing:

- MORE NUTRITIOUS: Sourdough bread has less phytic acid (aka phytates, anti-nutrients) because of the longer fermentation process that breaks these down. This makes it much easier for our bodies to absorb the essential nutrients & minerals, such as, zinc, iron, potassium, magnesium, phosphorus.
- HELPS DIGESTION: Again because of the lower amount of phytates in sourdough, there are more enzymes present that make it easier to digest & less bloating. While some studies show the long fermentation process helps break down gluten substantially, it does still contain Gliadin, the part of wheat protein that affects many people with Coeliac. Some with a sensitivity to gluten may find sourdough bread easier to digest, however, there are gluten free sourdough bread recipes out there as well.
- LESS LIKELY TO SPIKE BLOOD SUGAR LEVELS: Through the long fermentation process, the lactic acid that is produced reduces some of the starches available thereby lowering the bread's glycemic Index, and entering the bloodstream at a much lower rate.
- NO ADDITIVES: No preservatives, additives or other ingredients you can't pronounce. Sourdough bread is made with 3 ingredients: Flour, salt and water. And of course the starter which is made of flour and water. While it is very versatile in what you can add and supplement, it is still a much better option.
- HIGHER PRE-BIOTIC & PRO-BIOTIC CONTENT: While the beneficial pre & probiotics that are amazing for our gut, is worth mentioning, these can be reduced during the baking stage and is a common misconception.

# Sourdough Starter Recipe-Day 1



## Starter Basics:

Step 1: We mix flour & water.

Step 2: We wait for it to bubble & rise.

Step 3: We throw away "discard" a portion, then we feed it with more flour & water when it starts to deflate.

Step 4: Repeat. This process is what allows for the fermentation, resulting in all of the benefits discussed above.

## DAY 1:

Mix 1 cup flour, whole grain, wheat, or rye (120 grams) with 1/2 cup (120 grams) filtered water using a fork into a wide mouthed jar. Cover to keep moisture in. Let it sit on the counter at room temperature for 24-48 hours, or until you start to see some bubbles.

**\*\*Tips:** Make sure all of the dry flour gets mixed in well. If you need to add a little more water to incorporate the flour, that is okay, but the amount of flour should be exact. To cover, you can use a lid, a damp towel, plastic wrap, or paper towel with an elastic band. ideal room temperature is 22-24 degrees. The cooler the room, the longer it will take. Sourdough starter loves warmth.

# Sourdough Starter Recipe-Day 2 & 3

## DAY 2:

Start "Day 2" when you see a little bit of bubbling. When you start to see bubbles, DISCARD ALL BUT 1/2 CUP OF THE STARTER (keeping 1/2 cup of the starter in the jar). Then mix into the remaining 1/2 cup starter: 1 cup (120 grams) of bread flour, and 1/2 cup (120 grams) filtered water, mixing well with a fork. Then cover and let it sit for another 24 hours.

**\*\*Tips:** You might not see any bubbling in the first 24 hours. That's okay, let it sit until you start to see it bubble. It can take up to 48 hours in cooler rooms.

## Day 3:

Repeat the same as "Day 2" about 24 hours after the last feed, DISCARD ALL BUT 1/2 CUP OF THE STARTER. Add 1 cup flour and 1/2 cup water to the existing 1/2 cup starter and let it sit for 12-24 hours or until the starter starts deflating, which means it's "hungry".

**\*\*Tips:** By Day 3 it should be bubbling. If not, let it go longer until it starts bubbling & rising up the jar. You may need to start feeding your starter twice a day, morning and night if it is becoming more active (bubbling & rising). You want to feed the starter only after it has peaked (metabolized all the flour from the last feeding) and has started sinking back down the jar or gets liquidy- this is when it is hungry. This will depend on the temperature in the room, and could range from 8-24 hours. it is better to underfeed rather than overfeed.

# Sourdough Starter Recipe-Day 4 & 5

## DAY 4:

Feed 1-2 times/day, discarding all, BUT 1/2 cup of starter EACH TIME. Feed 1 cup flour, 1/2 cup water.

