



Sourdough
Recipes
& Stuff



Compiled by Veronica Wiese
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What do you do if your starter dies!?

Basic sourdough starter:

1 cup very warm water (I use it straight from the tap because we've got our hot water heater set at about 100° +/-.)

1 cup of flour (I used unbleached all purpose flour)

1 tsp sugar or honey (for the yeast to eat—they like a treat too!)

OPTIONAL: 1 packet of yeast to give it a jumpstart.

Stir all together, cover loosely and let it sit for 24-48 hours. It will start to be bubbly and have a yeasty smell.

Feed your yeast each day (if the starter is out) or every 3 days (if you keep it in the fridge). If it's in the refrigerator, take it out and let it sit at room temperature for 8—12 hours to warm up before baking. Uncover the starter while it is “working” after being fed. Do NOT screw down the lid! The gases the yeast makes can

explode your container! You may need to divide your starter—do this AFTER feeding it. Either share the extra with someone else, or use it in a yummy recipe!

Amish Friendship Bread Starter

From <http://allrecipes.com/Recipe/Amish-Friendship-Bread-Starter/Detail.aspx>

INGREDIENTS

1 (.25 ounce) package active dry yeast

1/4 cup warm water

3 cups all-purpose flour, divided

3 cups white sugar, divided

3 cups milk

DIRECTIONS

In a small bowl, dissolve yeast in water. Let stand 10 minutes. In a 2 quart container glass, plastic or ceramic container, combine 1 cup flour and 1 cup sugar. Mix thoroughly or flour will lump when milk is added. Slowly stir in 1 cup milk and dissolved yeast mixture. Cover loosely and let stand until bubbly. Consider this day 1 of the 10 day cycle. Leave loosely covered at room temperature.

On days 2 thru 4; stir starter with a spoon. Day 5; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Days 6 thru 9; stir only.

Day 10; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Remove 1 cup to make your first bread, give 2 cups to friends along with this recipe, and your favorite Amish Bread recipe. Store the remaining 1 cup starter in a container in the refrigerator, or begin the 10 day process over again (beginning with step 2).

Editor's Note

Once you have made the starter, you will consider it Day One, and thus ignore step 1 in this recipe and proceed with step 2. You can also freeze this starter in 1 cup measures for later use. Frozen starter will take at least 3 hours at room temperature to thaw before using.

Sourdough Baking

The Basics By S. John Ross

<http://www.io.com/~sjohn/sour.htm>

Sourdough bread is bread made without added yeast. By making a "starter" in which wild yeast can grow, the sourdough baker can raise bread naturally, as mankind did for thousands and thousands of years before a packet of yeast was an available convenience at the local market. Not all sourdough is sour-tasting; Amish Friendship Bread and other types of live-yeast breads are also sourdough.

To become a sourdough baker, all you need are some basic ingredients (flour, water, salt, and sugar), some basic tools (a mixing bowl, an oven, and a baking sheet), and a basic interest. This page is for the novice sourdough baker, but assumes that the reader is familiar with regular yeast-based baking. If you can make bread, you can make sourdough bread.

There are only a few simple steps to becoming a sourdough baker. First, you must create a starter: This is a bubbly batter that you keep in your fridge. The starter is mixed into a dough, and it causes the bread to rise. Bake and serve. Yum!

Creating Your Starter

The novel thing about sourdough baking is that it requires that you keep something alive in your fridge. I think of my starter as a pet, kept and fed so that Sandra and I will have all the bread we need. Sourdough "starter" is a batter of flour and water, filled with living yeast and bacteria. The yeast and bacteria form a stable symbiotic relationship, and (as long as you keep the starter fed) can live for centuries, a thriving colony of microorganisms. To make sourdough bread, you blend the starter with some flour and make dough. The yeast propagates, and leavens your bread. This is how you make your starter:

Select a container that your "pet" will live in. A wide-mouthed glass jar is best. I use a glass jar with a rubber and wireframe seal; you can find these for \$2-\$4 in any antique or junk shop. A small crock with a loose lid is also great; these can be bought in cheap sets for serving soup. You can also use a rubbermaid or tupperware container. I've begun starters using the plastic containers that take-out Chinese soup comes in, and then transferred them to jars later! A wide-mouthed mayonnaise or pickle jar will also do just fine. Metallic containers are a bad idea; some of them are reactive and can ruin your starter (for the same reason, avoid using metal utensils to stir your starter).

