

Recipes to Try

Driftwood Public Library presents
ADULT SCIENCE NIGHT at

**ALL SUPPLIES
PROVIDED**



**THIS IS A
FREE EVENT**

21 and over only

Wednesday, December 4 at 6:30 PM

The Science of Sourdough

Make your own sourdough starter and learn about the history and science behind it.

We will test pH levels of freshly made starter and starter that is up to 4 years old.

Got questions? Give us a call or send an email. Driftwood Public Library 541-996-2277 or rhumpert@lincolncity.org

Driftwood Public Library & Black Squid Present: Adult Science Night
Sourdough

Sourdough French Bread*

(Source: <https://www.tasteofhome.com/recipes/sourdough-french-bread/>)

Ingredients

1 package (1/4 ounce) active dry yeast
1-3/4 cups warm water (110° to 115°)
1/4 cup Sourdough Starter
2 tablespoons canola oil
2 tablespoons sugar
2 teaspoons salt
4-1/4 cups all-purpose flour

CORNSTARCH WASH:

1/2 cup water
1-1/2 teaspoons cornstarch

Directions

In a large bowl, dissolve yeast in warm water. Add the Sourdough Starter, oil, sugar, salt and 3 cups flour. Beat until smooth. Stir in enough additional flour to form a soft ball.

Turn onto a floured surface; gently knead 20-30 times (dough will be slightly sticky). Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 to 1-1/2 hours.

Punch dough down. Turn onto a lightly floured surface; divide in half. Roll each into a 12x8-in. rectangle. Roll up, jelly-roll style, starting with a long side; pinch ends to seal. Place, seam side down, on two greased baking sheets; tuck ends under. Cover and let rise until doubled, about 30 minutes.

With a sharp knife, make four shallow diagonal slashes across top of each loaves. In a small saucepan, combine water and cornstarch. Cook and stir over medium heat until thickened. Brush some over loaves.

Bake at 400° for 15 minutes. Brush loaves with the remaining cornstarch wash. Bake 5-10 minutes longer or until lightly browned. Remove from pans to wire racks to cool.

Note: I usually do an egg wash instead of the cornstarch wash. 1 egg mixed with a tablespoon of water.



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Sourdough

Sourdough Crackers*

(Source: <https://www.kingarthurflour.com/recipes/sourdough-crackers-recipe>)

Here's the perfect solution to your discarded sourdough dilemma. The rosemary, while optional, complements the tang of the sourdough perfectly. We're addicted to these crackers, dipped into some healthy hummus.

PREP: 25 mins

BAKE: 20 to 25 mins

TOTAL: 1 hr 25 mins

YIELD: about 100 crackers, 20 servings



Ingredients

1 cup (113g) King Arthur Premium 100% Whole Wheat Flour or King Arthur White Whole Wheat Flour

1/2 teaspoon sea salt

1 cup (248g) sourdough starter, unfed/discard

1/4 cup (4 tablespoons, 57g) unsalted butter, room temperature

2 tablespoons dried herbs, of your choice, optional

oil, for brushing

coarse salt (such as kosher or sea salt) for sprinkling on top

Instructions

Mix together the flour, salt, sourdough starter, butter, and optional herbs to make a smooth(not sticky), cohesive dough.

Divide the dough in half, and shape each half into a small rectangular slab. Cover with plastic wrap, and refrigerate for 30 minutes, or up to a couple of hours, until the dough is firm.

Preheat the oven to 350°F.

Very lightly flour a piece of parchment, your rolling pin, and the top of the dough.

Working with one piece at a time, roll the dough to about 1/16" thick. The dough will have ragged, uneven edges; that's OK. Just try to make it as even as possible.

Transfer the dough and parchment together onto a baking sheet. Lightly brush with oil and then sprinkle the salt over the top of the crackers.

Cut the dough into 1 1/4" squares; a rolling pizza wheel works well here.

Prick each square with the tines of a fork.

Bake the crackers for 20 to 25 minutes, until the squares are starting to brown around the edges. Midway through, reverse the baking sheets: both top to bottom, and front to back; this will help the crackers brown evenly.

When fully browned, remove the crackers from the oven, and transfer them to a cooling rack. Store airtight at room temperature for up to a week; freeze for longer storage.

