

Sourdough

CHEAT SHEET

STARTER CARE

Room temp: feed starter once a day

In the Fridge: feed starter once a week/two weeks

Combine 100g starter, 100g water and 100g flour. (use distilled water or let your tap water sit for 30 minutes before adding to allow to off gas)

*If you don't bake often, store starter in fridge

TIMELINE (TO BAKE SATURDAY)

Friday morning: take starter out of the fridge and let it get to room temp. (skip this step if you keep your starter at room temperature)

Friday lunchtime: feed starter

Friday before bed: Combine:

- 100g starter
- 385g water
- 12g non-iodized salt
- 520g flour

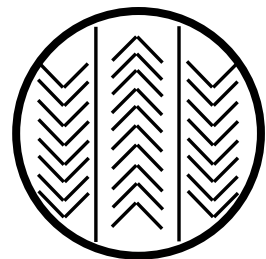
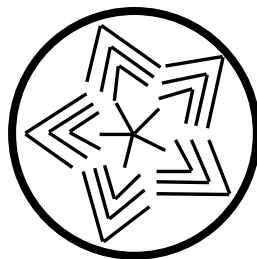
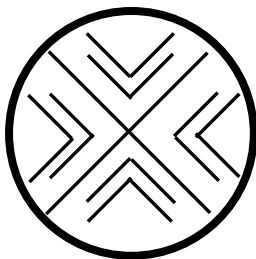
Cover and let sit on the counter till morning.

Saturday morning: turn the wet bread dough out onto a floured surface (the counter) stretch the dough and form into a round loaf. place it in a bowl lined with parchment paper and let it sit for 1-2 hours. (you can also put this in the fridge until dinner time if you want to bake closer to dinner)

Saturday mid-morning: After letting the dough rise for an hour, put your dutch oven (or oven safe container with lid) in the oven and pre-heat to 450*. Once the oven and baking container are heating, take your loaf and use a clean, sanitary razor blade to score the top. Place your dough, with parchment paper, in your dutch oven and cover with the lid. Bake for 20 minutes with lid on, then remove lid and bake for an additional 20 minutes to brown and crisp the crust.

SCORING TIPS:

(The purpose of scoring is to allow the rising rough the space to expand) Try these designs, follow ideas online, or let your imagination run WILD! There is no wrong way to score it.



Sourdough

RECIPES

SOURDOUGH BREAD

- 100g starter
- 385g water
- 12g non-iodized salt
- 520g flour

Feed sourdough start around lunchtime. In the evening, combine all ingredients, and stir until they're evenly combined. Cover, and let sit in room temperature until morning. (10-14 hrs works) In the morning, scoop your dough onto a floured surface (the counter) and form your loaf. You don't have to kneed it, just form it into a loaf. Place the loaf onto a sheet of parchment paper and let it rise for an additional 2 hrs in the fridge (i lift the parchment and place it in a bowl so that it doesn't spread out too much) Preheat oven to 450F. Put your dutch oven in to preheat it. Slice the top of your loaf with a clean and sanitary razor blade (or lame) Place your parchment paper in your heated dutch oven and cover. Bake, covered for 20min. Remove lid and bake an additional 20 min. Or until browned.

To Feed Starter mix equal parts Starter/Water/Flour I typically use 150g of water and 150g flour. If you have too much starter, pour some off so that you don't have to add as much water and flour to feed it. leave it on the counter with a loose cover (I don't screw the lid on) It should be the most active (and ready for bread making) approximately 4 hours after feeding. At room temp sourdough starter should be fed every other day at least, in order to keep it healthy.

To pause your starter: if you're going out of town, taking a break from making sourdough, or just don't have the time you can place your sourdough starter in the refrigerator and it will slow down the fermentation. While it's in the fridge you only have to feed it about twice a month. When you're ready to use it again just take it out of the fridge and let it sit at room temperature for 3-4 hours, then it's ready to go again.