Blend a cup of warm water and a cup of flour, and pour it into the jar. That's the whole recipe! I use plain, unbleached bread flour most of the time, but I've had good results with all-purpose and whole-wheat flour, too. If you want, you can add a little commercial yeast to a starter to "boost" it. If you do this, sourdough snobs will look down their nose at you - but who cares about snobs? I personally find that (at least here where I live) no yeast "boost" is necessary, and I can make "real" sourdough with no trouble. But if you are having trouble, go ahead and cheat. I won't tell. Note that starter made with commercial yeast often produces a bread with less distinctive sour flavor than the real thing.

Every 24 Hours, Feed the Starter. You should keep the starter in a warm place; 70-80 degrees Fahrenheit is perfect. This allows the yeast already present in the flour (and in the air) to grow rapidly. Temperatures hotter than 100 degrees or so will kill it. You can take comfort from the fact that almost nothing else will do so. The way you feed the starter is to **(A)** throw away half of it and then **(B)** add a half-cup of flour and a half-cup of water. Do this every 24 hours. Within three or four days (it can take longer, a week or more, and it can happen more quickly) you should start getting lots of bubbles throughout, and a pleasant sour or beery smell. The starter may start to puff up, too. This is good. Here's the gist: *When your starter develops a bubbly froth, it is done. You have succeeded.* If this sounds brain-dead simple, that's because it is. People who didn't believe the Earth was round did this for millenia.

Refrigerate the Starter. Keep the starter in your fridge, with a lid on it. Allow a little breathing space in the lid. If you're using a mayo or pickle jar, punch a hole in the lid with a nail, that kind of thing. Once the starter is chilled, it needs to be fed only once a week. Realistically, you can get away with less; it's important to remember that your starter is a colony of life-forms that are almost impossible to kill

(except with extreme heat). Even starving them is difficult.

Care and Feeding: Hooch

Aside from weekly feeding, the only other thing you need to worry about is hooch. Hooch is a layer of watery liquid (often dark) that contains alcohol. It smells a bit like beer, because it is a bit like beer - but don't drink it! Hooch builds up in your starter, especially in the fridge. Just pour it off or stir it back in. It doesn't hurt anything. If your starter is looking dry, stir it back in. If your starter is plenty wet, pour it off. Just remember that hooch is nothing to worry about!

Sourdough Baking Step One: Proofing the Sponge

Several hours before you plan to make your dough (recipe below), you need to make a sponge. A "sponge" is just another word for a bowl of warm, fermented batter. This is how you make your sponge.

Take your starter out of the fridge. Pour it into a large glass or plastic bowl. Meanwhile, wash the jar and dry it. You may also wish to pour boiling water over it, since you don't want other things growing in there with your pet!

Add a cup of warm water and a cup of flour to the bowl. Stir well, and set it in a warm place for several hours. This is called "proofing," another word for fermenting. Sourdough bakers have their own language; use it to impress your friends ;)

Watch for Froth and and Sniff. When your sponge is bubbly and has a white froth, and it smells a little sour, it is ready. The longer you let the sponge sit, the more sour flavor you will get.

The proofing-time varies. Some starters can proof up to frothiness in an hour or two. Some take 6-8 hours, or even longer. Just experiment and see how long yours takes. If you're going to bake in the morning, set your sponge out to proof overnight.

Sourdough Baking Step Two: The Actual Recipe

Of course, there are a lot of recipes for sourdough bread. There are also recipes for sourdough rolls, sourdough pancakes, sourdough pretzels, sourdough bagels, and probably sourdough saltines for all I know. This is the basic recipe I use, though, and it's simple and makes a fine bread. You'll need the following:

2 Cups of sponge (proofed starter)

3 Cups of unbleached flour

2 tablespoons of olive oil or softened margarine

4 teaspoons of sugar

2 teaspoons of salt

First, let's talk about leftover sponge. You should have some. The leftover sponge is your starter for next time: Put it into the jar, and give it a fresh feed of a half-cup each of flour and warm water. Keep it in the fridge as above; you'll have starter again next time.