Overnight Sourdough Bread Recipe

(Source: <https://hostessatheart.com/sourdough-bread-recipe/>)

Overnight Sourdough Bread recipe is a great basic recipe to make if you are just getting started baking Sourdough bread or have been at it for years.

Prep Time 8 hrs

Cook Time 40 mins

Overnight rest 8 hrs

Total Time 8 hrs 40 mins

Servings 18 slices

Author Julie Menghini

Ingredients

- 150 grams bubbly starter
- 285 grams *purified water or filtered water at room temperature
- 500 grams bread flour organic
- 9 grams sea salt fine

Instructions

1. Squelch all of the ingredients together briefly (just for a minute is enough) with your hand. Cover the bowl with plastic wrap and let the dough rest for 30 minutes.
2. Stretch and fold the dough into the bowl several times for about a minute. Cover and leave it out on the counter overnight. In the morning it will have doubled in volume at least.
3. Pre-heat the oven to 240/250C (I preheat to 475°F and place your lidded pot inside to heat up. You can use an enamel dutch oven or aluminum roaster. You can also put the dough into a cold pot.
4. Dust your counter with flour. I use a rimmed baking sheet lined with parchment paper and then dusted with rice flour. It makes it easy to pick up the dough. Scrape the dough out onto the counter. Don't punch it down. You want to keep as many of those bubbles as you can.
5. Pull the outside thirds into the middle and shape as you wish. Try to pull the outside of the dough as tightly as possible so it will hold its shape well. I shaped mine into a ball also known as a boule.
6. Cover with some oiled plastic wrap loosely. Allow the dough to rest for 30 minutes. Set the timer as this is the only proofing that should NOT be overdone.
7. Remove the plastic wrap and slash with a sharp knife or lame.
8. Carefully remove the pot from the oven and remove the lid. Carefully place the dough into the pot. I lift mine by the edges of the parchment paper and put the whole thing into the pot. Replace the lid and place in the oven.

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9. Reduce the heat to 220C (425°F convection). Bake for 20 minutes. Remove the lid and bake for an additional 20 to 25 minutes.
10. Immediately remove from the pot and cool on a cooling rack completely before slicing.

Chewy Homemade Sourdough Pizza Crust

(Source: <https://www.butterforall.com/traditional-cooking-traditional-living/sourdough-pizza-crust/>)

Prep Time 1 hr
Cook Time 30 mins
Proofing Time 12 hrs
Total Time 1 hr 30 mins

Ingredients

For the dough

1 1/2 Pounds Organic Unbleached Flour about 5 cups, 750 g
1 Cup Sourdough Starter 250 g
1/4 Cup EV Olive Oil 60 g
3 Teaspoons Salt 15 g
1 Tablespoon Coconut Sugar 10 g
1 1/2 Cup Filtered Water 365 g

For the sauce

16 Ounces Organic Crushed Tomatoes preferably from a glass jar or home canned is great
1 Bulb Fresh Minced Garlic
2 Tablespoons Dried Oregano fresh is ok too!
1 Teaspoon Salt
1/2 Cup Water

Instructions

The Night Before

Combine the dough ingredients and kneed them into a smooth dough. It should be wet to the touch but not sticky. Adjust flour or water if needed. Cover the dough and let the dough proof overnight on the counter.

The Next Morning

Your dough should be at least doubled in size. Punch it down and shape it into two even balls. Flour them well on the bottom and put them on a plate or tray, covered in the refrigerator. You will remove them one hour before making the pizza.



Pizza Time

Remove your dough from the refrigerator and let it rest and rise at room temperature for one hour. In the meantime prepare the sauce and toppings.

In a small saucepan combine the tomatoes, garlic, oregano, salt and water. Simmer over medium-low heat, stirring occasionally until the sauce is thick and a deep red color. Cool the sauce to room temperature before using.

Grate your cheese. I used a combination of Mozzarella and Provolone. You will need about a pound of cheese for two large pizzas.

Preheat your oven to 400°.

Arrange your toppings on a large platter, cutting board or tray for easy access. For these pizzas I picked Salami, Green Olives, Peppadew Peppers, and Roasted Garlic for one pie and Ham, Spinach and Black Olives for the other. This is the fun part! Get creative with those toppings!