**\*\*Tips:** Look for the hunger signs. You should start to see some rising and falling. It's helpful to put the starter in a clean jar and mark the beginning level (with a dry-erase marker, or rubber band) so you can easily see this.

**\*\*If your starter looks like it is still rising at the time of second feeding (at night) and there is no evidence it has fallen or no slide marks, skip this feeding and feed first thing in the morning. Feeding it when it is "not hungry" will dilute all the growing yeast and make it lethargic.**

## DAY 5:

Feed again, 1-2 times, roughly 12 hours apart or once it's peaked. Then discard all BUT 1/2 cup of the starter each time. Feed 1 cup flour, 1/2 cup water.

**\*\*Tips:** The starter should be active, bubbling, rising then sinking. Hopefully, close to doubling in size. (If not, repeat this day and read troubleshooting section)

# Sourdough Starter Recipe-Day 6 & 7

## DAY 6:

Give it one last feeding. Then this time discard all but a 1/3 cup. Add 1 cup flour (120 grams) and 1/2 cup water, and place it in a clean jar so you can see the action clearly.

**\*\*Tips:** The starter should hopefully double in volume within 4-6 hours of feeding. Let the starter rest at room temperature for 8 hours; it should be active, with bubbles throughout or breaking the surface. Then DO THE FLOAT TEST: To test the starter, place a teaspoon of starter (just from the top, don't stir it down before scooping the starter out) in a glass full of water, it should hopefully float. If it does, you can make bread. Tonight!

## DAY 7:

At this point, if your starter has not doubled in size or passed the float test, that's completely okay, don't give up! Often it just takes longer, sometimes up to two weeks if it's cooler. Continue feeding 1-2 times a day, for a few more days, until you see a consistent, predictable, rise and fall, and it floats. Read the troubleshooting section and if you need to take a break, put it in the fridge and try it again up to a week later. Don't toss it!

## *Sourdough Starter Maintenance*

- **REFRIGERATE & FEED AT LEAST ONCE A WEEK:** Pick a scheduled day and try to stick with it, always saving 1/2 cup of the starter then feeding it 1 cup flour and 1/2 cup water. You can use the remaining discard for recipes, give it away, freeze it, fry it in a pan with olive oil, sea salt, and chives or discard away.
- If you forget to feed it one or two weeks in a row, it is most likely okay, just feed it 1-2 times a day for 1-2 days in a row to revive it (keeping it out on the counter) until bubbly and active. It's actually kind of hard to kill. You can also freeze it for longer storage.
- **FREEZING YOUR STARTER:** If your not using it very often, or you want to save some as a back up (highly recommended!) in case you accidentally kill your first one, you can store it in the freezer. To defrost it, we will need to revive it by letting it defrost in the fridge overnight. Once it's thawed, leave it out on your counter at room temperature and feed 1-2 times/day when it gets hungry. It can take up to 48 hours to revive, but feeding it a couple of times will help.
- If you find yourself wanting to bake more often than once a week, you can keep it on the counter and feed it 1-2 times daily. Or if baking every few days, you can pull it out of the fridge, feed it 4-8 hours before using, leave it out, use what you need while it is peaking, then put it back in the fridge that evening. Do the same thing a few days later when ready to use it again. So this would be feeding 2-3 times a week, best if baking 2-3 times a week.

# Sourdough Starter Troubleshooting Part 1

- SMELL: Your starter should smell slightly sweet and tangy, but not “bad”. If it really smells unpleasant or like nail polish, there may have been some bad bacteria introduced. It may be time to start over.
- NO ACTION: Check the temp with a thermometer. Give it a little extra time to “digest” the flour, especially if it’s cooler in your home. Sometimes it takes longer than you think. It is okay to skip a feeding at night if it looks like it is still peaking or rising. Watch your starter and only feed it when it looks “hungry” when deflating.
- TOO MUCH ACTION: If your starter is overflowing, this is good, not bad. It is alive and active. This often happens in warmer environments. You’ll need to feed it more often or find a cooler spot. Even if it floats on day 2-3, continue feeding the full 6 days before using it to make bread. It will add more flavor and complexity.
- CONSISTENCY: Thick or Thin? If you have been careful about measuring feedings, another way to tell what stage your starter is in, will be to look at the consistency. If the starter seems really thick, it is still “digesting”. If it seems loose or runny or liquidy (to the point where you can pour it out of the jar) it has most likely digested all the flour and is now hungry. It loosens up as it metabolizes the flour. If you don’t see rising or falling, look for consistency to give you clues on when to feed.