Now, for the recipe: To the sponge, add the sugar, salt, and oil (the oil is optional - you can use softened butter instead, or no oil at all). Mix well, then knead in the flour a half-cup at a time. Knead in enough flour to make a good, flexible bread dough. You can do this with an electric mixer, a bread machine on "dough cycle," or a food processor. You can also do it with a big bowl and your bare hands.

Keep in mind that flour amounts are approximate; flour varies in absorbency, and your sponge can vary in wetness. Use your judgment; treat it like ordinary white or french bread dough.

Let the dough rise in a warm place, in a bowl covered loosely with a towel (if you're using a bread machine's dough cycle, let it rise in the machine). Note that sourdough rises more slowly than yeast bread; my starter takes about an hour or so, but some starters take much longer. Let the dough double in bulk, just like yeast-bread dough. When a finger poked into the top of the dough creates a pit that doesn't "heal" (spring back), you've got a risen dough.

Punch the dough down and knead it a little more. Make a loaf and place it on a baking sheet (lightly

greased or sprinkled with cornmeal). Slit the top if you like, and cover the loaf with a paper towel and place it in a warm place to rise again, until doubled in bulk.

Place the pan with the loaf in your oven, and then turn your oven to 350° Fahrenheit and bake the bread for 30-45 minutes. Do not preheat the oven. The loaf is done when the crust is brown and the bottom sounds hollow when thumped with a wooden spoon. Turn the loaf out onto a cooling rack or a towel and let it cool for an hour before slicing.

And that's that. If you double the recipe for two big two-pound loaves of bread, the total price tag will be less than a dollar.

Comments and Notes and Ramblings

For good rising, I use my oven. Turn the oven on for a minute or so, then turn it off again. This will warm the oven and make it a great environment to raise bread. If you can't comfortably press your hand against the inside of the oven door, the oven is too hot. Let it stand open to cool a bit.

I'm continually amazed at the elegance of sourdough baking . . . Bread is simple and yet it's one of the most satisfying foods there is, and the most fundamental.

If any part of the article is unclear, refer to the [sourdough section](#) of my [FAQ](#) for help. For the sake of my health and good cheer, I am no longer accepting sourdough emails due to regrettable abuses of my preferred open-inbox policy. The good news is that the article and FAQ already include *everything* I've learned, so you should have plenty to begin with. Best of luck with it, and most of all remember to have fun, never mind getting messy, and enjoy sharing the results with those you love.



On to the Recipes....

A couple of things I've learned about working with sourdough: **1.** It takes much longer than today's quick rise yeast! If you want bread or dough to bake in the morning, *make your dough up the evening before and let it sit covered at room temperature through the night.* It will work wonderfully and you'll appreciate the extra time!!

2. NEVER, EVER, EVER use metal when working with wild yeast. It kills it!!!



The following set of recipes was given to me with my first yeast culture.

Sourdough Bread:

2 T sugar
½ cup oil (I like melted butter)
1 T salt
1 cup starter (never use all your starter – keep at least 1 cup to continue it)
1 ½ cup warm water (I prefer milk)
6 cups bread flour

Measure all the dry ingredients into a large bowl and mix well. With a large spoon, make a well in the dry ingredients and pour the oil and warm water in at the same time (I put the milk in a saucepan WITH the butter and heat it just till the butter is really starting to melt.). Immediately add the starter and mix the dough well. Turn into a greased bowl and roll over so the top is greased. Cover lightly with plastic wrap or foil and let stand overnight. DO NOT refrigerate.

Next day, after the standing time, punch dough down; turn onto a lightly floured board and knead a little. Divide into 2 or 3 parts and knead each part on the floured board 10 – 15 times. This dough should make: 5 petite loaves, OR 3 medium loaves, OR 2 large loaves.

