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Sourdough Recipe Compilation, v2.01, Nov. 1993.
Generated from/for the Sourdough Mailing List.

This list of recipes was updated from a work originally put forward by Jason Yanowitz <JYANOWITZ@hamp.hampshire.edu> There were 19 recipes in that first version compiled last march. There are now more than 90 recipes, and the works is fast becoming the size of a book!

The atributions have been re-inserted in this latest version by David Adams. (dadams@cray.com) If you have posted a signifigant recipe which did not make it's way into this collection you might send a note to that address. Clearly as any work aproaches such a large size decisions will need to be made as far as removing some recipes. At this point there is quite some redundancy with many many similar recipes for biscuits or for Amish Friendship Bread etc. With experience and better editing, perhaps future versions may eliminate some of this redundancy.

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000 STARTER RECIPES

A word or two of explaination are in order about the use of "starter recipes." These recipes are quite unlike almost all recipes in that in them one is trying to "create life". Well sort of. A sourdough culture is a living thing, or at least a collection of millions of living micro-organisms. In actuality these recipes are not really the whitchcraft that they may at first seem to be. While we may not be able to create these micro-organisms, we may be able to atract them, or even hunt them down in their own environments, and domesticate them or subject them to slavery. ;^)

Most sourdough cultures contain some species of yeast, and at least one strain of lactobacilli. These micro-organisms are found in many places in the environment around us. You may recognize lactobacilli as one of the bacteria that makes yogurt. Various strains or species of lactobacilli are also involved in making sour cream, cheese, butter-milk, and other cultured milk products. Sometimes lactobacilli is to blame when milk just goes sour. Hence some sourdough "starter recipes use milk to help attract lactobacilli, and some actually use ingredients like yogurt to introduce lactobacilli.

Different species or strains of lactobacilli are responsible, in large part for the different flavors and textures of the many different varieties of cheese and other cultured milk products. Similarly different strains or species of lactobacilli are mainly responsible for the different flavors produced by different sourdough cultures.

Lactobacilli are also responsible for making sauerkraut, brine cured pickles, and borscht. Usually the lactobacilli used in these recipes is on the vegetables at the time they are harvested. Hence we would not be too surprised to see recipes calling for the use of grape leaves or some other vegetable substance.

Often times the very collection of micro-organisms we desire to gather resides on the grain we intend to use for flour. This explains the use of rye flour in "Manuel's Starter" or the use of whole wheat or even unbleached white flour in a starter recipe. (Bleaching may kill some of the micro-orgainsms.) Rye flour is almost notorious for creating a very sour culture. (See the article on Borodin style bread in recipe #211 below.)

The factors that determine the selection of a strain of yeast are no less important or complicated than those which govern selection of lactobacilli strains. For example _Saccharomyces cerevisiae_ is the scientific name given to bakers' yeast. Homebrew enthusiasts will recognize this also as brewers' yeast. (Different strains are used for each application. Brewers also use _S. carlsbergensis_) _Saccharomyces cerevisiae_ does not well tolerate an acidic environment such as is found in a sourdough culture. The lactobacilli are constantly producing lactic acids which give the bread its sour taste. Hence a culture that begins with active dry yeast can never really become more than very mildly sour unless at some time the culture is invaded by another kind of yeast.

Many (Most?) sourdough cultures contain a strain of _Saccharomyces exiguus_, which does of course tolerate rather acidic conditions. Hence, some starter recipes include vinegar in order to make the batter acidic so as to prevent bakers' yeast from getting a start and selecting in favor of _Saccharomyces exiguus_.

Location may also prove to be an important factor as some strains of desired micro-organisms may be more prevelant in some habitats, such as the San Francisco bay area, or Germany, for example.

Of course none of the starter recipes are guarenteed to work. These creatures may seem to have a mind of their own. If you are unsuccessful perhaps you might try agin, or in another place or season of the year, or you might try another recipe.

If you are frustrated with all that, you might consider obtaining a culture from someone who already has one. You probably have a neighbor or relative who has a culture. Otherwise you can obtain a culture from one of a variety of comercial sources. Also many of the readers of this newsgroup have offered to share cultures for as little effort required as sending a self addressed stamped envelope (SASE) and a ziplock bag. Many of these cultures have been in continuous use for nearly a hundred years. Some cultures (such as the Mid-Eastern cultures from Sourdoughs International) may go back for thousands of years. If you peruse the FAQ file FAQ.culture.bank you will find the addresses of several comercial companies as well as several individuals who are willing to share cultures.

Whether you decide to try to capture a new culture, or go with an ancient one, I wish you the best of luck, and do let the group know how things go.

Sourdough Dave (dadams@cray.com)

I would like to thank Charles Delwiche for helping me to understand

much of the biology involved, however any innacuracies portrayed are entirely my own responsibility.

Also I note that I contradict myself with respect to Manuel's starter. (It begins with a grain of bakers' yeast.) Perhaps the hope is that at some point a wild yeast will take over? Has anybody tried it with out the use of any bakers' yeast?

001--001

001a--------- Recipe Extracted from Meal-Master (tm) Database -----------001a

Title: Sourdough Starter #1
Categories: Breads
Servings: 1

2 c Unbleached Flour
1 pk Active Dry Yeast
1 x Water To Make Thick Batter

Mix Flour with yeast. Add enough water to make a thick batter. Set in warm place for 24 hours or until house is filled with a delectable yeasty smell.

001b---001b
------------- Recipe Extracted from Meal-Master (tm) Database --------------

Title: Sourdough Starter #2
Categories: Breads
Servings: 1

2 c Unbleached Flour
1 x Water To Make Thick Batter

Mix flour and water to make a thick batter. Let stand uncovered for four or five days, or until it begins working. This basic recipe requires a carefully scalded container.

001c---001c
------------- Recipe Extracted from Meal-Master (tm) Database --------------

Title: Sourdough Starter #3
Categories: Breads
Servings: 1

2 c Unbleached Flour
1 x Warm Milk To Make Thick Bat.

This starter is the same as starter #2 but uses warm Milk instead of water. Use the same instructions.

001d---001d
------------- Recipe Extracted from Meal-Master (tm) Database --------------

Title: Sourdough Starter #4
Categories: Breads
Servings: 1

1 x Unbleached Flour
1 x Potato Water

Boil some potatoes for supper, save the potato water, and use it lukewarm with enough unbleached flour to make a thick batter. without yeast. This is a good way to make it in camp, where you have no yeast available and want fast results. This is also the way most farm girls made it in the olden days. Let stand a day or so, or until it smells right.

001e---001e
------------- Recipe Extracted from Meal-Master (tm) Database --------------

Title: Sourdough Starter #5
Categories: Breads
Servings: 1

4 c Unbleached Flour
2 T Salt
2 T Sugar
4 c Lukewarm Potato Water

Put all ingredients in a crock or large jar and let stand in a warm place uncovered several days. This is the authors last choice for making a starter, but seems to be in all the cookbooks dealing with Sourdough Starters. Use only as a last resort.

001f---001f
------------- Recipe Extracted from Meal-Master (tm) Database --------------

Title: Sourdough Starter #6
Categories: Breads
Servings: 1

1 c Milk
1 c Unbleached Flour

Let milk stand for a day or so in an uncovered container at room temperature. Add flour to milk and let stand for another couple of days. When it starts working well and smells right, it is ready to use.
NOTE:
All containers for starters not using yeast, must be carefully scalded before use. If you are carless or do not scald them the starter will fail.

002--002
From David Adams (dadams@cray.com)

This recipe was given to me by a neighbor lady.

SOURDOUGH STARTER

2 C milk - put in glass or ceramic bowl (not metal) and set stand uncovered in warm place for 24 hours. Stir in 2 C sifted flour and allow to stand 2 days until bubbles and gets sour smell. Store in fridge in quart size jar or crock with looose cover. (If cover is too tight CO2 may cause explosion.) If liquid rises to top give it a stir. Starter gets better with age. Use it every 10 days or so and when you take some out add 1 C flour and 1 C water, set in warm place for 24 hrs. (or more) then cover loosely and refrig.

If don't use it activate it every couple of weeks by throwing out all but 1 C starter and adding equal amounts of flour and water. Try to keep 2 C. on hand. Let warm (take out over night) before using.

100 SOURDOUGH WHITE BREAD RECIPES

101--101
From dadams@cray.com
[The "World" Bread].

Here is the recipe I used for my bread.
(Copied by permission from Ed. Wood's book "Sourdoughs from Antiquity.", p. 38 & 39)

I will add my own comments with "dca>"

STEP I: CULTURE PREPARATION

1) Remove the culture from the refigerator

2) Add 1/2 cup of white flour and 1/2 cup warm water

to the culture jar and mix briefly. The total mixture will be about 2 1/4 cups. It need not be lump free.

3) Proof at 85 deg. F. for 6 to 12 hours until actively fermenting (as shown by bubbles on the surface).

dca> The Russian Culture requires about 2 or 3 hours to reach this stage if the correct temperature is maintained. Time depends mostly on how many spores remain in culture at time of use.

STEP II: THE FIRST PROOF

1) Mix all of the active culture with 3 cups of white flour and 2 cups of warm water in a 4 quart mixing bowl. It need not be lump free.

2) Proof at 85 deg. F. for 12 hours.

dca> The Russian culture requires only 6 hours at this stage.

3) RETURN 1 cup of culture to the culture jar. Add 1/3 cup of white flour and 1/3 cup of warm water and proof at 85 deg. F. for one hour. Then refrigerate immediately.

STEP III: THE SECOND PROOF

REMEMBER TO REFRIGERATE one cup of culture from the first proof before proceeding.

INGREDIENTS

4 cups culture from the first proof
dca> (if I have more I use it all.)
2 tablespoons butter
1 cup milk
2 teaspoons salt
2 tablespoons sugar
6 cups white flour

1) Melt the butter over moderate heat (or heat in the microwave), add the milk to the butter, warm briefly, add the salt and sugar, and stir until dis-solved. Add this mixture to the culture and mix well.

2) Add the flour a cup at a time until dough is too stiff to mix by hand. Then turn onto a floured board and knead in remaining flour until the dough is smooth and satiny.

dca> I knead about 15 min by hand.

3) Divide dough in half and form two balls.

4) Pat each ball into a one inch thick oval and form loaves by rolling from the long side, pinching the seam together as you roll the dough to form the loaf.

dca> I often put a flattened ball of dough in the Dutch oven.

5) Place in greased loaf pans and proof at 85 deg. F. for 1 1/2 to 3 hours. When the dough rises 1 to 2 inches above lip of pan, it is ready to bake.

dca> It helps if the dough can rise in a very humid place. When I am baking in the regular oven, I put the dough in a camping cooler with a bucket of hot water. This keeps the dough warm and humid. Problem: I have to stack the pans. If the dough rises above the lip, it hits the next pan and ruins the texture. This is why I want to build a new proofing box.

dca> If you use so much dough that it rises above the lip of the Dutch oven, then you have trouble. Takes experience to know how much dough to use. This recipe can make 3 loaves for a 10" dutch oven, or one 10" and one 12". If it isn't quite warm enough, I place one or two coals on the lid of the dutch oven to let the bread rise.

6) Preheat the oven to 375 deg. F. Ten minutes after putting the bread in, reduce heat to 350 deg. F. and bake an additional 45 minutes.

dca> I find this to be too long. Watch out!

dca> Elsewhere in the book Ed. Wood recomends putting a tray of water in the oven for the first 10 minutes. This is supposed to improve the crust and give it a French bread texture. You see if it works.

dca> For the Dutch oven I put 4 coals on the bottom of a 10" oven and 9 on the top. I cook it for about 35 minutes. I use 5 coals on the bottom and 11 on the top for the 12" oven. If it is very cold outside, it may take more time, and you probably need more coals. I baked bread in -20 deg. F. weather in January once.

7) When the bread is removed from the oven, brush crusts lightly with melted butter. Turn out of pans and cool on a wire rack.

dca> When using the dutch oven, I just turn the oven over and the bread falls out onto the wire rack. My kids call it circle bread.

102---102
From lynn@coral.cs.jcu.edu.au (Lynn Alford)

Basic Bread (not from Sourdough Jack)

After proofing, remove one cup of starter to your frig. Add a bit of oil, and salt (if desired, I rarely do) to the remaining sponge. Begin adding flour one cup at a time. Mix in flour until the dough begins coming away from the bowl. Knead dough, using extra flour as necessary. Allow to proof (with sourdough, time will vary on this. Expect a minimum of two hours. You want to double the size of the dough.) Now shape and bake in 425 F oven for 20 minutes then turn oven to 375 and continue baking for 1 hour.

Variations. I have used just this basic dough as a base for pizza (very nice) and as the dough to line a casserole dish, pour in a ground beef/tomato/italian seasonings mixture, and top with some reserved sourdough. Bake for 30 minutes. Also very nice.

103---103
From: servio!penneyj@uunet.UU.NET (D. Jason Penney)

My Favorite White Bread Recipe

This is my bread recipe that all of my friends say is the best. I have made it literally hundreds of times. It is good sandwich bread, and makes outrageous toast.