# Sourdough Starter Troubleshooting Part 2

- DO NOT OVERFEED: You want to feed your starter after it has peaked, then starting to deflate and is a little runny. This is how we know it is getting "hungry". For example, maybe feeding 2 x day at 12-hour intervals is too often. If you feed the starter before it has had a chance to metabolize (or eat) all the flour and then you discard part, and feed it again, you are diluting all that amazing yeast.
- TEMPERATURE: It could take up to 2 weeks for the starter to bubble and become active in colder environments. Use a kitchen thermometer and take it's temperature. If it is doing nothing, find a warm spot (70-80 degrees) in the oven with the light on overnight, on top of the fridge, or on the stove with light on for 24-48 hours to watch what happens. Avoid direct sunlight. If you run out of flour or need a break, don't toss it. Put it in the fridge and see if you can get it going a few days later.
- ACIDITY: If you still can't get that starter going, some people recommend subbing pineapple juice for the water for one feeding- raising the acidity level.
- LIQUID: If you see any liquid at the top of your starter, it means your starter is hungry. Stir the liquid in, or pour the liquid out, then feed it.

# Sourdough Starter Troubleshooting

## Part 3

- MOLD: If you see any discoloration or mold on the surface, the starter was probably contaminated. If it is only on the surface, you could salvage it. Scrape it off, save 1/2 cup of the starter from the bottom, and keep going. Feed, smell, use your best judgment.
- FLOUR: Try to start the starter using organic whole-grain flour (wheat or rye) for the initial step. It has more wild yeast in it than white flour and will get it active and growing faster. Avoid bleached flours as this will kill off the beneficial live bacteria.
- WATER: Use filtered or bottled water. The chlorine in tap water can inhibit the growth of your starter. If you don't have an option- leave the tap water out, in an open container overnight to allow some of the chlorine to evaporate. Using room temperature water or lukewarm water helps fermentation as well.
- HYDRATION: Hydration is the ratio of water to flour in terms of weight. It is a ratio. Starter is typically at 100% hydration- meaning equal parts flour and water, in terms of weight. If you use 120 grams of water, use 120 grams of flour. This roughly translates to 1 cup of flour and 1/2 cup water. Feel free to weigh instead of measuring if you want to be more precise, or want to familiarize yourself with the consistency you are aiming for. If using whole grain flours (which tend to be "thirstier") and your starter seems very thick, it is totally okay to add more water to thin it out a bit.

# Sourdough Starter Troubleshooting Part 4

- STORING AND FEEDING: You can store your starter in the fridge, then feed it once per week. If you keep it out on the counter, you'll likely need to feed it 2 times a day (or just watch and feed when hungry). Cold slows down the fermentation, warmth speeds it up.
- USING: When you need to use your starter for baking bread, feed it 6-8 hours before making bread dough, using it right at peak height or slightly after (even better). For a more "sour" flavored bread, use the starter straight from the fridge, 3-6 days after feeding. The starter gets more sour tasting the longer it goes without feeding. Feeding the starter the same day as making bread will produce a milder sourdough flavor.
- DISCARD: Once your starter has been established, you can then use your discard in many new ways (see below). However during the first week or two while creating it, it is highly recommended that you discard only. It is a live bacteria that we are creating after all and best to only be used once it has fully developed and matured.