Put kneaded dough into greased loaf pans (or pinch off small amounts to make rolls) brush with melted butter, cover lightly and let rise 8 to 10 hours. Bake at 350F (petite= 30 minutes; medium=35 minutes; large=40 minutes). Check your loaves or rolls at about ½ the baking time and cover with foil if they are pretty brown, and finish baking covered with foil. Remove from pans and cool on a baking rack. Wrap and store, this bread freezes well.

Variations:

Grain bread #1... use 2 c. whole wheat flour + 1 c. rolled oats + 3 c Bread flour

Grain bread #2...use 1 c whole wheat flour + 1 cu. Rolled oats + 1 c rye flour + ½ c. wheat germ + 3 c Bread flour

Grain bread #3...use 3 c. whole wheat flour + 3 c. bread flour

Raisin bread...add 1 12 oz. pkg of seedless raisins to any of the recipes here. Add to dry ingredients.

Cinnamon bread...add ½ c. sugar + 1 T ground cinnamon to the dry ingredients of any of these recipes.

Cheese bread...add 1 to 2 c. cubed or grated sharp cheese to any of these recipes....AFTER decreasing sugar to 1 T and increasing salt to 2T.

Salt-Free Bread... omit the salt

Use a little less sugar or a little more to dry ingredients whichever meets your taste or needs.

Use corn, safflower or canola oil to make a cholesterol-low product.

Cinnamon rolls...[see the clarification below]...combine raisin and cinnamon bread recipes and roll out in a large rectangle, sprinkle with a mixture of ½ c. sugar and 1 T ground cinnamon. Dot with butter or margarine, and roll up into a long log. Slice into ¾” thick slices, place on a greased pan that has 1” sides, and bake at 350, watching carefully, for 20 to 35 minutes. Cool in pan and frost with below glaze if desired.

(A clarification of the above recipe: Add 12 oz. of raisins, ½ c sugar and 1 T cinnamon to the dry ingredients of any of the recipes given – the basic white one may be the best.)

Glaze:

2 c. powdered sugar

2 T vanilla flavoring

Dash of salt

Milk as needed for preferred consistency

Combine the sugar and salt. Mix the vanilla into the sugar & salt; stir in a little milk to make a thick liquid glaze. You can add a little almond or lemon flavoring for different tastes. Drizzle this over the cinnamon-raisin roll – it will set up so don’t worry about it being sticky.



San Francisco Sourdough BREAD

From <http://home.att.net/~carlsfriends/OTbrochure.html>

from Bread Alone by Daniel Leader & Judith Blahnik:

First make up a sponge and let it sit at 74 - 80 degree draft free place for 24 hours:

Starter - 2/3 cup

Water - 1 cup

White flour - 1 1/2 cup

Final dough:

Water - 2 cups

White flour - 5 1/2 - 6 1/2 cups

Fine sea salt - 1 T

Mix final dough and knead it for 15 to 20 minutes. Let it ferment at 74 - 80 degrees in a draft free area for 2 1/2 hours in a large bowl, covered with a damp towel or plastic wrap. Deflate the dough by pushing down in the center and pulling up on the sides. Cover bowl with a clean damp towel or plastic wrap and let sit in a warm (74-80) draft free place for 30 minutes. Turn out on a floured area and knead briefly. Shape into a tight ball. Cover with a clean damp towel or plastic wrap and put in a warm (74-80) draft free place for 30 minutes. Shape. You may divide the dough into two pieces and shape into two round loaves or into round loaves (free form) or one large freeform loaf. Proof the loaves in a warm (74-80) draft free place till they rise 1 1/2 times the size - about 1 hour - on a floured towel. Preheat oven for an hour before baking. Bake on a baking stone at 450 for 15 minutes, reduce heat to 425 for 20 minutes longer. Turn out and thump the bottom to test for doneness (sounds hollow) and cool on a wire rack for 25 minutes before cutting. Spritzing the oven at the beginning and each 3 minutes for the first 10 minutes will make a hard crust. One can use two conventional baking pans if desired.

More recipes from the same site:

Sourdough HOTCAKES

The NIGHT BEFORE mix 1/2 c Starter, 1 1/4 c Water, 1/2 c Flour, and let sit in warm place till the NEXT MORNING then add 2 Eggs, 1 T sugar, 1/4 t Salt, 1/2 c Flour, 2 T Oil and ADD LAST, just before cooking 1 ts Soda.