I am going to assume that you are familiar with sourdough techniques. I am a recently joined member of this mailing list, so I don't know what's already been distributed, and I don't want to bore you if you already know the basics. Alternately, I have a discussion of basic sourdough techniques published in a local cookbook; I could reproduce that here if there is sufficient interest.

Start by making starter (of course!). For this recipe, I use:

"Sourdough Bread Batter"

1 C starter
2 C warm water
2.5 C flour
    Allow to proof overnight, 8-15 hours.

    yields: 1 C starter to return, 2.5 C starter to bake

The recipe:

2.5 C sourdough bread batter
1.5 C water (or milk, or 1 C yogurt + .5 C water)
    -- make sure water is warm, else scald milk in microwave
2 T sugar
2 T melted butter
2 t salt
3-4.5 C flour
    yields: 2 loaves

1. Add 1 C flour to starter. Mix in liquid, then sugar, salt, and butter.

2. Add flour until dough turns from sides of bowl.

3. Turn out onto kneading board and knead in .5 - 1 C more C of flour.

4. Let proof until doubled in bulk. For us sourdough users, this can be a LONG proof, depending on how cold the flour was when we started. Plan on no less than 2 hours, possible 3.

5. Punch down, let rise again (about 1 hour).

6. Turn out, punch down, shape into loaves.

7. Let rise about halfway (approximately 30 minutes), then bake in a preheated 375 degrees F oven 45-50 minutes.

8. Turn out onto cooling racks, allow to completely cool before wrapping. You may optionally brush the loaves with water or melted butter while still warm, but I don't usually bother.

I had a friend who recently called me in a panic after she made this for the first time, because the crust was hard :-). As a matter of fact, the crust softens quite a bit in about a day. Isn't all sourdough bread this way?

I have also added 1.5 C grated sharp cheese before adding the flour. If you do this, be careful with the cooking time; the bread will brown much easier.

104---104
#From ??
------------- Recipe Extracted from Meal-Master (tm) Database --------------

     Title: The Doctor's Sourdough Bread
Categories: Breads
  Servings: 18

1 c	Sourdough Starter	2 c	Warm Water
2 c	Warm Milk	1 T	Butter
1 pk	Active Dry Yeast	1/4 c	Honey
7 c	Unbleached Flour	1/4 c	Wheat Germ
2 T	Sugar	2 t	Salt
2 t	Baking Soda		

Mix the starter and 2 1/2 Cups of the flour and all the water the night before you want to bake. Let stand in warm place overnight.
Next morning mix in the butter with warm milk and stir in yeast until until dissolved. Add honey and when thoroughly mixed, add 2 more cups of flour, and stir in the wheat germ.
Sprinkle sugar, salt, and baking soda over the mixture. Gentlypress into dough and mix lightly. Allow to stand from 30 to 50 minutes until mixture is bubbly. Add enough flour until the dough cleans the sides of the bowl.
Then place the dough on a lightly floured board and kead 100 times or until silky mixture is developed. Form into 4 1-lb loaves, place in well-greased loaf pans 9 x 3 size. Let rise until double, about 2 to 3 hours in a warm room.
Then bake in hot oven, 400 degrees F, for 20 minutes. Reduce oven temp. to 325 degrees F. and bake 20 minutes longer or until thoroughly baked.
Remove from pans and place loaves on rack to cool. Butter tops of loaves to prevent hard crustyness.
Makes 4 1-lb Loaves

105---105
From David Adams (dadams@cray.com)

David's Sourdough White Bread:

I made sourdough bread on the last campout too. It came out the most like french bread of any loaf I ever made.

I used:

1 1/2 to 2 cups sourdough culture. (I used the Alaskan, my vote for the best camping culture.)

1 tsp salt.
1 cup water.

Just enough quality bread flour to make a nice dough. Not too dry. (maybe 2 cups?)

Knead until you drop dead. (Long time) Try to see if you can stretch the dough papery thin without ripping. If you can come close you are done. I have a large bread board I take camping that I used for kneading.

Shape the loaf into a rounded disk (it helps to grease your hands to do this) and set in a greased 12" Dutch oven. Put the lid on. Set the Dutch oven in the sun if it is too cool. Keep an eye on it and move it back to the shade if it is getting hot. etc.

After about 2 hours of rising I begin to cook. It helps to get experience cooking with charcol briquetts before you try to use the open fire. I used hot wood coals from the fire. It helps if the wood was hard wood like oak. I cook the bread for about 1 hour. When using briquettes I use about 7-8 on the bottom (for a 12" oven) and 14-16 on the top. With a wood fire I try to use a similar amount of coals. Open the oven often during the cooking process to check on the progress. Be ware that the top may look great while the bottom is burning charcol black! Better to have too little heat on the bottom than too much!

106---106
From sak@geosc.psu.edu (Sridhar Anandakrishnan)

Sourdough Buttermilk Bread...mmm, mmm, good!

Just made a sourdough buttermilk bread that turned out great. I used a starter graciously supplied by Joy Metcalfe, and here is what I did:

1 cup starter + 1/2 cup flour, 1/2 cup warm water to get the beasties active.
Let sit for 12+ hours.

Add 3 cups flour, 2 cups warm water, mix and let it sit overnight. It should be stringy, glutinous, and smelly ("it smells like ******* in here," exclaimed my wife).

Add 1 1/4 cups COLD lowfat buttermilk, 4 cups flour and mix until the dough comes away from the sides of the bowl. Turn out onto the counter and knead until it is silky smooth (15 min). Add water or flour as neccessary -- add water by wetting your hands and kneading.

Let it rise (cool <= 70 deg F) for 3-4 hrs.

Turn out onto counter, flatten and press out gas (shouldn't be too much).

Round the loaf and let rise again 1-2 hrs.

Again, flatten and press out gas.

Divide into 2 parts, and form loaves (I like simple round peasant loaves), and allow to proof upside down on a floured cloth.

Preheat oven to 375. Sprinke cornmeal generously on tile or baking sheet surface.

After 30-40 min, turn straight side up onto a floured peel, slash the top, and slide onto tiles or baking sheet in 375 preheated oven.

Eat HOT, with a bit of sweet butter.

Sridhar.

200 SOURDOUGH RYE BREADS

201--201
From dadams@cray.com

David's Wheat and Rye Bread.

I will pick up the recipe assuming you start with 4 cups of culture
>*from the first proof of the Russian starter. (Since all the*
recipies begin the same way.) I doubled the recipe; the one I modified this from started with 2 cups of culture.

Ingredients

4 cups culture from the first proof
2 tablespoons dark molasses (I have skiped the molasses)
2 tablespoons honey (I have skiped the honey)
1 cup milk (I have used water)
2 teaspoons ground coriander
2 teaspoons salt
3-4 cups finely milled rye flour
3-4 cups finely milled whole wheat flour
(The total here should be between 7-8 cups.)

Note: The recipe I modified called for 2 cups rye 2 cups wheat and 3 cups white. I use the K-TEC kitchen mill and mill my own flour from grain. I have recommendations on buying grain if you are interested. I can also pass on information about K-TEC. (K-TEC has a toll free number 1-800-748-5400.)

Note 2: The recipe I modified called for 4 tablespoons of vegetable oil. I omited it and I liked the results.

Directions:

1. Warm the milk to lukewarm
2. Add Milk, molasses, honey, salt and coriander to the culture in a large mixing bowl and mix briefly.
3. Add most of the flour and mix well. Add flour until too stiff to mix by hand. Then turn onto a floured table and knead in the remaining flour until satiny. (I knead about 15 min.)
4. I have made loaves in regular bread pans and also laid loaves on a greased baking sheet. If you use the baking sheet I think the loaf needs to be stiffer. Proof at 85 deg F for 2 or 3 hours.
5. Bake at 350 deg. F. for about 40 minutes. Cool on a wire rack.
6. I find that the slicing properties improve after the bread has a chance to sit and gel for a day or two. I slice the bread very thinly, about 3/16 of an inch thick. The bread could be sliced thinner but my shaky hands can't manage it.

202--202
From dadams@cray.com

I am not real sure that this is the same thing you tried but here is a recipe I got with my sourdough start from "Sourdoughs International".

Tanya's Peasant Black Bread

Makes 1 loaf

Uses the Russian sourdough culture
available from "Sourdoughs International"
(you get this recipe with the start)
(Their phone is 208-382-4828.)

Sourdoughs International
PO Box 1440
Cascade, ID 83611.

This dark bread will rise beautifully in 2 1/2 hours with the Russian starter and form a tantalizing moist loaf.

CULTURE PREPARATION

1. Remove the Russian culture from the refigerator
2. Add 1/2 cup of white flour and 1/2 cup warm water to the culture jar and mix briefly to form a thick batter. The total mixture will be about 2 1/4 cups. It need not be lump free.
3. Proof at 85 deg. F. for about 3 hours until actively fermenting (as shown by bubbles on the surface).

THE FIRST PROOF

1. Mix all of the active culture with 3 cups of white flour and 2 cups of warm water in a 4 quart mixing bowl. It need not be lump free.
2. Proof at 85 deg. F. for 6 hours.
3. Return 1 cup of culture to the culture jar. Add 1/3 cup of warm water. Stir briefly and proof at 85 deg. F. for one hour. Then refrigerate immediately.

Note: The first proof given here provides enough culture for two of the following recipes.

THE SECOND PROOF

INGREDIENTS

2 cups culture from the first proof
2 tablespoons dark molasis
2 tablespoons vegetable oil
1/2 cup milk
2 tablespoons sugar
1 teaspoon ground coriander
1 teaspoon salt
1 cup rye flour
1 cup whole wheat flour
1 1/2 cups white flour

1. Warm the milk
2. Add molasses, oil, sugar, salt, and coriander to the warm milk and mix briefly.
3. Add the rye flour and mix well. Add the whole wheat flour and mix well. Add the white flour until too stiff to mix by hand. Then turn onto a floured board and knead in the remaining flour until satiny.
4. Form an oval loaf by flattening a ball to a 1 1/2 inch thick oval and folding once in half. Pinch the seam together.
5. Place on a greased baking sheet, seam side down and proof at 85 deg F. for 2 or 3 hours or until about double in bulk.
6. Bake at 350 deg. F. for about 40 minutes. Cool on a wire rack.

Note: I modified this recipe a bit based on my experience. The original called for baking at 375 deg. F. for 45 to 50 min. It also called for 12 hours in the first proof. I think this is just the general line Dr. Wood's book gives for all of his cultures. It is too long for the Russian culture.

203---203
From: Tom Molnar <molnar@utcs.utoronto.ca>

Note: the following recipe takes overnight. Start the recipe the day BEFORE you want to bake the bread.

>*From Laurel's Kitchen Bread book:*

Manuel's Starter

1 grain (granule) yeast
1/2 teaspoon milk
1-1/2 cups whole rye (as fresh as possible)
1-1/2 cups water.

Combine above, should be consistency of pancake batter. Store between 65F and 80F in a nonmetal container, covered. Let stand 3 to 5 days, stirring twice a day until it starts to smell like a sour should. If it smells real bad, then it got too warm, and you should start over. After that, treat it like any other sour.

Roberta's Sourdough Rye

1/3 cup Manuel's starter
3/4 cup warm water
2 cups whole rye flour (as fresh as possible)
1/4 onion, separated into pieces.

Combine the flour, water and starter making a dough. Push the onion pieces into the dough. Cover tightly, leave at room temperature for 12 to 15 hours or more.

above mixture
4 teaspoons yeast (this sounds excessive, but who am I to argue)
2/3 cup warm water
3-1/2 cups whole hard wheat flour (as fresh as possible)
2-1/2
1 tablespoon caraway seeds

1/3 cup warm water for kneading

Dissolve yeast in warm water, and combine with the rest of the ingredients. Keep the 1/3 cup water separate for kneading. The trick is in the kneading. Knead for about 15 minutes, and during this time use the 1/3 cup water to wet your hands -- don't add the water at once. Knead for 15 to 20 minutes or until the dough is soft or becomes unpleasantly sticky.

Put dough in a clean bowl (no oil), cover, and let rise once only at 80F. This takes about 1-1/2 hours -- careful not to let it go over. Use the finger poke test (it's ready when a wet finger poked into the dough leaves a hole that no longer fills in). Shape the loaves properly (hearth or french style) and place on greased baking sheet sprinkled with cornmeal. Let rise again at 80-90F (30-45 mins) but keep an eye out not to let it go too far. It's ready when a depression left by a finger (not a hole!) fills in slowly.

Slash the loaves well and place in a oven pre-heated to 450 F. Use a steam technique for 10 mins, then reduce heat to 325F and bake for 40 - 50 mins until done (remove the pan of water after first 10 mins).

For the steam technique, I put 1 cup of boiling water in a metal pan on the bottom of the oven, and in addition, sprayed the loaves with water 4 times (once when I put the loaves in and then every 3 minutes).

I got a nice crust as a result.

204---204
From: Julie A. Kangas <kangas@aero.org>

Well, as I mentioned last week, I spent this weekend baking bread with the Russian culture. All I have to say is WOW, is this stuff aggressive. After a few hours it had invaded my kitchen and set up a puppet government ;-). Seriously, it was a very strong bubbler and had no trouble with some very heavy (and probably not kneaded enough) dough.