Generously flour your work surface and working one dough ball at a time start flattening the ball with your fingers from the center out. Leave a nice thick rim around the outside if you like a chewy crust. Pick the dough up and drape it over the backs of your hands. Gently pull the dough with the backs of your hands from the center out. At this point you can toss it or just continue pulling it gently until it's stretched to at least 12 inches in diameter. You can also gently grip the crust and let the dough hang and stretch from it's own weight. Make sure to rotate the dough quickly while doing this so it stretches evenly. When making large pizzas I like to use a pizza pan for supporting the pizza but smaller pizzas I like to cook on a pizza stone. When the dough is sufficiently stretched place it on the pizza pan and use a fork to perforate the dough from the center to crust. This will help keep your pizza from getting big air bubbles while baking.

Using a wide spoon add sauce to both pizzas. Then top the sauce with cheese and your favorite toppings. Pro Tip: If you are using spinach or another leafy green add it to your pizza between the sauce and cheese layer. This will keep the spinach from burning and drying out!

Bake your pizzas staggered on separate racks in the middle of the oven for 25 minutes or until the crust is golden brown and the cheese is bubbly.

Recipe Notes

You may need to use up to 1/4 cup (65 g) more water depending on dough consistency.

Sourdough Chocolate Cake*

(source: <https://pinchmysalt.com/sourdough-chocolate-cake-with-cream-cheese-frosting/>)

Ingredients

- 1 cup all purpose flour
- 1 1/2 cups granulated sugar
- 3/4 cup natural cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon kosher salt (or 1/2 tsp table salt)
- 1 cup sourdough starter*
- 2 large eggs
- 1/2 cup sour cream
- 1 cup canola oil
- 1/2 cup coffee
- 1 teaspoon vanilla
- Chocolate Cream Cheese Frosting (recipe below)
- 1/2 cup chopped pecans or walnuts (optional garnish)



Instructions

Preheat oven to 350 degrees. Grease a 13 x 9 inch cake pan with nonstick cooking spray.

In a large mixing bowl or the bowl of a stand mixer, combine flour, sugar, cocoa powder, baking soda, and salt, and stir to combine, breaking up any large lumps of cocoa powder.

Add all the remaining ingredients to the bowl using a hand mixer or the paddle attachment of a stand mixer, beat on medium speed for 3 minutes, stopping occasionally to scrape down the sides and bottom of bowl with a spatula to make sure all ingredients get incorporated.

Pour batter into the greased cake pan (batter will seem thin, but this is okay) and bake on the center rack of preheated oven for 27-30 minutes or until a toothpick inserted in the center of the cake comes out clean and/or the top of center of the cake springs back when touched lightly. It's best to start checking the cake a bit early.

Let cake cool completely in the pan on a wire rack. Once completely cool spread the top of the cake with chocolate cream cheese frosting (recipe below) and sprinkle with chopped pecans or walnuts if you like.

If using the cream cheese frosting, store leftover cake covered in the refrigerator. If making the cake a day before serving, store the cake covered in the refrigerator but remove it an hour or two before serving as the flavor and texture are best at room temperature (although it's delicious straight out of the fridge as well). I think the cake tastes just as good if not better the next day so it's a great make-ahead cake.

Notes

*This can be made with starter straight from the fridge as long as it has been regularly fed and isn't too funky. If your starter has been neglected for a while, I would feed it once before using it in this recipe. I keep my starter at 100% hydration, if your starter is very stiff, add a bit of water to make it a batter-like consistency before measuring for this recipe.

To make this cake without sourdough starter, simply omit the starter, increase the flour to 2 cups and add 1/2 cup buttermilk or plain yogurt (water or milk could be substituted for the buttermilk or yogurt if that's all you have on hand).

I used Diamond Crystal kosher salt when testing this recipe, if using table salt, please decrease the salt amount to 1/2 teaspoon. Plain yogurt (Greek-style or regular) may be substituted for sour cream.

Any light-flavored oil can be used in place of canola oil. This recipe has not been tested by me with melted unsalted butter or coconut oil. If you want to try using melted butter in place of the oil, make sure that it is unsalted.