Bake on a Hot griddle (water bounces). For WAFFLES just add a little more flour! Sourdough BISCUITS: If you have dough left over, mix in some more flour for heavier dough, knead a few minutes, cut with biscuit cutter, dip in butter or oil, and you have biscuits for lunch!



(The following section from <http://www.sourdoughhome.com/100percentwholewheat.html>)

100% Whole Wheat Sourdough Bread

This bread is a favorite of mine partly because it's a rich wonderfully flavorful bread, and partly because it breaks so many rules people just know to be true.

We're told you can't make a light bread with all whole-wheat flour, that you have to either add some bread flour or gluten to the dough. We don't do either. We just handle the dough well, and the bread rises beautifully. This bread is based on a recipe in [Laurel Robertson's "The Laurel's Kitchen Bread Book," "A Loaf For Learning"](#). I have converted the recipe to be a sourdough recipe.

Laurel gives exhaustive instructions on how to make a whole wheat bread that will rise nicely. Her book has more than a recipe in it, it has 33 pages of the most clear, informative description of how to bake bread I have ever read. What follows is the Readers's Digest Condensed version. I recommend purchasing her book, and reading the full directions. You may safely assume that each step in the instructions below occupy several pages in the book.

The first step is to convert your [starter](#) to all whole wheat if you don't maintain your starter on whole wheat. I do this so the final bread will be 100% whole wheat flour. I'm not a whole wheat fanatic, but for a sourdough bread to be made with 100% whole wheat flour, it has to be made with a starter that is fed on whole wheat. If you make a bread with a starter fed on white flour, the bread will probably turn out well, but the bread won't be a 100% whole wheat bread.

I have used "High Altitude Hungarian Stone Ground Style Whole Wheat Flour", Rocky Mountain Milling's organic whole-wheat flour, and flour I ground at home with either a KitchenAid GrainMill attachment or a GrainMaster WhisperMill to do this. So far, the home ground GrainMaster WhisperMill flour has been the pick of the litter, followed fairly closely by Rocky Mountain Milling's flour, but the High Altitude flour has the advantage of being available in grocery stores here. You can use any finely ground whole-wheat flour.

To convert my starter to whole wheat, I start by refreshing my regular [starter](#) until it is lively and active. Then mix 1 TBSP of the active [starter](#), 1/4 [cup water](#) and 3/8 [cup](#) of whole wheat flour and whisk them together. Let it sit overnight. In the morning, add 1/4 [cup](#) of [water](#) and 3/8 [cup](#) of whole wheat flour, and mix it well. About 8 to 12 hours later, add another 1/2 [cup](#) of [water](#) and 3/4 [cup](#) of whole wheat flour. After another 8 to 12 hours, you should have somewhat more than a [cup](#) of active whole wheat flour that is ready to use.

Remember to save some of your whole wheat [starter](#) so you won't have to convert the [starter](#) again.

Here are the ingredients for a loaf of the bread:

1 [cup active sourdough starter](#)
3/4 [cups water](#)
2 1/8 [cup](#) finely ground whole-wheat flour
1 tsp salt
1.5 TBSP honey
2 TBSP oil

The original recipe could be made with yogurt by reducing the water used. If you decide to do this, reduce the amount of water by 1/3 [cup](#), add 1/3 [cup](#) cold yogurt (plain, of course), and reduce the salt by 1/4 tsp. We didn't notice a lot of difference between the two versions.

Pour [starter](#), into a mixing bowl. Add the water, the salt, honey, oil, and (optional) yogurt. Whisk together.

Add the flour a [cup](#) at a time and stir. Make sure the dough is well mixed, feeling it to see if the water has

been incorporated through the dough. Yes, this means you should use your fingers to feel the dough, massage it, and look and feel for dry spots where flour has not been moistened. If you find such, mix the flour into the dough and get it moistened.

Turn the dough out onto a lightly floured surface. Knead until it passes the [*windowpane test](#), probably 10 to 15 minutes. If you double the recipe, it will take twice as long. Having a scraper handy is a good thing, as you can scrape up the stuff that sticks to the board, so it can be incorporated back into the dough. About half way through the kneading, the dough will get a lot less sticky, even without adding much flour.