I made three kinds of bread; the black bread from Sourdough International, a finnish sour rye (adapted from "The Finnish Cookbook" by Beatrice Ojakangas), and "Dark Rye Bread Borodinskii" (adapted from "The Art of Russian Cuisine" by Anne Volokh). Both the Finnish sour rye and the Borodinskii bread use the rye sour (milk and rye left to get very sour) for flavoring and some commercial yeast for leavening. I modified these recipes to use the Russian culture, so any yuckiness is my fault.

I made the black bread and borodinskii bread on Saturday. My culture did quite well but it was perhaps not as sour as I would have liked. This could be due to the sweetness of the breads though. (The borodinskii bread is even sweeter than the black bread but has a very hearty rye taste. It is darker than the "black bread"). However, the next day I made the Finnish rye bread and it was quite a bit stronger. (The proofing times were the same each day) It had a very nice sour (but not stomach turning) smell and taste. (This is not a sweet bread though). I'm very happy how this turned out (the other breads are yummy too). Perhaps a culture gets stronger after a few uses.

I've included recipes below, but first a few words about them. The Finnish rye uses a rye based sour so I cut down the amount of white flour (since it's in the russian culture) and slightly increased the rye. It seems to be the same as when I made it before (except for the culture which is better).

The borodinskii bread also used a rye starter. It called for a cup of white flour which I deleted (again, the russian culture is based on white flour). The rest of the flour is dark rye. There is also a recipe for an all-dark rye bread (including starter) in the book. I haven't tried it yet.

Here are the recipes which are cryptic if you haven't made bread before:

204b---204b

Finnish Sour Rye

4 cups starter from first proof
1/4 cup warm water
2 tsp salt
4 cups rye flour
1 1/2 - 2 cups white flour

Mix starter, water, salt and rye. Add white flour to form a stiff dough. Knead until smooth. Divide dough in half. For western Finland style loaves, shape into balls and flatten until 1 inch in height and 8-10 inches in diameter. Make a hole about 2 inches in diameter in the center. For eastern Finland style loaves, form two rounded loaves. Prick loaves with fork and let rise about 2 hours. Bake at 375 for 45 min.

205---205

Dark Rye Bread Borodinskii

2 cups starter from first proof
1/3 cup warm water
1 1/3 tbsp shortening
1/4 cup dark malt syrup
1 tbsp corn syrup
3/4 tsp salt
2 1/2 tbsp sugar
3/4 tsp ground coriander
4 1/2 - 5 cups dark rye flour (1)

Mix all ingredients and knead for 30 minutes (2). Shape dough into a ball and let rise about 2 hours. Bush loaf with water and sprinkle with more ground coriander. Place a pan of water into pre-heated (don't you hate it when they tell you to pre-heat oven halfway through the procedure?) 425 degree oven. Bake for 5 min and remove pan. Continue baking for 1 1/4 hours (3) at 375.

Mix 1/2 tsp potato starch with 2 tbsp water and brush on warm loaf.

A Few Confessions:

(1) I didn't have dark rye flour. Medium rye seemed to work but...
(2) I confess, I didn't knead this long. You may need to adjust the amount of flour used if you knead longer or use the darker rye.
(3) I think this is too long. I took my bread out earlier.

Well, I'm very happy with my culture. I didn't notice any sort of nasty slimy smell that David mentions about his russian culture. Mind just had a very honest, sour, alcholic smell. Mmmmmmm. I let my first proof go for 8 hours and I think it could go longer without making the bread inedible.

Julie

206---206

From: Seismo Malm <Seismo.Malm@palikka.jyu.fi>

I have been reading sourdough archives now for a couple of days. I hadn't realiced that you can make sourdough bread from wheat too. We here in Finland make sourdough only from rye. Finnish rye sourdough bread is somewhat more sour than russian and baked for a longer period. In some parts of Finland they make sweetish sourdough bread too.

I have been baking sourdough bread now for about 15 years and I have always used the same recipe that my grandma used. My grandma was partially paralysed for her last 25 years, so the original culture was lost, but I have generated sourdough cultures from skimmed milk+rye flour mixture (There is always lactobasilli in flour) and from viili (a Finnish soured milk product)

Generally cultures from viili make a very active and very sour cultures and they start making good bread in about month. Skimmed milk + rye flour cultures produce milder flavour but they have taken about half a year to produce cood bread.

Sourdough bread from wheat was quite nice and I plan to make it regularly, perhaps every two weeks or something like that.

If you are interested about soured milk products, I could send you a culture for it. It is more firmer than youghurt and not as sour. Especially kids like it.

There is my receipe for sourdough rye bread.

100 g sourdough starter

2 liter water

salt

rye flour

1. Mix starter and lukewarm water. Add rye flour until it can support a wooden spoon upright for a some time.
2. Add little flour every 12 hours.
3. I sour it for about 3 days. It foams very much, but the level of foaming is subsiding at this point.
4. I freece 2/3 of the dough for later use.
5. Add flour until dough is easy to form.I add the salt at this point too. I use 2 teespoonfuls for 1/3 of dough.
6. Knead.

7. Form the dough into a bread shape.

8. Let rise until the size is about double.

9. Bake until done. I use about 200 C for about 2 hours.

My proofing temperature is quite low so this is reason for a long time.
Besides, I like very sour sourdough myself. Added bonus is that the
bread will keep for a long time.

207---207
#From ??
------------- Recipe Extracted from Meal-Master (tm) Database --------------

Title: Sourdough Pumpernickle
Categories: Breads
Servings: 10

1 1/2 c	Active Sourdough Starter	2 T	Caraway Seeds, Chopped
2 c	Unsifted Rye Flour	1/2 c	Boiling Black Coffee
1/2 c	Molasses	1/4 c	Dry Skim Milk
2 t	Salt	3 T	Melted Shortening
1/2 c	Whole Milk	2 3/4 c	Unbleached Flour
1 pk	Active Dry Yeast		

Pour boiling coffee over chopped caraway seeds. Let the mixture cool and then add it to the rye flour and starter which have previously been mixed well. Let stand for 4 to 8 hours in a warm place, preferabley overnight. Then add the molasses, dry milk, salt, shortening,liquid milk, unbleached flour and yeast. Mix well. Cover the bowl and let rise to double. Then knead on floured board and shape into two round loaves on baking sheet. Let rise until double again and bake at 350 degrees for 30 minutes or until done.

208---208
From Randy Hayman
sxrmh1@orca.alaska.edu
TEL: (907) 474-6331
ADDR: UACN - U of AK <SXRMH1@AM@ORCA>

Sourdough Caraway Rye Bread:

The (+/-) below means just that, more or less depending the feel of the dough, the desired result(s), and your experimentation comfort level.

3 C sourdough starter sponge
1 1/2 C warm water (+/- depending upon the consistency of your sponge)
4 1/2 C (+/-) all purpose flour
2 C rye flour
2 tsp salt
2-4 Tbsp (+/-) caraway seeds
1 Tbsp (+/-) poppy seeds
2 Tbsp real butter
1 Tbsp granulated sugar

cornmeal
1 egg lightly beaten with 1 Tbsp water

The day before making the bread add 2 cups flour and 1 1/4 cups warm water to 1 cup of saved sourdough starter in a glass/pyrex/ceramic bowl. Cover with plastic wrap, or lid and let stand at room temperature until the next day.
Day 2, stir down the sourdough sponge and save off all but 1- 1 1/2 cups of the starter, for next time. Add the remaining sponge (about 3 cups) to a mixing bowl and add the water, flours, salt, seeds, butter, and sugar. Mix well, and start kneading when mixing gets too difficult (if you start mixing with your hands, there is not really a transition at this point). Knead in additional all purpose flour as needed to form your proper consistency dough.
Let the dough rest for a bit (about 10 minutes), while you butter a bowl, etc...
Now, butter the ball of dough and place in the buttered bowl. Cover and let rise until doubled in bulk. (The buttering of the bowl and the dough is not absolutely necessary, if you have a container in which to place the dough so that it doesn't start to dry out.)
When the dough has doubled in bulk, punch it down and knead it with as little flour as you can get away with. Divide the dough in half. Shape each half into round, oblong, long, vienna, etc... loaves as strikes your fancy.
Place the loaves on peels sprinkled with cornmeal.
If you don't have peels, place the loaves on bake stones sprinkled with cornmeal.
Cover and let rise until they look right (about doubled in bulk).
Preheat oven to 375 with a pan of water on the bottom of the oven (those of you with electric ovens, try placing the pan of water on the shelf as close to the element as you can, we want the water to become steam during the baking process)
Brush with egg wash just prior to placing in the oven.
If you have peels, preheat your bake stones in your preheating oven. Then just slide the loaves onto the bake stone (just seconds after sprinkling the bake stones with cornmeal)
Bake at 375 for 30 minutes or until done. (done may be a certain brown color, or when you rap the loaf with your knuckle, it sounds hollow) Cool covered with towels if you prefer to keep the crust soft.

Randy
sxrmh1@orca.alaska.edu

209---209
From: julie@eddie.jpl.nasa.gov (Julie Kangas)

From _The Art of Russian Cuisine_ by Anne Volokh.

Moscow-Style Dark Rye Bread
Starter:
1 tbsp active starter
2 1/2 cups warm water
2 cups dark rye flour

Mix ingredients and let proof at a LOW temperature for about 12 hours (this low temperature is VERY important if you're using the russian culture as it can often smell like vomit when it's fed whole grains)

Bread:
All the starter
3 1/4 cup dark rye flour
1 tbsp shortening (oil is easier)
6 1/2 tbsp dark malt syrup
1/4 tsp corn syrup
1 tsp salt
1/2 tsp caraway (optional)

Ok. This takes work. You knead, knead, knead,..... It also acts like the monster that wants to eat the world's supply of rye flour. Knead at least 30 minutes if you're kneading vigorously. More if not. Shape into a slightly flattened ball.

Be prepared. This won't rise a whole lot.

Place a pan of water in the bottom of an oven heated to 425. Bake bread for 5 min then reduce heat to 375 and bake another 1 1/4 hours. Age bread 6 hours before eating.

Julie
#include "std_disclaimer.h"

210--210
<Editors note: Any takers on converting this to a sourdough recipe?>

From zola@hardy.u.washington.edu (Queen of the Netherlands)

Russian Black Bread

Try this bread warm from the oven, thickly buttered and topped with thin slices of sweet red onion.

Makes 2 1-pound loaves
--
4 cups rye flour
2 cups whole bran cereal
2 envelopes dry yeast
2 tablespoons caraway seeds, crushed
2 teaspoons instant coffee
2 teaspoons salt
1 teaspoon sugar
1/2 teaspoon fennel seeds, crushed

2 1/2 cups water
1/4 cup (1/2 stick) butter
1/4 cup white vinegar
1/4 cup dark molasses
1 ounce (1 square) unsweetened chocolate
2 1/2 to 3 cups unbleached all purpose flour

1/2 cup water
1 teaspoon cornstarch
--

Lightly grease large bowl and 2 8-inch layer cake pans. Set aside.

Combine first 8 ingredients in mixing bowl. Combine 2 1/2 cups water, butter, vinegar, molasses, and chocolate in 2-quart saucepan. Place over medium heat and cook, stirring frequently, until chocolate is almost melted but mixture is still lukewarm. Turn into mixing bowl and begin beating. Gradually add flour, 1/2 cup at a time, to make a soft dough, and beat about 3 minutes.

Turn dough onto lightly floured board. Cover with bowl and allow dough to rest 10 to 15 minutes. Knead dough until smooth and elastic, about 10 to 15 minutes, adding additional flour as needed. Place in greased bowl, turning to coat entire surface. Cover with plastic wrap and hot, damp towel and leave in warm place until doubled in volume.

Punch dough down and turn onto lightly floured board. Shape into two balls and place in prepared pans. Cover with plastic wrap and leave in warm place until doubled.

Preheat oven to 350 degrees F. Bake breads 40 minutes. Combine water and cornstarch in saucepan and bring to boil over high heat; boil one minute (1 minute). Brush lightly over bread and return bread to oven for about 5 minutes, or until tops are glazed and loaves sound hollow when tapped. Remove from pans and allow to cool on racks.

211--211
From feldstei@silver.ucs.indiana.edu (ronald f. feldstein)

Notes on Russian Sourdough Bread

I. Sourness of Russian cultures and the ratio of rye:wheat flour.

I would like to comment on certain things that have been said about Russian sourdough bread and cultures. My knowledge of this has mainly come from reading such books as the technical manual Bread Production (Khlebopekarnoe proizvodstvo. Kiev, 1966), by I. Royter, as well as several years of practical experience as a hobby.

I. Many people comment on the fact that the Russian sourdough culture is very sour. This is not by accident. The general rule of Russian breadbaking is that dough from wheat flour is not supposed to be sour, while dough from rye flour is supposed to be very sour. Thus, Russian bread manuals are divided into two basic sections: wheat flour dough and rye flour dough. When rye flour constitutes over 50% of the total, it counts as rye flour. Wheat flour dough is, therefore, leavened by using regular commercial yeast or yeast sponges. Rye flour dough inevitably is made with the use of a sour, which can be boosted by yeast if it is too weak. The lactic acid in rye dough is not considered to be necessary only for its flavor. As Royter notes: (p. 62)

> Rye bread is supposed to contain much more acid than is wheat bread. This is essential not only for giving flavor, but to halt the activity of ferments, which are high in number in rye flour, and to improve the physical properties of the rye dough and bread. The use of sours is also facilitated by the fact that lactic acid bacteria are the ones that mainly develop in rye dough. The lactic acid which is formed in this process gives a pleasant taste to the bread; even when it occurs in large quantities (15-18 degrees N) it is well tolerated by the yeast cells.