Beginner Sourdough Sandwich Loaf

(Source: <https://www.thekitchn.com/recipe-beginner-sourdough-sandwich-loaf-recipes-from-the-kitchn-48192>)

MAKES: 2 loaves

INGREDIENTS

1 1/4 cups
(10 ounces) water
1 1/2 teaspoons
yeast
2 cups
(16 ounces) ripe sourdough starter (See Recipe Notes)
4 to 4 1/2 cups
(18 to 20 1/4 ounces) all-purpose flour
1 tablespoon
kosher salt (or 1 scant tablespoon table salt)

INSTRUCTIONS

Combine the water and the yeast in the bowl of a stand mixer or in a large mixing bowl. Give the yeast a few minutes to dissolve completely. Stir in the sourdough starter until the starter is mostly dissolved (a few stringy bits are ok).

Add 4 cups of the flour and the salt, and stir to make a shaggy dough. With the dough hook attachment and your mixer on low speed, knead the dough for about 8 minutes. Alternatively, turn the dough out on a lightly floured counter and knead by hand. Add flour 1 tablespoon at a time as needed if the dough becomes sticky like bubble gum, but try to avoid adding too much. The dough is finished kneading when



it comes together into a smooth ball that's slightly tacky to the touch and holds a ball-shape in your hand. (See more info: [How to Tell When Dough is Kneaded](#).)

Clean out the mixing bowl, film it with a little oil, and return the dough to the bowl. Turn it a few times to coat with oil, then cover. Let the dough rise at warm room temperature until doubled in bulk, 1 1/2 to 2 hours.

Once risen, turn the dough out onto a lightly floured counter and divide it in two. Shape each half into rough balls and let them rest for 20 minutes. Meanwhile, grease two 8 1/2 x 4 1/2 loaf pans.

Shape each half into a sandwich loaf. (See more info: [How to Shape a Sandwich Loaf](#).) Transfer the loaves to the loaf pans and cover loosely. Let the loaves rise until they're starting to puff over the rim of the pan, 1 to 1 1/2 hours. *Alternatively, put your loaves in the refrigerator and let them rise slowly overnight.*

When you see the loaves *just starting* to reach the rim of the loaf pans, begin preheating the oven to 450°F.

Slash the top of the loaves a few times with a serrated knife or baking lame, and slide them immediately into the oven. For a crispier crust, spritz the inside of the oven with water using a water spritzer before closing the oven. Bake for 10 minutes, then reduce the heat to 400°F. Continue baking for another 25 to 30 minutes, until the tops of the loaves are deep golden brown and the loaves sound hollow when tapped on the bottom. (Total baking time is 35 to 40 minutes.)

Shake the loaves out of the loaf pans and let them cool completely on a cooling rack.

RECIPE NOTES

Make sure your starter is fully ripe before using. It should be bubbly and smell very sour.

You can use any amount of starter in this recipe up to 2 cups. If you're using less, make up the difference with equal parts flour and water by weight.

Whole Wheat and Whole Grain Loaves: You can swap up to 2 cups of the all-purpose flour in this recipe for whole wheat or another whole grain flour.

Round Artisan Loaves: Alternatively, shape this bread into round loaves and bake them either on a baking stone or inside a Dutch oven. If baking in a Dutch oven, preheat the Dutch oven with the oven and bake as usual, removing the lid in the last half hour of baking.

Sourdough Pancakes

(Source: <https://www.tastesoflizzyt.com/sourdough-pancakes/>)

Sourdough pancakes have a delicious flavor & fluffy texture that you'll fall in love with! These will become your family's favorite breakfast.

Prep Time 10 mins
Cook Time 10 mins
Total Time 20 mins
Course: Breakfast
Cuisine: American
Servings: 10

Ingredients

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

Instructions

In a large bowl, whisk together the flour, baking powder and soda, sugar and salt.

Add the sourdough starter, milk, egg and oil. Mix well just until combined.

Spray a pancake griddle with cooking spray or grease well with butter. Heat to about 300-350 degrees.

Pour 1/4 cup pancake batter on the hot griddle. Cook until the pancake starts bubbling on top, then flip the pancake.

Cook for an additional 1-2 minutes or until the pancake is cooked through.

Serve warm with butter and syrup.



Amazing Sourdough Waffles Recipe

(Source: <https://anoregoncottage.com/waffles-another-sourdough-success/>)

Light and fluffy whole grain sourdough waffles are easy to make and blow away regular waffles with their flavor. It's a great way to use up your starter, too.