Try not to add too much flour. (I usually add about 1/2 [cup](#) per loaf in the kneading process.)

Form the dough into a ball, and then, holding the ball in two hands, tuck the surface of the ball into the bottom of the ball, which will cause the surface of the ball to stretch and form a gluten cloak on the outside of the ball of dough. Don't stretch the dough so much that you tear the dough.

Put a bit of oil in the bottom of a bowl, put the smooth side of the dough onto the oil. Turn the bread so it's lightly coated with oil. Cover the bowl, and let the dough rise about 1 1/2 hours in a covered place.

When the dough has doubled in size, gently deflate the dough by pressing your fist into the ball, then fold over the sides of the ball to form it into a new ball, and put back into the mixing bowl. Again, let the dough rise covered in a warm place until doubled, which will about 1/2 as long the first rise.

Again, gently deflate the bread, and form a loaf, and put the loaf into a greased 4 x 8" bread pan. (I use "Baker's Joy" to grease my loaf pans.)

Put the loaf aside to rise, which should be a bit faster than the second rise. Don't let it over-rise!

Preheat the oven to 350 F. Slash the bread with a single slash down the center of the loaf. Pop the bread into the oven. After 1/2 an hour, look at it. If the loaf is quite brown, reduce the temperature to 325 F. If the bread is pale or pinkish, raise the temperature to 375 F. You may want to use those temperatures for your next loaf. If you are at high altitudes, or you use glass bread pans, you may need to adjust the temperature further (see ["Baking at altitudes."](#))

Let it continue baking another 15 minutes. Pull the bread out and check it for doneness. I prefer to pop the loaf out of the pan and stick a quick reading dial thermometer into the bottom of the loaf. I think it's done when it reaches 190 F inside. However, at altitudes less than 5,280 feet, I'd probably shoot for 195 or even 200 F. (At 7,700 feet, where I live, the boiling point is 198 F, so trying for more than 200 F is just gonna burn the bread.)

Let it cool, slice and enjoy! I've made about 15 loaves of this bread as I write this and all are light, open grained, and delightful. I'd never have believed I could make a light whole wheat bread if I hadn't seen it!



***The "Windowpane Test"**

Once the dough is springy and lively, it's time for what bakers call "the windowpane test". Start by pulling off a piece of dough about the size of a walnut. Roll it between your hands for a few seconds to smooth the damage done when you pulled the dough away from the larger chunk of dough. Now, using both hands, pull the dough between your hands. The idea is to tease the dough into a sheet or film. From time to time, rotate the dough 90 degrees so you will be pulling on different sides. As you pull on the dough, it should form a sheet, or film, that is thin enough that light can pass through it. No, you won't be able to see things through it, like you could with a real window. The dough shouldn't tear when you do this.

If you can form a window pane, the dough is fully developed. If you can't, then knead another 5 minutes or

so. When I made this bread, I formed a windowpane after about 10 minutes of kneading. I should have kneaded it a bit more. This will not work with breads that have lots of stuff - like nuts, seeds, raisins and so on - in them. But after you do this a few times, you'll know how your dough should feel.



Old-Fashioned Sourdough Pancakes

<http://whatscookingamerica.net/Bread/SourdoughPancakes.htm>

2 cups [sourdough starter](#), room temperature
2 tablespoons sugar
4 tablespoons [olive oil](#)
1 [egg](#)
1/2 teaspoon [salt](#)
1 teaspoon baking soda
1 tablespoons warm water

In a large bowl, add sourdough starter, sugar, egg, and olive oil; mix well. Dilute 1 teaspoon baking soda in 1 tablespoon of warm water. Only add baking soda to batter just before you are ready to cook the pancakes. Fold gently into the sourdough batter (do not beat). This will cause a gentle foaming and rising action. Let the mixture bubble and foam a minute or two.

Heat up a lightly greased griddle until fairly hot; then pour batter onto the griddle. For each pancake, pour 1/4 to 1/2 cup batter onto hot griddle. Cook 1 to 2 minutes on each side or until golden brown. Serve on hot plates.