Therefore, in Russian bread the amount of sourness is roughly proportional to the quantity of rye flour. A chart on pp. 108-110 of the above mentioned book makes this clear. Here are some ratios of rye and wheat flour and the suggested acid level (in N degrees):

Name	Rye:Wheat	Degrees of Acid
Plain Whole Rye	100:0	12
Borodino	85:15	10
Ukrainian types:	50:50	9
	20:80	7.5

The conclusion to be drawn is that a full rise with a real Russian culture will produce a sour bread, which would only be considered tasty and normal in the case of a high percentage of rye dough.

II. A sample recipe for Borodino bread.

The following general recipe has worked well for me. It is based on the booklet Household Bread (Domashnii khleb. Moscow: 1991). The amounts are approximate. It is assumed that an active sour starter is ready.

1. Put 2 cups of whole rye flour (finely ground is easier to knead) in a mixing bowl and pour 20 ounces of nearly boiling water over the flour. Add 1 teaspoon of ground coriander seed and 4 tablespoons of malt syrup. Mix thoroughly and let cool to around 85 degrees F.

2. When the mixture is at 85 deg., add 1/2 cup of the sourdough starter. If the starter is too weak to raise the dough, you could add commercial yeast also at this point. Let this mixture sit for 10-12 hours at around 85 degrees F.

3. Add 2 teaspoons of salt to the mixture and mix well. Add 1 cup of whole wheat flour and mix. Continue to add rye flour (around 3-4 cups) until it can be kneaded without too much sticking. Sprinkling the surface with cold water or a little vegetable oil helps hasten this process. Shape and smooth loaves, using water. (I get 2 small loaves out of this quantity.)

4. Proof the shaped loaves around 1 1/2 - 2 hrs., or until it doesn't rise anymore.

5. Bake at around 325 deg. F. for 2 hours.

300 SOURDOUGH FRENCH BREADS

301--301
From lynn@coral.cs.jcu.edu.au (Lynn Alford)

To make a tangy sourdough bread, you have to let it sit for a long time. When I made some sourdough French bread, a couple of weeks ago, I started the dough early in the morning, adding most of the flour and all the water it was going to need. By the time it went into the oven, it was pleasantly tangy. If I had wanted even more flavour, I would have started it the night before. The longer it sits, the more flavor it will gain.

Sourdough French Bread (adapted from the Sourdough Jack's Cookbook)

1 cup sourdough starter	2 t sugar
1 1/2 c warm water	2 t salt
1 package yeast	1/2 t soda
4 c flour	2 c flour (for kneading)

If you are going to start this bread the evening before or early in the morning, you won't need the extra yeast. If you start it 3 hours before dinner, you will need it. Put the starter, water, and flour in a bowl. Put this in a warm place and ignore it for the rest of the day. By evening, it should have doubled and smell like your starter again. Mix the sugar, salt, soda and 1 cup of flour together. Sprinkle them over the dough, and mix well. Turn the dough out onto your bread board and knead it, using the remaining flour.

Shape loaves and place them on lightly greased cookie sheets. Let rise until doubled in bulk, slash tops of loaves, brush them with water or a well-beaten egg, and place in 400 F oven. (A pan of water on lower shelf of the oven can help make a crispy crust.) Bake until medium dark brown.

302--302
From: BOYAR001@dukemc.mc.duke.edu

Sourdough French Bread

For Sponge:
1 c sourdough starter from refrigerator
2 c warm water
2 1/2 c bread flour

If the starter jar (from the refrigerator) contains more than a cup of starter, stir it before taking the cup mentioned above.

Mix the above in a bowl, stir, cover and let sit for 12 hours in a reasonably warm area (75-85 degrees). After 12 hours, mix briefly, return 1 cup to the starter jar (for the refrigerator), and dump the remaining into the bread machine. (Should be about 3 cups worth).

Then add into machine:
2 t sugar
1 1/2 t salt
1/2 t baking soda
2 c bread flour

Watch the initial mixing. The mixture should form a ball. If it appears too wet, add more flour (up to another cup).

DAK Bread Machine specific controls:

Press start, DO NOT USE TURBO.
Setting: French, Darkness control 2-4 PM

Variations: add 1-2 tsp dill weed

303--303
From: bell@pooh.cs.unc.edu (Andrew Bell)

Sourdough French Bread (For Bread Machine)

2 cps bread flour
1/2 cp sourdough starter
3/4 cp warm water (between 85 and 95 degrees fahrenheight)
1 Tbs sugar
1 tsp salt
1 tsp butter, room temp. (I use vegetable oil)
1 tsp yeast *** Omit yeast if letting bread rest 4 to 6 hours because then your sourdough starter should take over (I'd add a little bit just in case...)

Put ingredients into bread maker in order listed above. Push start in "french" bread mode and let it mix for 1 minute. Push cancel, let it "rest" 4 to 6 hours, then hit start again. If you start in the morning, the bread would be ready for dinner (8 to 10 hours later).

I didn't let it "rest" and still had a mild sourdough bread. But to really get the stronger sourdough taste, it should be allowed to rest for some time.

Enjoy!
Leslie Bell
bell@cs.unc.edu

From: hyler@jaana.ast.saic.com (Buffy Hyler)

Here's one that came across either the net or the breadmakers mailgroup that I've used twice in the last few weeks and the results were excellent:

Sourdough French Bread

For Sponge:
1 c sourdough starter from refrigerator
2 c warm water
2 1/2 c bread flour

If the starter jar (from the refrigerator) contains more than a cup of starter, stir it before taking the cup mentioned above.

Mix the above in a bowl, stir, cover and let sit for 12 hours in a reasonably warm area (75-85 degrees). After 12 hours, mix briefly, return 1 cup to the starter jar (for the refrigerator), and dump the remaining into the bread machine. (Should be about 3 cups worth).

Then add into machine:
2 t sugar
1 1/2 t salt
1/2 t baking soda
2 c bread flour

Watch the initial mixing. The mixture should form a ball. If it appears too wet, add more flour (up to another cup).

DAK Bread Machine specific controls:

Press start, DO NOT USE TURBO.
Setting: French, Darkness control 2-4 PM

Variations: add 1-2 tsp dill weed

My comments: I usually have to add 1/2 to 3/4 cup of the extra flour to get a nice smooth ball.

Buffy Hyler (hyler@ast.saic.com)
SAIC, Campus Point
San Diego, California

304--304
Pilfered off rec.food.cooking

304a--------- Recipe Extracted from Meal-Master (tm) Database ------------304a

```
     Title: Sourdough French Bread
Categories: Breads
  Servings: 18

      1 pk Active Dry Yeast                   1/4 c  Warm Water (110 to 115 F)
  4 1/2 c  Unbleached Flour, Unsifted           2 T  Sugar
      2 t  Salt                                 1 c  Warm Water
    1/2 c  Milk                                 2 T  Vegetable Oil
    1/4 c  Sourdough Starter
```

Dissolve yeast in warm water. Add the rest of the ingredients. Mix and knead lightly and return to the bowl to rise until double. Turn out onto floured board and divide dough into two parts. Shape dough parts into oblongs and then roll them up tightly, beginning with one side. Seal the outside edge by pinching and shape into size wanted. Place loaves on greased baking sheet and let rise until double again. Make diagonal cuts on top of loaves with razor blade or VERY SHARP knife and brush lightly water for crisp crust. Bake at 400 degrees F for about 25 minutes, or until brown and done.
NOTE:
Makes 2 loaves at 18 slices each. Also note the the serving sizes in all of these recipes is guesstamate. It all depends on the serving size you select.

304b---304b
From ??

------------- Recipe Extracted from Meal-Master (tm) Database --------------

```
     Title: Sourdough French Bread
Categories: Breads
  Servings: 18

      1 pk Active Dry Yeast                   1/4 c  Warm Water (110 to 115 F)
  4 1/2 c  Unbleached Flour, Unsifted           2 T  Sugar
      2 t  Salt                                 1 c  Warm Water
    1/2 c  Milk                                 2 T  Vegetable Oil
    1/4 c  Sourdough Starter
```

Dissolve yeast in warm water. Add the rest of the ingredients. Mix and knead lightly and return to the bowl to rise until double. Turn out onto floured board and divide dough into two parts. Shape dough parts into oblongs and then roll them up tightly, beginning with one side. Seal the outside edge by pinching and shape into size wanted. Place loaves on greased baking sheet and let rise until double again. Make diagonal cuts on top of loaves with razor blade or VERY SHARP knife and brush lightly water for crisp crust. Bake at 400 degrees F for about 25 minutes, or until brown and done.
NOTE:
Makes 2 loaves at 18 slices each. Also note the the serving sizes in all of these recipes is guesstamate. It all depends on the serving size you select.

305--305
From dadams@cray.com (David Adams)

This recipe was given to me by a neighbor lady.

SOURDOUGH FRENCH BREAD   2 loaves

```
1 pkg. dry yeast                2 t salt
1 1/2 C warm water              6 - 6 1/2 C unbleached
1 C starter                             flour, divided
2 t sugar                       1/2 t soda
```

Sprinkle yeast over waarm water in large bowl. Stir until disolved. Stir in starter, sugar salt and 3 C flour until well blended. Beat at high on elec. mixer 2 min. Stirr in 1 C flour to make thick batter. Cover bowl with towel. Let rise in warm place until doubled (1-2 hours.) Stir down batter. Mix soda and 1 C flour - stir into batter to form soft dough. Turn onto greased floured board. Use enough of remaining flour to prevent sticking and knead 8 min. until smooth and elastic. Divide in half. Roll each half into a rectangle 9x16". Starting at long side, roll up tightly and seal bottom seam by pinching with fingers. Taper ends slightly by rolling loaf back and forth on board with one hand on each end. Tuck tapered ends under or put in bread pan lightly greased. Cover with damp towel. Let rise in warm place until doubled (45 min- 1 hr.) Brush loaves lightly with water. Bake 35-45 min. at 400 deg. F.

306____306
From: a.m.osborne@mvuxd.att.com

PAIN DE CAMPAGNE (Pain au Levain)
from "The Bread Book", by Martha Rose Shulman
Julian Templeman

This recipe is for French bread - not the stale-next-day baguettes, but the large, flat sourdough loaves with a hard crust and chewy texture called 'pain de campagne' or 'pain au levain.' It may seem a lot of effort, but it is worth it. This bread is very filling, has a wonderful taste, and will keep for up to a week if you take a bit of care. Ideally, this bread is made with no yeast whatsoever, but it can be difficult to get enough leaven from just the sourdough, so here is a hybrid recipe....

For sourdough bread, you have to make the sourdough starter, or 'chef' about a week in advance. Once you have made the first lot, though, you save a bit of your dough for the next batch of bread, and so on. On day one:

90 ml water   115 g unbleached white or wholemeal flour, or a mixture

Stir the flour and water together until smooth, cover with a damp tea-towel and leave for 72 hours. You can keep damping the tea-towel if you want. It should rise slightly, and take on an acidic aroma. Tell others using your kitchen not to throw this rather horrible looking mess out. After 72 hours:

120 ml lukewarm water   170 g flour, as above

If a stiff crust has formed on the starter, peel it off and discard it. Stir in the water, and then blend in the extra flour. Turn out onto a floured surface, and knead into a ball. Return the dough to the bowl, cover with the damp cloth again, and let it sit in a warm place for 24-48 hours. Again, if a crust forms, peel it off and discard it. You are now ready to make some bread!

This recipe makes one large, or two small loaves. The rye flour is pretty essential for proper 'pain de campagne,' but the semolina flour can be missed out, and an extra bit of plain flour substituted.

225 g chef, prepared as above. If using the start for the first time, use the whole lot.	425 ml lukewarm water 2 1/2 tsps active dried yeast
55 g semolina flour or replace with an extra 55 g unbleached white flour)	55 g rye flour 565 g unbleached white flour
2 1/2 tsps salt	

As before, dissolve the yeast in the water in your bowl, and leave for 10 minutes. Then stir in the chef, and mix well.

Add the rye and semolina flours to the liquid and blend in. Mix the salt with 500 g of the white flour, and then fold this into the mixture. By the time you have done this, you should be able to knead the dough.

Turn it out onto a floured board, and then knead for 10-15 minutes, adding the rest of the flour as you go. The dough may well be very sticky, so use a pastry scraper to help manipulate it, and flour your hands well.

Shape the dough into a ball, transfer it to an oiled bowl, cover with a damp cloth, and leave it to rise somewhere warm for 1.5-2 hours, until doubled in bulk.

Turn out the dough, knock it back, and knead for 2-3 minutes. Remove a heaped cup (about 225 g) of the dough to use as the starter for your next batch, placing it in a bowl, and refrigerating after a few hours if you won't be using it within a day.