Prep Time 10 mins
Cook Time 30 mins
Overnight Rise 12 hrs
Total Time 12 hrs 40 mins
Course: Breakfast
Cuisine: Belgian
Yield: 8
Author: [Jami Boys](#)



Ingredients

- 1 cup sourdough starter
- 2 cups warm water just tap-water warm
- 3 cups whole wheat flour
- 3 large eggs
- ½ cup melted butter you can use oil, but butter or ghee tastes better
- 2 tablespoons honey
- 1/2 teaspoon salt
- ¼ teaspoon baking soda
- 1 tablespoon water
- For serving: fruit whipped cream, maple syrup, etc.

Instructions

1. The night before you want to make the waffles, combine first three ingredients in a large bowl and beat until smooth. Cover and let stand overnight at room temperature.
2. In the morning add the eggs, oil, honey, and salt. Stir the baking soda in the tablespoon of warm water, stir quickly and then pour right into the batter.
3. Mix together gently and let stand about 15 minutes while the waffle iron heats up. Cook until done, lightly greasing the iron after each waffle.

Notes

Makes about 8 Belgian style waffles or more smaller sized waffles, depending on your maker.

Need tips to grow and store your starter? Read [How to Grow, Keep, and Use a Sourdough Starter](#).

Nutrition

Serving: 1g | Calories: 322.72kcal | Carbohydrates: 42.8g | Protein: 8.97g | Fat: 14.28g | Saturated Fat: 8g | Cholesterol: 91.88mg | Sodium: 305.93mg | Potassium: 186.12mg | Fiber: 5.03g | Sugar: 4.57g | Vitamin A: 443.65IU | Calcium: 27.95mg | Iron: 1.91mg

The Best Sourdough Soft Pretzels

(Source: <https://www.foodiewithfamily.com/best-sourdough-soft-pretzels-recipe/>)

Buttery, salty, and topped with delicious sesame seeds, these chewy yet tender, golden brown sourdough soft pretzels are truly the best.

Course bread

Cuisine Appetizer, Snack

Servings 8

Calories 291 kcal

Author Rebecca Lindamood

Ingredients for dough:

- 4 cups bread flour 1 pound 1 ounce by weight
- 1 tablespoon granulated sugar
- 2 teaspoons SAF or instant yeast
- 1 1/4 teaspoons kosher salt
- 1 cup whole milk
- 1/2 cup unfed sourdough starter

Ingredients for pretzel boil:

- 2 quarts water
- 2 tablespoons baking soda

Ingredients for toppings:

- 3 tablespoons sesame seeds
- pretzel salt

Instructions

To Make the Dough by Hand:

1. In a large mixing bowl, whisk together the flour, salt, sugar and yeast. Set the whisk aside and switch to a sturdy wooden spoon. Stir in the milk and sourdough starter until a soft dough forms. Turn onto a generously floured surface and knead, for 15 minutes adding small amounts of flour as needed to keep the dough from adhering to the counter. You do not want a firm dough... it should be fairly slack, a little tacky and soft, yet smooth. Place dough in a clean bowl, cover with a damp tea towel and set aside to rise in a warm, draft-free place until nearly doubled in bulk and puffy, about an hour or so.

To Make the Dough by Stand Mixer:

1. In the work-bowl of a stand mixer fitted with a dough hook, combine the flour, salt, sugar and yeast. Mix on low about 30 seconds, or just to combine dry ingredients. With mixer still on low, carefully pour in the milk and sourdough starter. Continue mixing on low until you have a smooth, soft, slightly tacky



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dough. Remove bowl from the mixer, cover with a damp tea towel and set aside to rise in a warm, draft-free place until nearly doubled in bulk and puffy, about an hour or so.

To Make the Dough by Bread Machine:

1. Add the milk, sourdough starter, flour, sugar, and yeast to the pan of your bread machine in the order recommended by the manufacturer. Select the "Dough" or "Dough Only" cycle and hit start. Allow the cycle to complete.

To Form the Pretzels:

1. Line three half sheet pans with silpats. Set next to your work area.
2. Turn the dough out onto a very lightly floured surface.