# Sourdough Starter Discard Uses

- STARTER DISCARD USES:

- Gift it to family & friends
- Simple Rustic Sourdough Bread
- Mouthwatering Sourdough Banana Blueberry Bread
- Delicious Fluffy Sourdough Pancakes
- Holiday Favourites Savory Sourdough Bread-Coming Soon!
- Pizza dough-Coming Soon!
- Sourdough buns-Coming Soon!
- Sourdough Lemon Loaf-Coming Soon!



# Simple Rustic Sourdough Bread

## INGREDIENTS:

- 520 grams flour (4 cups organic white bread flour)
- 12 grams salt (2 teaspoons)
- 385 grams filtered water (1 7/8 cups)
- 90 grams sourdough starter (1/3 cup) \*fed 4-10 hours earlier, using it slightly after peaking (or 3-6 days after feeding if refrigerated)

## OPTIONAL:

- Extra flour or rice flour for dusting
- Seeds: fennel seeds, onion seeds, hemp hearts, chia seeds, flax seeds, caraway seeds, sesame seeds, poppy seeds, dill seeds, etc.
- Herbs: rosemary, sage, thyme, etc
- Extra's: roasted garlic, dried fruit, cheese, olives, nuts
- Substitutions: 1/2 cup rye flour, spelt or whole wheat flour or other whole grain flour for 1/2 cup of the white bread flour if you like- resisting the temptation to add more for your first few loaves. (62 grams max)

## INSTRUCTIONS-NEXT PAGE



# Simple Rustic Sourdough Bread-Continued

## INSTRUCTIONS:

10 am-12 pm (6-10 hours before mixing dough):

1. FEED: Feed your sourdough starter, leaving it out on the counter. OR, If your starter is in the fridge and fed within the last 7 days - you can use it straight from jar, cold, without feeding (this may result in a more "sour" taste)

8:00 pm (6-10 hours after feeding & starter has peaked then starting to deflate):

1. LARGE BOWL: Mix flour (520 g) & salt (12 g). You can add any additional seeds or herbs in as well
2. MEDIUM BOWL: Mix water (385 g) & starter (90 g) until the water turns cloudy & the starter is mixed in well
3. MIX: Medium bowl of starter water into large bowl of flour & salt. Make sure all the flour is mixed in well (it won't look great yet, it should be shaggy & thick for now). Your flexible white dough scraper is super handy here to clean the sides of the bowl and mix in all the flour
4. REST: Cover with a damp towel and let rest for 15-30 minutes
5. STRETCH & FOLD: First set of stretch and folds to turn the dough over. With one wet hand, pull the dough up from one side of the bowl, stretch it upwards slightly to fold it into the centre of the dough. Turn the bowl & repeat for 30 seconds to stretch each side
6. REST & REPEAT: Cover for 15 minutes then do second set of stretch & folds
7. PROOF (RISE) OVERNIGHT: Leave your dough to rest on the counter overnight (if your home is cool, it may help to leave it somewhere warm...in the oven with the light on, or on top of your fridge, etc)

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## *Simple Rustic Sourdough Bread-Continued*

### 6-10 AM (OR 8-14 HOURS LATER):

1. CHECK DOUGH: When it has almost double in size, do first set of stretch & folds
2. REST: Cover and let rest for another 15 minutes
3. PREP: Get proofing basket ready by dusting generously with rice flour and any extra seeds &/or herbs you like
4. SHAPE: Flip dough onto lightly floured counter for second set of stretch & folds of each side(4 total) into the center. Let rest for 5-10 mins then shape into a tight ball with metal bench scraper and well floured hands by cupping the dough and spinning it in a circular motion until it's formed a nice tight ball
5. TRANSFER DOUGH: Transfer dough to well-floured proofing basket with seam up then cover with damp towel & put in fridge for a minimum of 1 hour to rise
6. PRE-HEAT OVEN: To 500 degrees with baking dish in it, for 1 hour (Make sure to use a safe dish that can reach this high temperature)
7. PREP: While the oven pre-heats, it is handy to get all your tools ready...scoring lame, rice flour ready in sifter
8. AFTER 1 HOUR MINIMUM: Take dough out of the fridge. Carefully take baking dish out of the oven, quickly flip your dough onto the dish, dust dough with flour then brush for a smooth layer and slash your beautiful markings with your scoring lame, Then quickly & carefully back into oven
9. BAKE: For 20-25 minutes at 500 degrees, lid on
10. BAKE: For another 10-15 minutes at 450 degrees, lid off
11. COOL: For 1 hour. This is the hardest step, yet equally important to allow your bread to finish fully rising.