Shape the dough into one or two balls, depending on how many loaves you want to make, and dust them with flour. Transfer the ball to an oiled bowl, cover, and leave to rise for 1 1/2-2 hours, until doubled in bulk again. Now comes the hard bit - turn it out onto an oiled baking sheet. Don't knock it down, and try not to disturb it, just gently reshape it with your hands if need be. Cover with a cloth, and let it rise for 15 minutes while you heat the oven.

Heat the oven to gas mark 6/200 degrees C/400 degrees F, putting an empty cake or loaf tin on a shelf near the bottom. Slash the loaf with a sharp knife just before baking, then put the loaf in the oven.... at the same time, empty a pint of water into the loaf tin, and close the oven door quickly. The resulting rush of steam will help ensure a good crust. Spray the loaf with water just after putting it in, and twice more during the first ten minutes of cooking.

Bake for 45 minutes, or until the loaf is dark brown and sounds hollow when tapped on the base. Turn out and cool on a wire rack. Don't keep this bread in a bread-bin; just cover the cut side with foil.

400 WHOLE WHEAT AND OTHER BREADS

401---401

From "Darin Wilkins" <wilkins@scubed.scubed.com>

The article included Wood's recipe for a Saudi flat bread that resembles a thin crust pizza. The recipe calls for Wood's Saudi starter, but you may substitute any unsweetened sourdough starter.

Seasoned Flat Bread (makes 6 flat breads)

2 C unsweetened sourdough starter
1 1/2 tsp salt
1 Tbl sugar
2 Tbl vegetable oil
2 1/2 C all-purpose flour, or as needed
olive oil

Add salt, sugar and vegetable oil to starter. Mix thoroughly. Incorporate flour slowly into mixture until stiff. Turn onto floured board and knead in additional flour as necessary until dough is satiny.

Divide dough into 6 equal parts and shape into balls. Flatten by hand and place on a lightly floured cloth. Cover and let rise 30 min.

Two cooking methods are offered:

1. Preheat oven to 500 F.
   Transfer breads to a baking sheet or stone. Brush with olive oil. Top with sliced mozzarella cheese, tomato slices, or other vegetables. Bake 10 min or until bread is browned and cheese is bubbling.

2. Brush the bread with olive oil, season with herbs, and cook on a preheated griddle

402---402

From: jrtrint@srv.PacBell.COM (John Trinterud)

****
Whole Wheat Potato Bread
****

This recipe came on my 100 lb bag of whole wheat berries! Looks good, and the proportions appear about right - I've made lots of potato breads and I recommend them highly. This recipe shouldn't be too hard to adapt to sourdough, I'd probably substitute 1 cup of starter for the yeast and 1/2 cup of warm water.

(And no, I haven't forgotten the promise for the Sourdough Red Potato bread recipe - a bit too busy so far this week)

John Trinterud

4 medium loaves or 6 - Number 2 1/2 sized tin can loaves

8 cups whole wheat flour
1 tablespoon salt
4 tablespoons sugar, honey or molasses
4 tablespoons melted shortening or oil
2 tablespoons dry yeast, dissolved in 1/2 cup warm water

1 medium potato, boiled until mealy in 2 cups water

Mash or beat the cooked potato in the cooking water until smooth. Add 1 3/4 cups cold water to this mixture, and allow to cool to lukewarm. Add the yeast mixture and shortening.

Mix in half the flour, and make sure it's mixed throughly. Cover and allow to double in size. Add the salt and 3 more cups of flour, or enough to allow hand kneading. The mixture will be quite soft. Turn out on a board and knead until it's smooth and stretchy. Let the dough rest on a greased surface for 15 to 20 minutes. Knead again and shape loaves. If you use tin cans, fill them half full. Let rise till doubled, bake at 400 degrees for about 45 minutes.

For a quicker process, mix 1/2 cup of dehydrated potato flakes into the first 4 cups of flour and use a TOTAL of 3 3/4 cups of water in the recipe.

The bread is much finer and lighter than ordinary 100% whole wheat, and is an ideal dough for scones.

403--403

From: Jerry Pelikan <C05705GP@WUVMD.Wustl.Edu>
Subject: Sheepherder Bread

Last week someone was asking for the recipe for several breads, including Sheepherder's Bread. As I can't seem to get into the ftp, I don't know if it's there. It happens to be my favorite recipe for pizza crust. It go like this:

1 1/2 cup starter (I use water/flour starter)
2 tablespoons melted shortning (or butter to margerine)
1 teaspoon salt (or less)
1/4 Teaspoon baking soda (mixed with the salt to eliminate lumps)
2 Tablespoons sugar
4 Cups flour (give or take)

Mix ingredients. Form into 2 small loaves (or 2 pizza crusts). Let rise. Bake in 375 Degree F oven until done. (Why is there no ASCII character for Degrees?)

Jerry c05705gp@wuvmd.wustl.edu

404--404

From: Lawrence Allen Hite <lah1l@dayhoff.med.Virginia.EDU>

A while ago someone (don't remember who) wrote in asking about batter breads and why anyone would want to make one. This weekend I made the caraway cheese batter bread from _World Sourdoughs of Antiquity_. It was really pretty good. Batter breads are quicker than regular breads because they are not kneaded and only have one rising. The final product (at least in this case) is somewhat heavy but still contains the air pockets of regular bread. You might say that the consistency of batter bread is to bread what pound cake is to cake (denser, moister). You just mix all the ingredients together and pour the batter in a greased loaf pan and let it rise. I *do* recommend that you put a sheet of aluminum foil on the rack below the pan, as my loaf overran the pan considerably (about a cup and a half's worth). Here's the recipe:

Cheese Batter Bread

2 C. starter
1/2 C. Milk
2 Tbs. melted butter
1 tsp. salt
2 Tbs. sugar
2 tsp. caraway seeds
1/2 tsp. garlic powder (I would use at least 1 tsp., but that's just me.)
2 eggs
3 C. white flour
1 C. grated cheddar cheese

Melt butter, add milk, salt and sugar. Stir to dissolve, then cool to 85F. Add to starter and mix well. Beat eggs and mix with starter along with caraway seeds and garlic powder. Blend in flour and cheese. Pour into a greased loaf pan (the pan should be filled to within about 1/2 to 1 inch from the top) and allow to rise about 1 to 2 hours until the batter is about even with the top of the pan. Bake at 350F 45 minutes to 1 hour until done (I used a large glass loaf pan and it took an hour). Cool about 10 minutes in the pan, then remove and cool the loaf on a wire rack.

Larry Hite
lah1l@virginia.edu

405--405

From: NAME: Randy M. Hayman
TEL: (907) 474-6331
ADDR: UACN - U of AK <SXRMH1@AM@ORCA>

This past weekend, I created a Cumin Bread, for a change of pace. It was just the thing to have alongside the ptarmigan breasts over rice with gravy I had Saturday night.

Cumin Bread:

3 C Sourdough Sponge
5-6 C White Flour
2 tsp Salt
1 C Water (+/- depending upon consistency of your sponge)
1/2 C grated Parmesan Cheese
1 Tbsp whole Cumin Seeds
2 Tbsp real Butter

Combine Sourdough sponge, Salt, Water, Parmesan cheese, Cumin seeds, and Butter in your work bowl, mix. Add flour gradually until you have the proper consistency. Knead well (until gluten has 'formed'). Let rise in covered bowl until about doubled in bulk, or until a wet finger poked 1/2 inch into dough leaves a pock mark. Knead again, to remove gas bubbles. Let dough rest briefly

while the a) pans are buttered, or b) your bake stones are properly dusted with corn meal. Form into loaves/shapes, and place in/on baking article. Let rise until about doubled in bulk. Place a pan of water on bottom of oven. Preheat oven to 375. Bake for ~45 minutes, or until loaves sound hollow when rapped on the bottom.

The taste of this cumin bread is a slightly chili-ish flavor but not spicy or hot...the cumin flavors the bread with out overpowering it. Real good also with

a hearty bean dish.

Randy M. Hayman
I'm the NRA
sxrmh1@orca.alaska.edu

406--406

#From: Pat.Churchill@bbs.actrix.gen.nz

The Maori people settled NZ long before the Europeans. But with European settlement here, the Maori gradually replaced their staple fernroot with potatoes and bread cooked Maori style. Maori bread is commonly called rewena paraoa. Occasionally it is possible to buy it at country fairs, school galas, wine and food festivals, etc. It is usually cooked in large round tins, I guess 10-12 inches in diameter, and the bread is about 6inches deep. Here is a recipe from a cookbook compiled by a fellow member of the NZ Guild of Foodwriters, David Burton (Two Hundred Years of New Zealand Food and Cookery)

Rewena Paraoa (Maori Bread)

Rewena (leaven)
2 C flour
3 medium slices potato
1 tsp sugar

Boil slices of potato with 1 cup of water until soft. Cool to lukewarm and mix in the flour and sugar to a paste. Cover and standa in a warm place until the mixture has fermented.

Bread
5 C flour
1 tsp salt
1 tsp baking soda
rewena (above)

Sift flour and salt into a bowl and make a well in the centre. Fill with rewena and sprinkle baking soda over the top. Combine and knead mixture for about 10 minutes, adding a little water if the mixture is too firm. Shape into loaves or place the mixture into greased loaf tins. Bake at 450F (230C) for 45-50 minutes.

Now here is another recipe I post for interest's sake. The Maori had a penchant for strongly flavoured food, according to David Burton. Often, because they were away engaged in incessant tribal wars, their plantations were left untended and they returned to find their crops rotting. Out of necessity they had to live on rotten food and developed a penchant for it. Some foods were then left deliberately to decompose - such as Kaanga wai - cured corn. Corn cobs were dried in the sun then put in a kit (a flax basket) or a sack and left in clear running water for 2-3 months until the core was rotten. The corn was then stripped from the husk with a knife, washed with fresh water and mashed then cooked (3C water for every 1C corn) for about 2-2 1/2 hours until it made a strong smelling porridge. Today's Maori add some salt and sugar.

I have eaten Rewena Paraoa (very nice although not quite enough salt for me but our salted butter helps that) but not the Kaanga Wai, which I believe is strong like blue vein cheese.

Well, that's a bit of ethnic stuff from down under for you :-)

407--407
From: Kenneth C. Rich <kenr@bridge.cc.rochester.edu>

I make stove top bread frequently. I make dough, flatten it (usually) to fit the bottom of my cast iron frypan, and cook it really slowly. Sometimes I let it rise, sometimes not. Depending on the dough volume, it ranges from a half inch thick to two inches. It's a good way to keep a starter growing without having to throw a lot away all the time. Doesn't heat up the kitchen so bad of a summer day. Do lots of little ones and call them english muffins (or crumpets!) (or scones!)

Sorry, my recipe amounts to next-to-no-recipe. Pour most of starter into mixing bowl, add floury fermentables and maybe some sunflower seeds, water if needed, etc, and mix until I have something anywhere >*from batterish to doughish. Ferment to taste. Oil or flour the pan,* put bread in, fire up your stove or fire pit and "bake", turning it a couple-three-four times. The thicker your loaf, the lower you want the fire, so your loaf will burn less. A friend used to make his daily bread every day this way. I resurrected the idea while camping last summer. My favorite mix of the trip was a cup or two of cornmeal, a cup or two of wholewheat pastry flour, a handful of sunnies. And cooked over an open fire because my stove broke. A great way to experiment too because of the low commitment.

If you do it just right and make the bread real thin, you get a pockety pita. Haven't yet figured out what makes one get the nice pocket, another gets a half dozen little pockets, and another gets no pockets at all. Maybe I need to let em rise! Yow!

--
-ken rich Are we live or on tape? kenr@cc.rochester.edu

408--408
From: bndixon@snll-arpagw.llnl.gov (dixon bradford n)

Here is a simple wheat/white flour bread recipe that makes wonderfully large loaves of bread, that have excellent taste (like me :^). The recipe is easily modified to make great raisin/cinnamon bread (= great toast, or peanut butter sandwiches), just add the * ingredients, and step 3a)

RAISIN/CINNAMON BREAD
----

approx. 3 cups starter (step 1) below)
3 - 3 1/2 cups bread flour, white
1/4 cup sugar
1/4 cup melted shortening
1 1/2 cups milk
3 tsp salt
3 cups whole wheat flour

* 2 T cinnamon (or to taste)
* 1 cup raisins (or more if you like raisins :^)

Yield: 2 large loaves

1) Prepare batter one of two ways:
   a) 2 Tbs starter, 2 cups 85 deg. water, 3 c BREAD flour, 24 hrs @75 deg.
   b) OR, 1 cup starter, 1 1/2 c flour (half all-purpose, half bread), 1 cup 85 deg water, 8 to 12 hrs at 85 deg.
2) In a large bowl, mix starter, 1 cup bread flour, and 1/4 cup sugar.
3) Melt the shortening, add the milk and salt to it. Heat to luke warm and add to the batter.
3a) (for raisin cinnamon bread)
   Add 2 T cinnamon and 1 cup raisins. Mix well.
4) Add the 3 cups whole wheat flour, 1/2 cup at a time, stirring well after each addition.
5) Add one more cup of the white flour (if it'll take it) and stir well.
6) Turn out onto a board and knead in enough additional white flour until dough is smooth and elastic (the usual 300 to 400 stokes or 15 min.).
7) Place into a greased bowl, turn, and cover. Proof until doubled in an 85 degree location...about 2 hours if all is well.
8) Punch down the dough and return to the warm place to rest for 30 minutes.
9) Divide the dough into 2 equal parts, knead each part for about 30 seconds, form into loaves and place into loaf pans (seam side down).
10) Cover and let proof in the warm place for 1 1/2 hrs or until doubled.
11) Bake in a preheated oven for 45 minutes. When golden brown and the loaves have shrunk away from the sides of the pans, they are done.
12) Place on wire racks to cool: brush tops with butter, then cover with thick towels. Cooling takes about 3 or 4 hours. (Slow cooling brings out the flavors in the bread better).