SOURDOUGH, SOUR CREAM, BLUEBERRY PANCAKES.

From <http://www.cowboyshowcase.com/sourdough.htm>

Night before: remove starter from the refrigerator and either get it to room temperature or use warm water. Empty all of the starter into a large clean bowl and add: 1 - cup water, 1 1/2 - cup flour and 1 - teaspoon sugar. Mix well, cover with several folds of damp paper towel or a dish towel, to keep crust from forming, and leave overnight at room temperature. Next morning: take out 1 - cup of the replenished starter and put back in a well scalded container for refrigeration for use next time. To the rest of the starter add: 3 - tablespoons sugar, 1/2 - teaspoon salt, 1/4 - cup Wesson oil (or such), 2 - eggs well beaten. Mix thoroughly with beater then add 1/1/2 - teaspoon baking soda. Beat thoroughly with the beater to make sure all the soda is well blended. Let sit while you fry bacon or sausage then fry the cakes/flapjacks.

Alternate: after saving 1 - cup of the starter, add 1 - egg, 2 - tablespoons Wesson Oil, 1/4 - cup dry milk (or Pet) and beat thoroughly. Then combine 1 - teaspoon salt, 1 - teaspoon soda, 2 - tablespoons sugar with a little water and blend together until smooth with no soda lumps. Add this to the above combined ingredients and mix well before frying on hot, lightly greased griddle. **THIS IS THE ONE I LIKE BEST!**
Note: If the batter is too thick it may be thinned with milk.

Serving Instructions: As each cake comes off of the griddle, add a spoon size glob of sour cream rather than butter... on top of the very top cake in the stack spoon on blueberries and juice then sprinkle on some powdered sugar. Will serve 2 - 4 hungry folks. Enjoy em while their hot, Mmmm. good! This recipe for

flapjacks makes a cake that by my way of thinkin' seems to stay with a person longer than the Regular Sourdough Pancake below. Ya gotta decide for yourself which recipe is best for your galley.



Sourdough Pizza Crusts

<http://www.sourdoughhome.com/pizzacrusts.html>

People ask me what to do with excess sourdough [starter](#), and here's one of my answers. Make pizza shells. If I'm not planning on using them at once, I'll freeze them after the first baking, and they are ready to be topped and baked at the drop of a hat. It makes you ready for unexpected company - especially kids - dropping in.

If you are going to use the pizza shells right away, you may either partially pre-bake the the shells, top them, and then finish baking them or top them and bake them in one step.

If you pre-bake the shells, they will tend to stay more fluffy. If you just top them and bake them, they will tend to be flatter. Fix 'em the way you prefer them.

Ingredients:

1 1/2 c Sourdough [starter](#)
1 T olive oil
1 t Salt
1 1/2 c Flour

Preheat oven to 450F. (Some people prefer hotter. Try 550F if your oven will take you there.)

Mix ingredients, working in the flour until you have a soft dough. If the dough gets too dry, add some more [starter](#). If you've used all the [starter](#), add a bit of water.

Once you've kneaded the dough, cover it and let rest for 1/2 hour. This lets the dough relax, so forming the pizza is easier. This recipe does not require the rising capabilities of sourdough, it just uses the taste of the starter.

Once the dough has rested, roll out into a flat round pie-like shape. I prefer to roll the dough on baker's parchment, turning the dough 1/8 turn between rolls and only rolling the dough away from me. This makes it easier to make something similar to a circle. How large a circle? It depends on your taste and how many people you have to feed. However, if you get much past a 12 inch diameter, you'll have trouble finding freezer bags large enough to hold the pre-baked shells.

Once you have a nice round pie shell, you may pre-bake it or top it and bake it. To pre-bake it, slide the parchment and pie onto a baker's peel, and then into the oven. It will work better if you use [quarry tiles or baking stones](#). Bake about 5 minutes. It doesn't take long, so watch carefully.

Once the shell is pre-baked, you may cool it and then freeze it, or top it and finish baking it.