# Mouthwatering Banana Blueberry Bread

## INGREDIENTS

- 2 Cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoons salt
- 1/2 Cup coconut oil (melted)
- 1/2 Cup sugar, or honey
- 1 large egg
- 1 Cup bananas-mashed (2 to 3 bananas- very ripe)
- 1 Cup sourdough starter (fed within the last week)
- 1 teaspoon vanilla
- 1 Cup blueberries-frozen or fresh





# Mouthwatering Banana Blueberry Bread- Part 2

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a medium bowl whisk together flour, baking soda, baking powder and salt. Set aside.
3. In a large bowl pour in the melted coconut oil, sugar and egg. Stir together.
4. Mash the bananas until liquid with small lumps.
5. Pour the \*sourdough starter and mashed bananas into the oil, sugar and egg mixture. stir until well combined.
6. Add in vanilla and stir.
7. Put in half the whisked dry ingredients and stir into the wet ingredients.
8. Add the remaining dry ingredients and stir until thoroughly combined.
9. Fold in blueberries gently.
10. Pour the batter in an oiled 9 x 5 loaf pan.
11. Bake for 60 mins

\*SOURDOUGH STARTER: This recipe can be made with starter fed within the last week. However, best rise will happen when the starter is fed and active.

# Delirious Fluffy Pancakes

## INGREDIENTS:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 tablespoons sugar, or honey
- 1 teaspoon salt
- 1 cup sourdough starter
- 1 1/2 cups milk
- 1 large egg beaten
- 2 tablespoons vegetable oil



## INSTRUCTIONS:

1. In a large bowl, whisk together the flour, baking powder and soda, sugar and salt.
2. Add the sourdough starter, milk, egg and oil. Mix well just until combined.
3. Spray a pancake griddle with cooking spray or grease well with butter. Heat to about 300-350 degrees.
4. Pour 1/4 cup pancake batter on the hot griddle. Cook until the pancake starts bubbling on top, then flip the pancake.
5. Cook for an additional 1-2 minutes or until the pancake is cooked through.
6. Serve warm with butter and syrup.

# Herb & Garlic Butter

## INGREDIENTS:

- 1 stick of butter, softened (1/2 cup)
- 1 1/2 teaspoon lemon juice
- 1/2 teaspoon salt, or to taste
- 1 clove minced garlic, or taste
- 1-2 tablespoon fresh chopped rosemary, or to taste
- 1 tablespoon fresh chopped herbs (basil, parsley, oregano, etc)

## INSTRUCTIONS:

- 1. Combine all ingredients in a bowl then mix in well together
- 2. Use plastic dough scraper to transfer to parchment paper or plastic wrap. Roll into a log, then twist the ends to seal well
- 3. Refrigerate for at least 1 hour
- 4. Slice into rounds or decorate the ends with twine and bring to dinner party

Combine



## *Disclaimer*

We at The Essential Delights hope you enjoy the inspired and fun recipes provided here. The Essential Delights is not responsible for the outcome of any recipe you try from the included pages. You may not achieve desired results due to variations in elements such as ingredients, cooking temperatures, typos, errors, omissions, or individual cooking ability. The information expressed is intended to be used for educational & recreational purposes only, not to be used for or replace medical advice of any kind. It is important to use your best judgement when consuming sourdough and never consume if it looks, tastes, or smells unpleasant. You should always take care when using sharp knives or other cooking implements. To ensure the safety of yourself and others, be aware of heated cooking surfaces while cooking. Please review all ingredients prior to trying a recipe in order to be fully aware of the presence of substances which might cause an adverse reaction in some consumers.



*Essential Delights*