Compliments of "Adventures in SOURDOUGH Cooking & Baking" by Charles D. Wilford.

Modified by: Brad Dixon

409-------------------This one cleans them up------------------------------409
From: jrtrint@srv.PacBell.COM (John Trinterud)

****
"Sourdough Sour Cream Raisin Bread"
****

This one seems to work well, now that we finally have a good starter going - current starter is about 1 year old and came
>*from one of the dried envelopes available commercially.*

Adapted from James Beard's Sour Cream Bread....

Makes two loaves

Ingredients:

(T = tablespoon, t = teaspoon, C = cup)

1 T dry yeast
1/4 C warm water
1 T granulated sugar
1 t salt (optional)

1 C sourdough starter (exact measurement not important)
2 C (total) sour cream, or sour cream/yogurt (see below)
5 to 6 cups good bread flour
1 to 1 1/2 C raisins

Procedure:

In a large warm bowl, dissolve yeast in warm water, add sugar and optional salt.

Add sourdough starter (rough measurement is ok) to yeast mixture, stir well and let proof for 10 to 20 minutes.

Beard's recipe called for 2 C sour cream, I generally use a mix of 1/2 sour cream and 1/2 non-fat yogurt (Continental, for you S.F. Bay Area types.) You could also use up to 1/2 C buttermilk if you wish. Decide on the combination, and we'll proceed.

Add 2 C sour cream/etc to yeast and sourdough mixture and blend well.

Add 4 C flour, one at a time, beating well between cups with a hefty wooden spoon. The dough will be STICKY! Remove to a floured board, and use your official baker's scraper to incorporate enough flour to allow hand kneading. I use a sheet rock 'broad knife' myself
Calm down, I only use it for bread..

You'll probably add up to two more cups of flour as you knead, depending on humidity, temperature, phases of the moon, native talent, and etc. When you get the dough manageable, knead in the raisins, chasing them all over the board as you do... The whole kneading procedure should take about ten minutes.

When the dough is smooth and supple, form into a ball, place in a buttered bowl, (turning to coat all sides) cover with a towel and place in a warm spot to rise. Check often, as this recipe seems to rise quickly. You want it to just double in size, don't let it over rise.

When just doubled, punch down, knead a bit, and form into two loaves. Pinch seams and place in two standard loaf pans. Cover and let rise again till just doubled.

Bake in preheated 375 degree oven for 30 to 35 minutes, or until a delicious golden brown color, and the tops/bottoms sound hollow when thumped. Remove any raisin balloons from the tops and sides, burning your fingers in the process. Cool on wire rack.

Armed with your aforementioned hefty wooden spoon, hold the dreaded "Fiendish Butter Slatherers" (TM) at bay until the bread cools enough to slice cleanly. Toasts wonderfully too...

If you don't have sourdough, double the yeast and add another cup of flour, but it won't be the same :-(

500 PIZZA CRUST, FOCACCIA, STROMBOLI ETC.

501--501
From ??
------------- Recipe Extracted from Meal-Master (tm) Database --------------

Title: Sourdough Pizza Shells
Categories: Breads
Servings: 4

1 c Sourdough Starter	1 T Shortening, Melted
1 t Salt	1 c Flour

Mix ingredients, working in the flour until you have a soft dough. Roll out into a flat shape. Dash oil over a dough sheet and place dough on it. Bake about 5 minutes. It doesn't take long, so watch carefully. Have pizza sauce and topping ready and make pizza as usual. Then bake as usual.

502--502
From David Adams (dadams@cray.com)

David's Most Excellent Sourdough Pizza Crust:

2 C sourdough culture (I used the Alaskan again.)
1 t salt.
2 C Bread flour.

You might need more flour or less depending on the consistency. You want a good kneading consistency. You can let this get just a little thicker than regular bread dough to help the special shaping you will knead to do.

Mix and knead the dough well. Knead about 600 strokes. Then grease the bowl and return the dough to it and let it rise for a couple hours. When it has risen well, gently press it down, and fold it gently but repeatedly to mix the dough and to push or move the yeast cells onto new and fresh pastures.

Separate the dough into about 3 balls. (Depending on the size of your pizza pans etc.) From here treat it like you do your favorite pizza crust. If you use cornmeal go ahead, etc.

I just grease the pans, and then press the dough flat with my hands until I get a good uniform covering of the pan.

I bake these for about 10 - 15 min in 350 - 400 deg. F. oven until they just begin to show any hint of browning. Then I remove them and add spiced tomato sauce, peppers, onions, mushrooms, cheeses and etc. Then I return these to the oven until the cheese it melted.

--David C. Adams Statistician Cray Research Inc. dadams@cray.com

Did you know that most Americans eat over a ton of dirt every day?

503---503
From: grady@sfu.ca (A. Brian Grady)

Sourdough Focaccia

I'm a big fan of focaccia, (an Italian flat bread) and yesterday adapted my usual recipe, to see if I could make sourdough focaccia. The result was very satisfying, and I thought I'd pass the recipe along. This is about the easiest & fastest bread I know how to make and it never fails to impress guests or be a hit at pot lucks. To make the regular yeasted variety, substitute 1 cup of water, a tbsp of yeast, and an extra cup (or so) of flour for the starter.

1 1/3 cup starter
1/4 cup oil (olive or salad is fine)
2 tsp sugar
3/4 tsp salt
about 2 cups unbleached all purpose flour

* Combine above ingredients, kneading in flour 1/2 cup at a time. Let rise until double, punch down, and knead a little to let the gases out. Let the dough relax for 10 minutes or so.
* Roll the dough into an oval about 9" x 6" and place on your favourite baking surface. (Sometimes I bake free-form loaves on unglazed clay tiles instead of a baking sheet). The dough should be about an inch thick.
* Make dents all over the surface of the dough. Pour on olive oil liberally and spread it all around. It will pool in the dents. Top with herbs and spices, and possibly parmesan. My current favourite topping is simply lots of ground pepper, coarsely ground salt, and ground garlic (freshly pressed is ok too).
* Let rise until double again, and bake at 450 F for 15 to 20 minutes, or until brown and sounds hollow when tapped on the bottom. Placing a pan of boiling water on a lower rack does no harm and may help the final oven spring.

Brian Grady   grady@sfu.ca

600   DINNER ROLLS & BUNS ETC.

601---601
From: monwel@cbnewsk.cb.att.com (douglas.w.monroe)

Rolls:

1C starter dough
2C self rising flour
4t oil
1/2C warm water
1pkg yeast

Dissolve yeast in warm (110\(de) water, lett proof. Add oil, flour and sour dough, knead and let raise till doubled in oiled bowl. Punch down and form into rolls. Let rise 23-30min. Bake at 350\(de 10-15min.

602--   Cinnamon Buns: 602

1 1/2C starter dough
3C self rising flour
4T oil
1/2C warm water (110\(de)
1pkg yeast
1 egg

Dissolve yeast, add remaining ingredients. Let rise 1 hour covered. Knead dough well adding enough flour to keep from sticking. Let rise until doubled in a covered, oiled bowl. Roll on floured board to 1/2 inch thickness. Spread with: 1/2C melted butter and sprinkle with 2t cinnamon & 1/2C sugar. Roll like jelly roll. Pour prepared syrup on parchment paper in a 9x13 pan- melt 1C brown sugar, 3T water and 1/4C butter. Sprinkle syrup with chopped nuts. Cut the roll evenly, brush bottoms with melted butter & place on top of syrup and nuts. Let rise until doubled- about 45 min. to 1hr. Bake at 375\(de for 20min. When finished, immediately turn over to let syrup cover buns. Serve hot.

603---603
From: Deborah Branton<moksha!db@bikini.cis.ufl.edu>

Sourdough English Muffins

For those persons interested in making English muffins with their starters, the following recipe comes from Dolores Casella's <A World Of Breads>. I have made several batches from this recipe, and like the end result.

1 c. starter	3 T. sugar
2 c. milk	1 t. salt
1 c. cornmeal	1 t. soda
3.5 c. flour	1 large egg

Combine the starter, milk, cornmeal, and 1.5 cups of the flour. Stir to blend ingredients, cover the bowl, and let the mixture stand overnight. When ready, stir mixture down and add the rest of the flour and all the other ingredients. Mix well, then turn out onto a floured surface and knead thoroughly. Roll the dough to a thickness of no more than 0.5 inch and cut with a large biscuit cutter*. Cover the muffins. Let them rise at room temperature for 45 minutes. Bake on a lightly buttered griddle at 300 degrees for 10 to 12 minutes on each side. Turn only once. They are equally good served hot from the griddle or split and toasted.
If you are refrigerating the muffins (up to 24 hours), place them on cookie sheets, covered with plastic wrap. When you take them out of the refrigerator let them come to room temperature, and then rise for 45 minutes before baking.

* I use a large aluminum can (from tomato puree) with both ends

removed.

603a---603a
From dadams@cray.com (David Adams)

These recipes were given to me by a neighbor lady.