SOURDOUGH PRETZELS

<https://www.farmhouseonboone.com/sourdough-pretzel-bites>

- Ingredients
 - ½ cup sourdough starter active and bubbly
 - 1 cup water
 - 2 tablespoons honey
 - 1 ½ teaspoons salt
 - 3 cups unbleached all purpose flour
- Water Bath
 - 9 cups water
 - 2 tablespoons baking soda
 - 2 tablespoons brown sugar
- Egg Wash
 - 1 large egg yolk
 - 1 tablespoon water
 - Coarse sea salt to top

Add active sourdough starter, room temperature water, honey, salt and flour to the bowl of a stand mixer. Mix the dough on low speed for 10-15 minutes with the dough hook. You could also knead by hand. Cover the bowl with a lid or plastic wrap and let the dough rest in a warm place for 8-12 hours. Divide the dough into 6 equal pieces. Roll each piece into about 15" rope. Cut into equal portions and place on a baking sheet with parchment paper. Cover the dough and allow them to rise for about an hour. Preheat the oven to 425°F. Bring water in a large stockpot to a boil and add baking soda and brown sugar. Place a few pretzel bites at a time into the boiling water and allow to boil for 15-20 seconds. I like to do 8 pretzel bites at a time. You don't want to overcrowd them. Remove with a slotted spoon or kitchen spider strainer, shaking off excess water and place on a parchment lined baking sheet. Brush egg wash onto each pretzel bite (optional) and sprinkle with coarse salt. Bake for 15-20 minutes, or until golden brown.

MORE *Sourdough* RECIPES

SOURDOUGH CHEDDAR WAFFLES

<https://www.farmhouseonboone.com/sourdough-cheddar-waffles>

- 2 cups fed sourdough starter
 - 2 large eggs
 - 5 tablespoon oil coconut or avocado oil
 - 1/2 teaspoon salt
 - 1 cup shredded cheddar cheese
 - 1 teaspoon baking soda
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- Feed sourdough starter 4-12 hours before whipping up this recipe.
 - Preheat cast iron waffle maker or a plug-in waffle maker.
 - In a large bowl, mix together fed sourdough starter, eggs, oil, and salt.
 - Sprinkle baking soda over batter and stir well.
 - Add shredded cheese.
 - Grease the waffle maker and add the amount of batter suggested by the manufacturer. (Mine takes about one cup of batter.) Close the lid.
 - If using a cast iron waffle maker, cook the waffles for 4 minutes on one side and flip and cook another 4-5 minutes on the other side. If using a standard, plug-in waffle maker, cook for about 7-8 minutes.
 - Open it. If it is sticking at all or seems uncooked, cook for another minute or two and try again.
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FLUFFY SOURDOUGH BISCUITS

<https://www.farmhouseonboone.com/sourdough-biscuits-long-fermented>

- 8 tablespoons cold butter cut into chunks (113 grams)
 - 2 cups all purpose flour 280 grams
 - 1 cup sourdough discard 285 grams
 - 1 tablespoon sugar 12 grams
 - 1/2 cup milk or buttermilk* 122 grams – You can also use water
 - 1 teaspoon baking soda
 - 2 teaspoons baking powder
 - 3/4 teaspoon salt 4 grams
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- Chop up cold butter into chunks or grate with a cheese grater. Add the butter to a large bowl.
 - Add flour to the butter.
 - Cut butter into flour. I usually just use my hands to massage the flour and butter together until it starts to form a ball, but a pastry blender works really well, too.
 - Add sourdough starter, sugar, milk or buttermilk.
 - Stir until nicely incorporated.
 - Place a clean tea towel or plastic wrap over bowl and allow to sit at room temperature at least 8-24 hours.
 - The next day, add baking soda, baking powder, and salt to the fermented dough.
 - Mix everything together well.
 - Roll out dough onto a lightly floured surface and cut biscuits.
 - Place onto a well-seasoned cast iron skillet or a glass baking dish. For a little added height, you can allow the biscuits to rise again for 30 minutes to an hour in a warm place before baking.
 - Bake biscuits in a 400 degree oven for 14 -20 minutes.

For many recipes using sourdough discard (just starter) take a look at [farmhouseonboone.com](https://www.farmhouseonboone.com). She's got a lot we love. Three above are our favorites.

-Roselyn Jackson & Heather Hirschi