When you're ready to top the pizza, rub a bit of olive oil on the surface, as this helps keep the crust from getting soggy. The top with your ingredients. There is some argument about what order to put ingredients on the pizza. I prefer to put the cheese on as the final layer. If you don't, the cheese doesn't brown and it just doesn't look like a pizza to me.

Many people over do their pizzas. When I was a teenager, I preferred the "everything but the kitchen-sink, no holds barred, savage, gonzo all-the-way" pizza. Now I prefer just a few well chosen ingredients. Whatever you prefer, play with your toppings until you create the pie you prefer.

Whatever your favorite topping, you want to balance the cooking time so the crust is nicely browned and

the cheese topping has browned a bit. It is a balancing act. Anywhere from 15 to 25 minutes, depending on your temperature and toppings should do the trick.

I usually use about 8 ounces of mozzarella cheese for a 12 inch pizza. Of course, the toppings are up to you. Here are some possibilities:

Shrimp and Asparagus Pizza This started as a way to get rid of some leftovers, and has become our current favorite. It works **MUCH** better with fresh asparagus than the canned variety. Top the pizza with about 1/2 a pound of cleaned and cooked shrimp and a similar amount of steamed asparagus. Top with mozzarella cheese. Enjoy!

Basil pesto pizza Top the pizza with about 3 ounces of basil pesto, and then the cheese. I use bottled pesto from the grocery store - it tastes great and you can keep it in your pantry.

Spinach, bacon, and red onion pizza. Top the pizza with about 4 ounces of chopped fresh spinach, 4 slices of cooked bacon, and a number of rounds of red onion. Top with cheese and bake. Some people prefer to pre-cook the spinach and drain it.

Classic pepperoni, sausage, and cheese pizza. Top with pizza sauce, pepperoni, cooked sausage, and cheese. Bake as described above.

Veronica's Pizza Recipe with Sourdough Starter



2 cup sourdough starter
2 cups of milk
6 cups of all purpose flour (You may need a little more when using the starter, less if using whole wheat flour)
3 tsp. Salt
3 Tbsp. Butter (margarine isn't as good)
1 Tbsp. Sugar
Olive oil

Put milk and butter in a saucepan and heat slowly till butter is almost melted. Don't let the milk boil.

In a bowl, mix half of the flour and all the rest of the dry ingredients. Make a "well" in the middle of the flour, pour in the starter, then add the milk & butter and stir till smooth. Slowly add more of the flour until the dough is a good soft dough. Knead the dough for a few minutes, keeping flour on your hands to keep them from being sticky.

Coat the inside of another bowl with olive oil, turn the dough into the bowl, cover and let rise in a warm place for several hours.

Punch the dough down and let rest for 10 minutes. Split the dough in half and press out the crust onto a pizza sheet that has been oiled, or a pizza stone that has had cornmeal sprinkled on it. You will probably have too much dough for each crust – cut it off and use for bread sticks.

Bread sticks:

Use dough remaining from crusts. Separate into small pieces or long "sticks". Bake on cookie sheet at 400° for 7 – 10 minutes. Remove from the oven and toss into butter to coat. Sprinkle with Parmesan cheese mix from the pizza.

Sauce:

1 28-oz can of tomato sauce

2 12 oz. cans tomato paste
Water – 1 12 oz. can – use to rinse out the extra tomato paste & add to sauce
Salt – to taste (I use about 1 – ½ tsp)
Pepper – to taste (I use about 1 – ½ Tbsp.)
Oregano - to taste (I use about 1 palm full)
Garlic powder – to taste (I use about 1 palm full)
1 Tbsp. Sugar
1 – 2 Tbsp. Olive oil

Combine all ingredients in a sauce pan and cook slowly till hot. The longer you cook it, the better it will taste.

Parmesan cheese mix:

1 regular sized container of Parmesan cheese
½ tsp salt
2 tsp pepper
1 Tbsp Oregano
1 Tbsp Garlic Powder

Combine all ingredients and sprinkle on pizza just before putting it into the oven. Can also brush the pizza crust with butter after it comes from the oven and sprinkle on the cheese.

Use your favorite toppings.

Bake the pizza at 400° for 15 – 20 minutes or until done. The thicker your crust and toppings, the longer it will take to bake. Hope you like it!

NOTES