SOURDOUGH ENGLISH MUFFINS

2 C flour	1 t soda
2 C milk	2 T oil
1/2 C starter	1 pkg. dry yeast
2 T. sugar	3-4 C flour
2 t salt	cornmeal

Beat 2 C flour, milk, starter, sugar, salt and soda in large bowl (not metal) until smooth. Cover with wax paper and let stand in warm place 18 hours. Add oil and yeast, stir until blended. Mix in flour to make medium stiff dough. Turn onto lightly floured board and knead until smooth and satiny, 8-10 min. Sprinkle board with cornmeal and roll

```
        3/8" thick.  Cut with floured cutter.  Cover, let rise at
        room temp. until doubled (45 min.)  Bake slowly on lightly
        greased preheated 275 deg. F. griddle or skillet 10-15 min.
        on each side, turning once.  To serve, split and toast.
        Makes 18 3" muffins.

dca>    I might suggest omiting the yeast and increasing the rising
        time to 2-3 hours.

604--           SOURDOUGH BAGELS                                    604

        2 C starter                     1/2 C water
        4 1/2 C whole wheat flour       1 egg
        1 t salt                        3 T oil

        All last 5 ingredients to starter.  Knead well.  Cover and
        let rise 3 hours in warm place in oiled bowl.  Roll out
        1/2" thick and cut with cutter.  Let rise 1 1/2 hours.

        Drop bagels into boiling water, 2 or 3 at a time.  When they
        rise to surface turn over and boil 1 minute longer.  Put on
        oiled sheet.  Brush with oil or beaten egg and water.  Bake
        at 350 deg. F. for 50 min.

dca>    I think this is the first sourdough bagel recipe we have
        had.  A sourdough recipe of the purest form!  (No bakers' yeast.)
604a_____________________________________________________________________604a
Note:  The following recipe is not a sourdough recipe, but doubtless it
       could be easily modified to become a sourdough recipe.
# From: David Auerbach <N51L5201@ncsuvm.cc.ncsu.edu>

                Bagels


Try Bernard Clayton: Breads of France (yep!).
Or: Make a very stiff yeast white bread flour yeast dough with more than the
usual amount of yeast.  Let rise. Push down, portion, shape into bagel shapes.
Bring BIG pot of water with two tablespoons malt syrup in it to boil.  After
water is boiling (that's how I measure the rising time of the bagels) drop
in three bagels at a time.  After 20-30 seconds remove onto a towel, pat
dry and place on baking sheet. Continue.  Brush with egg white, sprinkle
topping and bake in 375 oven.



605---------------------------------------------------------------------605
# From ??
------------- Recipe Extracted from Meal-Master (tm) Database --------------

     Title: Sourdough Cornbread
Categories: Breads
  Servings:  4

    1/2 c  Active Sourdough Starter           2 T  Margarine, Melted
    1/2 c  Cornmeal                           1 t  Salt
      1 T  Sugar                            1/2 c  Sour Cream or Yogurt
      2 ea Large Eggs, Stirred                1 c  Unbleached Flour
    1/2 t  Cream Of Tartar                  1/2 t  Baking Powder

  Mix ingredients in the above order, stirring only enough to blend the
  mixture.  Pour into a buttered pan.  Bake in a 375 to 400 degree oven for
  about 15 minutes.

606---------------------------------------------------------------------606
#       From sgardine@news.duc.auburn.edu ()

SOURDOUGH HOT ROLLS
        To at least 1 1/2 c. leftover pancake batter, stir in enough flour to
form a stiff batter.  Add 1/2 tsp. salt for each cup of flour added.  Knead
until smooth, adding flour as necessary.  Place in a greased bowl, cover, and
let rise 1 hour.  Punch down.  Knead, adding flour as necessary.  Form into
2 1/2 inch balls.  Place in baking pan.  Brush with melted butter.  Cover and
let rise until nearly double (about 1 hour).  Bake at 350 degrees for 30 min..
Serve warm.


607---------------------------------------------------------------------607
#  From HF.MMX@forsythe.stanford.edu (Marilee Marshall)

   SUPER SOURDOUGH CORN BREAD


1 CUP STARTER
1.5 CUPS YELLOW CORN MEAL
1.5 CUPS EVAPORATED MILK
2 EGGS, BEATEN
1 TBSP. SUGAR
1/4 CUP MELTED BUTTER
1/2 TSP. SALT
2/3 TSP. SODA

Mix starter, corn mean, evaporated milk, eggs and sugar in a large
bowl.  Stir in the melted butter, salt and solda.  Turn into a 10"
greased frying pan and bake in hot oven (450*) for 25-30 minutes.
Serve hot with honey.

The cornbread is wonderful!!  But it doesn't keep well for the next
day.


608---------------------------------------------------------------------608
#  From HF.MMX@forsythe.stanford.edu (Marilee Marshall)

Thought some of you 'ol Sourdough's would like my cornbread recipe.
 It's a super one.  Doesn't keep well, but is reminescent of
campfires and hearty soup suppers.

      SOURDOUGH CORN BREAD

1 cup starter
1 1/2 cup corn meal
1 1/2 cup evaporated milk
2 eggs, beaten

Mix together and add:

1/4 cup melted butter
1/2 tsp. salt
3/4 tsp. soda

Pour batter into 10" greased frying pan (iron skillet is best).
Bake for 25-30 minutes at 450*. (Does not require proofing).

Serve hot with lots of butter and honey.  Yum.
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Path: senator-bedfellow.mit.edu!dreaderd!not-for-mail
Message-ID: <food/sourdough/recipes/part2_1062758463@rtfm.mit.edu>
Supersedes: <food/sourdough/recipes/part2_1061187950@rtfm.mit.edu>
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References: <food/sourdough/recipes/part1_1062758463@rtfm.mit.edu>
X-Last-Updated: 2003/02/19
From: Darrell Greenwood <darrell.faq@telus.invalid>
Newsgroups: rec.food.sourdough,rec.answers,news.answers
Subject: rec.food.sourdough FAQ Recipes (part 2 of 2)
Approved: news-answers-request@MIT.EDU
Followup-To: rec.food.sourdough
Organization: http://www.nyx.net/~dgreenw/
Distribution: world
Reply-To: darrell.faq@telus.invalid (replace .invalid with .net)
X-Antispam: Replace .invalid with .net, i.e., darrell.faq at telus.net
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Posting-Frequency: 18 days
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URL: http://www.nyx.net/~dgreenw/sourdoughfaqs.html

700 SOURDOUGH PANCAKE & WAFFLE RECIPES

701---701
From "Douglas Reindl" <doug%sel.decnet@macc.wisc.edu>
who graduated and isn't at that address anymore.

Here is a sourdough pancake recipe. If you
like pancakes, you will love sourdough pancakes.
I like them the best with real maple syrup
(my brother makes the syrup).

Doug's Pancakes

Goodies:

2 1/4 Cups of your favorite proofed sourdough
1 1/2 Cups of flour
1 Tbsp of sugar
1 pinch of salt
1/2 Tsp of baking soda
1 Tbsp of baking powder
3/4 Cup of milk
3 Large eggs
1/4 Cup of melted butter

Then:

1.) Mix the eggs and milk together thoroughly

2.) Then combine with the dry ingredients

3.) Slowly mix in the butter.

4.) Cook pancakes over a med to med-hi fire

5.) For thicker pancakes decrease milk and increase flour
For thinner pancakes increase milk and decrease flour
(it doesn't take much so be careful)

702---702
From David Adams (dadams@cray.com)

Sourdough Waffles

(An adaptation of Doug Reindl's pancake recipe.)

2 1/4 Cups of your favorite proofed sourdough
2 Cups of flour
1 Tbsp of sugar
1 pinch of salt
1/2 Tsp of baking soda
1 Tbsp of baking powder
3/4 Cup of milk
3 Large eggs
1/2-3/4 Cup of melted butter

Then:

1.) Mix the eggs and milk together thoroughly

2.) Then combine with the dry ingredients

3.) Slowly mix in the butter.

4.) Laddle onto waffle iron and cook. Watch carefully.
My sense of smell is the biggest indicator that
they are done. I can start to smell the oil burn
slightly. Then I flip the iron or open it and
remove the waffles.

For a fancier waffle use 4 eggs and separate the yolk from
the whites. If you do not have a copper bowl to whip them
in then add about 1/4 t cream of tartar.

1a.) Mix milk with dry ingredients

2a.) Slowly mix in the butter.

3a.) Whip the eggs until they will hold a peak and then
gently fold the egg white mixture into the batter.

4a.) Procede with step 4 above.

703---703
From lynn@coral.cs.jcu.edu.au (Lynn Alford)
Subject: Recipes from the Sourdough Jack cookbook

Note: Sourdough Jack was a place that one could order sourdough
starters from. My copy of the recipe book dates from 1969 (actually
this is my husbands. It's all his fault. :-)). Anyone in San Francisco
care to find out if Sourdough Jack or Sourdough Jack's Country Kitchen
is still around?

To one cup of starter add two cups of water, and two 1/2 cups of flour.
Let sit for 8-12 hours, depending on how warm your kitchen is and how
active your culture is.

Pancakes

After proofing, remove one cup starter and return it to your sourdough
pot. To the remaining sourdough add
1 egg

2 tablespoons cooking oil
1/4 c instant dry milk or evaporated milk

Beat thoroughly. Combine in a separate cup:
1 teaspoon salt
1 teaspoon baking soda
2 tablespoons sugar

Blend together until smooth. Sprinkle evenly over the dough and gently fold the dry ingredients into the dough. Heat up a griddle until fairly hot then pour batter by the tablespoon on the griddle. The pancakes should cook quickly.

Variations

Apple Pancakes-grate some tart apples into the batter then cook.
Banana Pancakes-thinly slice or mash banana into the batter then cook.
Crepes- add 1/2 stick butter melted and tablespoon of cognac.

Personal note...I have also used this basic batter thinned down just a little to make Ethopian type cakes. Serve with several sorts of curry (all items in the curries should be finely chopped.) To eat, tear off a piece of sourdough, use that to pick up the curry of your choice and eat. A fun way to eat your meal, if slightly messy! This idea came to me because of going to an Ethopian restaurant and realising that the texture of the bread/pancakes was very much like my sourdough.

704--704
From: Dave Uebele <daveu@sco.COM>
Sourdough Pancakes (Uebele family recipe)

At Night in large glass or pottery bowl mix -

```
   1     cup starter
   2 1/2 cups flour
   2     cups milk
```

Cover and place in warm spot. (oven with pilot/light on, door open)

In the morning remove 1 cup of dough as the new starter. Store covered jar of starter in the refrigerator until ready to use again.
Beat together -

   2 eggs
   2 Tablespoons cooking oil

Add to dough and beat thoroughly.
Combine -

   1 teaspoon salt
   1 teaspoon baking soda
   2 Tablespoons sugar

Blend together the salt, soda, and sugar until smooth, eliminating any lumps of soda. Sprinkle evenly over top of batter; fold in gently. This will cause a gentle foaming, rising action. Using a Tablespoon of batter per pancake, bake on a hot griddle (should hear hiss when batter hits griddle). The pancakes bake better when only a small amount of batter is used. For waffles, use more cooking oil.

Temperature is the main variable which affects the consistency and sourness of the batter. A warmer temperature at night will cause the batter to have more tang and to be thinner by morning. Also more liquid can be added for thinner pancakes. The cookbook says that the starter should always be proportional to the amount of flour and milk. However, I have found that you can almost double the amount or flour and milk without neding to increase the amount of starter or soda. Experiment to suit your own taste.

The starter is better if it is used at lease onece every two weeks, but it will keep indefinitely. Each time I use the starter, I return it to a clean jar, but I never wash the old jar until I have remembered to save a new starter. Once the eggs and other ingredients are added, the dough can not be used as a starter.

705--705
From: Sharon_Patton@NeXT.COM

[Alaskan Blueberry Pancakes].

Made on the Alagnak River at our fishing lodge for many years 300 miles SE of Anchorage and ravished by many fishermen and stranded weathered in guests. I got so tired of writing down this recipe, I made copies when I went to Anchorage for supplies.

1 cup sour dough starter (I made mine from potato water)
2 cups flour
2 cups milk (I used powdered never had fresh available, but fresh ok)
1 tsp salt

mix above in crock or bowl (not stainless steel) cover with kitchen towel or cheescloth, let stand overnight. In AM when nice and bubbly add:

2 tsp baking soda
2 eggs
3-4 tablespoons melted shortening or butter
2 tsp sugar
fresh blueberries (if your lucky enough to have them growing around you)

Pour large silver dollar size batter on hot griddle, cook and turn. Serve with lots of syrup and butter and river coffee. These also went great in backpacks for endurance on the trail. The stronger the starter the stronger the pancake.

706--706
From: monwel@cbnewsk.cb.att.com (douglas.w.monroe)

Pancakes & Waffles:

1C starter dough
1/2C flour
3/4C milk
1 egg
1/4t baking soda
2t baking powder
1/2t salt

Mix well and grill as usual.

707--707
From: dadams@cray.com (David Adams)

This recipe was given to me by a friend:

SOURDOUGH PANCAKES OR WAFFLES

```
1 C flour               1 egg, beaten
2 T sugar               1 C starter
1 1/2 t baking powder   1/2 C milk
1/2 t salt              2 T oil (1/4 C for waffles.)
1/2 t soda
```

Combine dry ingredients. In another bowl combine egg,

```
       starter, milk and oil and stir into flour mixture.
       Spoon 2 T batter onto lightly greased hot griddle.
       Makes 2 doz.  Remember to increase oil to 1/4 C for
       waffles.


708------------------------------------------------------------------708
#  From ??

708a--------- Recipe Extracted from Meal-Master (tm) Database ------------708a

     Title: Sourdough Pancakes #1
Categories: Breads
  Servings:  4

    1/2 c  Active Starter                   1/2 c  Pancake Mix
      1 ea Large Egg                          1 T  Cooking Oil
    1/2 c  Milk                             1/2 t  Soda

  Mix all ingredients well.  Be careful not to over mix.  Small lumps are ok.
  Lightly grease a hot cast iron griddle.  Drop onto griddle with a large
  spoon while the batter is still rising.

708b-----------------------------------------------------------------708b
------------- Recipe Extracted from Meal-Master (tm) Database --------------

     Title: Sourdough Pancakes #2
Categories: Breads
  Servings:  4

      1 c  Active Starter                     1 ea Large Egg
      2 T  Cooking Oil                      1/4 c  Instant Or Evaporate Milk
      1 t  Salt                               1 t  Baking Soda
      2 T  Sugar

  Mix ingredients together and let the mixture bubble and foam a minute or
  two, then drop on hot griddle in large spoonfuls.

708c-----------------------------------------------------------------708c
------------- Recipe Extracted from Meal-Master (tm) Database --------------

     Title: Sourdough Pancakes #3
Categories: Breads
  Servings:  6

      2 c  Active Starter                     2 c  Unbleached Flour
      1 t  Baking Soda                        2 ea Large Eggs, Well Beaten
      1 T  Sugar                              1 t  Salt
      1 x  Bacon Fat (2 - 3 T)

  Mix well and cook on hot griddle.  Note:  This is good recipe for camping.
  Instead of fresh eggs, you can use 1 T Powdered eggs.

708d-----------------------------------------------------------------708d
------------- Recipe Extracted from Meal-Master (tm) Database --------------

     Title: Sourdough Pancakes #4
Categories: Breads
  Servings:  4

      1 c  Buttermilk Pancake Mix           1/2 c  Active Starter
    1/2 c  Milk                               1 ea Large Egg
      1 T  Cooking Oil                      1/2 t  Baking Powder

  Mix well and let stand a few moments.  Drop by large spoonful on hot
  griddle.
  NOTE:
  Berries of all kinds can be added to these recipes.

708e-----------------------------------------------------------------708e
------------- Recipe Extracted from Meal-Master (tm) Database --------------

     Title: Sourdough Pancakes #5
Categories: Breads
  Servings:  6

      3 ea Large Eggs, Well Beaten            1 c  Sweet Milk
      2 c  Active Starter                 1 3/4 c  Unbleached Flour
      1 t  Baking Soda                        2 t  Baking Powder
  1 1/2 t  Salt                             1/4 c  Sugar

  Beat eggs.  Add milk and starter.  Sift together the flour, soda, baking
  powder, salt, and sugar.  Mix together.  Drop onto hot griddle by large
  spoonful.
  NOTE:
  If ungreased griddle is used add 1/4 c Melted Fat to the above recipe.
  Bacon fat give a great taste.