For Traditional Pretzel Shaped Pretzels:

1. Use a bench knife to cut the dough into 8 equal pieces. Roll each piece like play-dough until you have a snake of dough about the circumference of a Kindergarten pencil (or your index finger.) Lay the snake of dough in a u-shape. Twist the two ends together twice, keeping the base of the "u" open, then fold the twisted ends down onto the base of the "u" and gently press in place. Transfer the pretzels onto the lined baking sheets, being sure to leave generous amounts of room between them. They will expand both as they rise and again as they boil and bake. When you have dealt with all the dough, cover the pans with tea towels and let them rise in a warm, draft-free place until puffy looking, about 20 minutes.

To Form Easier Pretzel Rods:

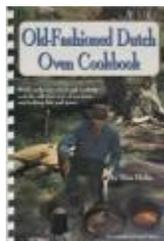
1. Use a bench knife to cut the dough into 12 equal pieces. Roll each piece like play-dough until you have a snake of dough about the circumference of a Kindergarten pencil (or your index finger.) Transfer the pretzels onto the lined baking sheets, being sure to leave generous amounts of room between them. They will expand both as they rise and again as they boil and bake. When you have dealt with all the dough, cover the pans with tea towels and let them rise in a warm, draft-free place until puffy looking, about 20 minutes.

To Cook the Pretzels:

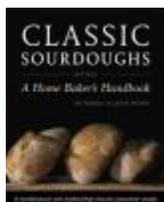
1. Preheat oven to 400°F.
2. Bring 2 quarts of water to a boil in a stainless steel or other non-reactive pan (enameled cast-iron, tempered glass, etc...) When water simmers, add the baking soda. Gently lift the pretzels or pretzel rods one at a time into the boiling water. (You can boil more than one at a time, but be sure not to crowd the the pan as they will expand as they boil. Let simmer for about 45 seconds, flip the pieces and simmer for another 45 seconds-1 minute. Use a slotted spatula or spoon to drain and return each piece to its place on the pan. Continue until all pieces have been boiled and returned to the pan.
3. Sprinkle each pretzel with about a teaspoon of sesame seeds and pretzel salt to taste. Place pans in oven and bake the pretzels at least until golden brown (at least 18 minutes), but you can bake until they are deep brown which is my preference (closer to 22-24 minutes in my oven.)
4. Let stand for at least 5 minutes before eating. These are best enjoyed warm, but can be stored in non-airtight container such as a bowl covered with a clean tea towel or a paper bag that is cinched or clipped shut at room temperature for a couple of days. They can be quickly reheated prior to serving.

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Books available at, or through, Driftwood Public Library:



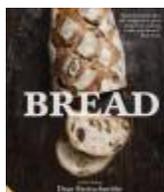
The old-fashioned Dutch oven cookbook; complete with authentic sourdough baking, smoking fish and game, making jerky, pemmican, and other lost campfire arts / Cover plate by Charles Conkling; sketches by Jack Ostergren
Holm, Don.
BOOK | 1969



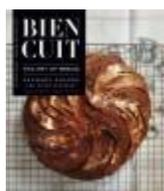
Classic sourdoughs : a home baker's handbook / by Ed Wood and Jean Wood
Wood, Ed, 1926-
BOOK | 2011



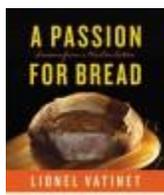
In search of the perfect loaf : a home baker's odyssey / Samuel Fromartz
Fromartz, Samuel.
BOOK | 2014



Bread / global baker, Dean Brettschneider ; photography by Aaron McLean
Brettschneider, Dean.
BOOK | 2014

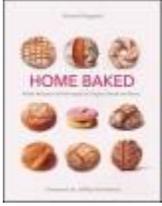


Bien cuit : the art of bread / Zachary Golper and Peter Kaminsky ; photographs by Thomas Schauer
Golper, Zachary.
BOOK | 2015

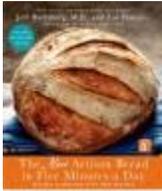


A passion for bread : lessons from a master baker : 7 steps to making great bread / Lionel Vatinet ; photographs by Gordon Munro
Vatinet, Lionel.
BOOK | 2013

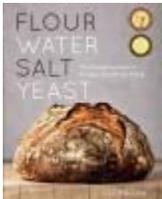
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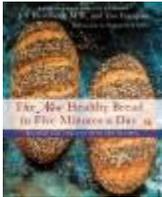
Home baked : Nordic recipes and techniques for organic bread and pastry /
Hanne Risgaard ; foreword by Jeffrey Hamelman ; photography by Thomas
Tolstrup ; translated by Marie-Louise Risgaard, with Robert Jonathan Whittle
Risgaard, Hanne.
BOOK | 2012



The new artisan bread in five minutes a day : the discovery that revolutionizes
home baking / Jeff Hertzberg, M.D., and Zoë François ; photography by Stephen
Scott Gross
Hertzberg, Jeff,
BOOK | 2013



Flour water salt yeast : the fundamentals of artisan bread and pizza / Ken Forkish ;
photography by Alan Weiner
Forkish, Ken.
BOOK | 2012



The new Healthy bread in five minutes a day / Jeff Hertzberg, M.D. and Zoë
François ; photography by Stephen Scott Gross
Hertzberg, Jeff,
BOOK | 2016
see all



Artisan breads : at home with the Culinary Institute of America / Eric Kastel, Cathy
Charles
Kastel, Eric.
BOOK | 2010



One dough, ten breads : making great bread by hand / Sarah Black ; photography
by Lauren Volo
Black, Sarah,
BOOK | 2016



Bread illustrated : a step-by-step guide to achieving bakery-quality results at
home / by the editors at America's Test Kitchen
BOOK | 2016
see all

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Resources for Gluten-Free Sourdough Baking*

<https://vanillaandbean.com/gluten-free-sourdough-starter/>

<https://vanillaandbean.com/seeded-multigrain-gluten-free-sourdough-bread/>

<https://vanillaandbean.com/gluten-free-sourdough-pancakes>

<https://www.kingarthurflour.com/recipes/gluten-free-sourdough-starter-recipe>

<https://www.allrecipes.com/recipe/264483/gluten-free-sourdough-starter/>

<https://www.culturesforhealth.com/learn/gf-sourdough/art-of-gluten-free-sourdough-baking/>

Resources for Keto Friendly Sourdough Baking*

<https://foodadviceonline.com/low-carb-sourdough-bread-how-to-make-keto-sourdough-bread/>

<https://simplebest.club/sourdough-keto-baguettes/>

<https://ketowitchery.com/2018/04/06/low-carb-sourdough-starter/>

*I cannot attest to the tastiness of any of these recipes as I've never tried them.

Sourdough Starter Maintenance

Feeding your starter

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| 1. Most recipes call for a 'fed' starter. Typically most recipes call for 1 cup of starter so at least 12 hours before you are ready to make your bread you need to do the following steps: |
| 2. Take your starter out of the refrigerator, stir it and pour into a large glass bowl. |
| 3. Measure out 1 cup and discard |
| 4. Add in 1 cup of flour and a ½ cup of warm water. |
| 5. Stir to incorporate and cover with clean linen |
| 6. Allow to sit for at least 12 hours (I usually go a day). This will reactivate the yeast. When you uncover it, it will be all bubbly and 'yeasty' |
| 7. Stir and measure out how much you need for your recipe (1 cup per our example). |
| 8. Now you need to feed it again – add 1 cup of flour and ½ cup of warm water. |
| 9. Stir then cover. Let this sit at room temperature until all bubbly (about 3-5 hours) |
| 10. Once bubbly, stir it again and pour it into a 2qrt glass jar and cover with your "holy" lid. |

Storing your Starter...

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| 1. Like I've said, starters are a labor of love. Just like kids, they need fed however you only need to tend to them once a week. As stated in the one step above, you may notice that liquid floating on the top. If it's anything but green/gray discard as it went bad. I know something sour "went bad". So anyway you need to feed it. |
| 2. This step is almost like the 'Feeding your starter' instructions above but you don't have to let it sit out. |
| 3. Stir in the liquid and then pour all of the starter into a glass bowl. |
| 4. Keep stirring until it's pancake batter smooth ensuring that the alcohol liquid is all incorporated. |
| 5. Remove 1 cup of starter and discard. |
| 6. Add in 1 cup of flour and a 1/2 cup of warm water. |
| 7. Stir until smooth and pour into a clean 2qrt glass mason jar and cover with holey lid. |
| 8. Put the jar in the fridge. You don't have to wait for it to become bubbly. |