709------------------------------------------------------------------709
# From

Debby Rech
Philips Laboratories
345 Scarborough Road, Rm D259
Briarcliff Manor, NY  10510


                        Sourdough Pancakes
                  (The Wooden Spoon Bread Book)

The night before, in a large mixing bowl, combine:
                1 cup sourdough starter
                1 cup milk
                1 cup flour

Beat well.  Cover and let stand overnight.  The next morning, sift together
and set aside:
                1 cup flour
                1 tablespoon sugar
                1/2 teaspoon baking soda
                1/2 teasoon salt
                1 teaspoon baking powder

Meanwhile stir into the sponge
                2 eggs
                1/4 cup oil

Stir in the sifted ingredients.  Bake on a greased griddle at 375 degrees
until golden brown.  Turn only once.  Makes 16 medium pancakes.


710------------------------------------------------------------------710
#From: Life is real? <dixon@spot.Colorado.EDU>

                         Ambrosia Batter

     The name of this concoction is taken from the food of the
gods often referred to in Greek mythology.  The title is
appropriate considering the various delectable things that can be
made with it.  No doubt when you mix up your first batch of
sourdough griddlecakes or biscuits, you'll agree.  Here's how you
make it:

     1 cup starter
     1 cup water              1 1/2 cups white all-purpose flour

     Mix the above ingredients in a 2-quart bowl, cover and
```

set aside for 24 hours in a place where the temperature ranges between 75 and 80. Remember to use only a bowl made of glass or crockery, not metal. Also make sure that your bowl is large enough to allow the mixture to double in volume without spilling over the side. Ambrosia Batter is burdensome to clean up, especially after it has dried.

Replenish the starter with 1 cup flour and 3/4 cup of warm water.

The American Slapjack

This country really did not have a homegrown cookbook until 1796 when Amelia Simmons had her modest work of 47 pages published. Under the title American Cookery, it was first in offering guidance to the use of such indigenous foods as corn and potatoes. This humble compilation was likewise the first to make mention of America's own pancake, the Slapjack. The recipe given here faithfully reproduces this favorite of early American fare.

Unlike some griddlecake recipes, the American Slapjack contains no chemical leaveners of any kind. Although they are not bad in themselves, baking powder and bicarbonate of soda do lessen slightly the flavor produced by the long maturing period of Ambrosia Batter. American Slapjacks have the wonderful flavor of an unrepressed, newly-fermented wild yeast. This is the pancake for those who want the full rich flavor of sourdough in all its glory and savor.

American Slapjacks require more time than most sourdough hotcakes. In the early days this presented no problem because the lady of the house was usually up well before the rest of the family. Today, with our faster pace of living, these griddlecakes might present difficulty if it's a quick breakfast you want. Try making them on a Saturday or Sunday morning when you are not rushed. Once the Ambrosia Batter has aged for 24 hours, American Slapjacks require about an hour to re-ferment after they are mixed.

1 recipe Ambrosia Batter	1/4 cup honey
1 egg	1/2 cup milk
2 Tablespoons melted butter	1/2 teaspoon salt

Mix the egg, milk, honey, butter and salt in a two-quart bowl. Add the Ambrosia Batter and beat rapidly for about one minute to mix and aerate the batter. Cover and set aside in a very warm place (85 to 110) for 45 to 90 minutes. This will cause the batter to ferment again and become light and bubbly. After the refermentation period, move the batter very carefully to the griddle so as to avoid knocking out any of the leavening gas. Ladle carefully and fry on a lightly greased griddle. Makes about 40 dollar-sized hotcakes, enough for 3 or 4.

The secret of successfully bringing this recipe to flavorsome perfection is finding a spot warm enough to re-ferment the batter rapidly. Provided that it is not above 120, an oven on a setting of WARM is the ideal place. Remember to ladle the batter with great care once it has become foamy. The presence of the gas bubbles is what makes the pancakes light. When directions are followed carefully, American Slapjacks are the lightest of all the sourdough griddlecakes and have the best sourdough flavor.

711--711
From David Adams (dadams@cray.com)

"Dutch Oven Cooking", 2nd ed. John G. Ragsdale, Lone Star Books, Houston, Texas, 1973. ISBN 0-88415-224-3.

'49er Pancakes

1/2 C sourdough culture	1 T sugar
2 C flour	1 T oil
1 C milk	1 T baking powder
2 eggs	butter
1/2 t salt	maple syrup

Stir up everything but the syrup & butter. Can cook on greased inverted lid of the oven.

712--712
From revillot@ux1.cso.uiuc.edu (Judy Tolliver)

Someone recently asked about sourdough cookbooks and asked for a waffle recipe. I LOVE this cookbook:

Alaska Sourdough
Ruth Allman
ISBN 0-88240-085-1 (pbk)
Available from Alaska Northwest Publishing Co., Box 4-EEE, Anchorage, AK 99509

Here is the waffle recipe from that cookbook. It's exactly the same for pancakes.

2 C starter (consistency of thick glue)
2 Tbsp sugar
4 Tbsp oil
1 egg
1/2 tsp salt

Mix these well with wooden spoon. At this point, add blueberries, if you want. In a shot glass, mix a scant tsp of baking soda with a small amount of water. Then fold into the batter. Cook immediately.

(I always "recharge" my sourdough with a little flour the night before I'm going to make pancakes/waffles.)

Enjoy!

Judy Tolliver

713--713
From: bndixon@snll-arpagw.llnl.gov (dixon bradford n)

RECIPES FROM
The COMPLETE SOURDOUGH COOKBOOK
BY
DON AND MYRTLE HOLM

The CAXTON PRINTERS, Ltd
Caldwell, Idaho
1972

----This is an old-time flapjack recipe which was often cooked in a cast iron skillet over an open fire, and makes thin Swedish type cakes with a delicious nutty flavor and aroma. It uses a wheat flour starter, or part wheat flour (wheat flour can be added to any flapjack recipe for good results).

Make a good flapjack batter the night before, using a cup of starter, a couple of cups of flour, and warm water, and set in a warm place until morning. In the morning simply stir up the batter a little (not too much!) while the griddle is heating, adding:

```
      1/4 cup dry skim milk                  1/3 cup melted shortening
2 tsps. salt              2 eggs, beaten
2 tsps. sugar             1 tsp. baking soda
                                 dissolved in warm water
                                 and added just before spooning
                                 the batter.
```

Aunt Cora's Flapjacks

1 egg, beaten	1/2 tsp. baking soda
1/2 cup sweet milk	1 tsp. baking powder
1 cup sourdough starter	3/4 tsp. salt
1/4 cup sifted flour (scant)	2 tsps. sugar

Beat egg, add milk and starter. Sift flour and dry ingredients. Combine the two mixes. Bake on greased griddle. However, don't combine the two mixes until everything else is ready to serve. These hotcakes rise quickly and the batter falls if kept waiting.

BD> Use only about 1 or 2 TBS batter per cake. These cakes have a very good sourdough taste, and are easy to make (no over night batter).

800 SOURDOUGH BISCUITS AND THE LIKE RECIPES

801--801

From: bndixon@snll-arpagw.llnl.gov (dixon bradford n)

RECIPES FROM
The COMPLETE SOURDOUGH COOKBOOK
BY
DON AND MYRTLE HOLM

The CAXTON PRINTERS, Ltd
Caldwell, Idaho
1972

Miss Mary Rogers of Mexico, Missouri Biscuits

1/2 cup starter	1 tbsp. sugar
1 cup milk	3/4 tsp. salt
2 1/2 cups flour	2 tsps. baking powder
1/3 cup shortening	1/2 tsp. baking soda
	1/4 tsp. cream of tartar

At bedtime make a batter of the half-cup starter, cup of milk, and 1 cup of the flour. Let set overnight if biscuits are wanted for breakfast. If wanted for noon, the batter may be mixed early in the morning and set in a warm place to rise. However, unless the weather is real warm, it is always all right to let it ferment overnight. It will get very light and bubbly. When ready to mix the biscuits, sift together the remaining cup and a half of flour and all other dry ingredients, except the baking soda. Work in shortening with fingers or a fork. Add the sponge, to which the soda, dissolved in a little warm water, has been added. Mix to a soft dough. Knead lightly a few times to get in shape. Roll out to about 1/2-inch thickness or a little more, and cut with a biscuit cutter. Place close together in a well-greased 9x13 inch pan, turning to grease tops. Cover and set in a warm place to rise for about 45 minutes. Bake in a 375 oven for 30 to 35 minutes.

BD> I guarantee that these are the best biscuits that you have ever had. Everybody who has tried these has liked them very much. :^)

From: Life is real? <dixon@spot.Colorado.EDU>

"bndixon@snll-arpagw.llnl.gov" is my brother Brad (Hi Brad!), who shared the MMRMM (for short) biscuit recipe with me awhile back, and I I can only concur that these biscuits are the best I've ever eaten. My only adjustment to the recipe is that I roll the dough a little thicker than him, closer to an inch thick, then I just use my dough blade to cut out a bunch of square biscuits (press...don't saw!). I make them about 2" square and they turn out very professionally...just like you get at the best breakfast restaurants. Remember, use plenty of flour all over the place...to give them that "home cooked" look, and to give you something to do while they are baking, i.e. clean up the mess!

I also guarantee these to be the best biscuits you've ever eaten...if you don't like them...my wife will eat worms! (Reminicent of one of the early "Joe Isuzu" commercials...haha).

802--802
From: Deborah Branton<moksha!db@bikini.cis.ufl.edu>

The following recipe makes delicious sourdough biscuits, preferred at our house over the buttermilk variety.

S O U R D O U G H   B I S C U I T S

2 c. flour	1/2 t. salt
1 T. sugar	1/2 c. margarine
2 t. baking powder	1 - 2 c. starter

Sift the dry ingredients into a bowl. Cut in the margarine as you would for regular biscuits. Stir in one cup of the starter, adding more as you need to get a ball of dough. Turn onto a lightly floured board or cloth, and knead very lightly. Roll dough one-half inch thick, and cut into small rounds. Place them on a cookie sheet, and bake in a preheated 425-degree oven for about 12 minutes.

Yield: 10 - 12 biscuits

COMMENTS: Part of the flour can be whole-wheat. Butter can be substituted for the margarine, and I have successfully made them using 1/4 cup of margarine and 1/4 cup of peanut oil. I always make these without the salt.

803--803
From: Dave Uebele <daveu@sco.COM>

Sourdough biscuits (from 1988 Sunset Recipe Annual)
1 cup sourdough starter

1/2 warm water (90 degrees)
About 2 3/4 cups all purpose flour
1/4 cup olive oil
1 1/2 teaspoon fennel seed
2 teaspoon baking powder
3/4 teaspoon salt
1/2 teaspoon baking soda
1 egg white, lightly beaten

In a bowl, mix starter, water, and 1 cup flour. For sourest flavor, cover and let stand in a warm place until bubbly and sour smelling, 12 to 24 hours. To speed, omit standing; proceed. Stir in oil.

Crush 1/2 teaspoon of the fennel seed. In a bowl, stir crushed fennel, baking powder, salt baking soda, and 1 3/4 cups more flour. Add starter mixture; stir until dough cleans side of bowl.

Turn dough out on lightly floured board and kneed for about 30 seconds; add flour if required to prevent sticking. Flour board, then roll out dough into a 6 by 14 inch rectangle.

Brush dough with egg white; sprinkle with reserved seed. Cut into 2 by 3 inch rectangles. Place biscuits about 1/2 inch apart on 12 by 15 inch baking sheet.

Bake in 450 degree oven until deep golden, about 15 minutes. Transfer to rack and serve warm or cool. Makes 14 biscuits.
Paige Langdon, Redwood City, CA

Dave's notes and comments:
My starter uses milk instead of water. Probably closer to 3/4 cups milk instead of 1/2 cup water.
I did not have fennel, so I used approx 1 teaspoon of sugar instead.
I also omitted the egg white treatment. Either bake as is or brush with butter.
To make flakier biscuits, use half olive oil and half butter or shortening.
Cut shortening into dry ingedients before adding starter/oil.
Roll out, fold in thirds, roll out, fold in thirds again to put shortening in layers. I usually don't try to precisely measure starter, so you may need to adjust flour or milk accordingly.

I've done several other variations with this recipe.
I've added beer instead of milk when additional moisture is needed (which seems to be the norm when I do this recipe).
I've also made "pure" sourdough biscuits, by ommiting the baking powder and baking soda and cutting the salt down.

804--804
From: monwel@cbnewsk.cb.att.com (douglas.w.monroe)

Biscuits:

1C starter dough
1C flour
3/4t baking soda
1/4t salt
1/3C butter, softened
(* may add 1C shredded cheddar cheese, onion and/or bacon)

Whisk together dry ingredients. Add butter & starter-mix well. Drop by the tablespoon on greased cookie sheet. Bake 350\(de 10-20min.

804a--804a
From dadams@cray.com (David Adams)

This recipe was given to me by a neighbor lady.

SOURDOUGH BISCUTS

1 C unsifted flour	1/4 C shortening
1 T baking powder	1 C starter
1/2 t salt	2 T melted sugar
1/2 t soda	1/2 t sugar (so much?)

Stir together salt, soda, sugar, baking powder, and flour. Cut in shortening. Stir in starter until it forms soft dough that cleans sides of bowl. Knead in bowl 30 seconds. Roll on lightly floured board 1/2" thick. Cut with 2" cutter. Brush tops with butter. Let rest 15 minutes. Bake at 425 deg. F. for 12 minutes. Makes 16 biscuts.

For whole wheat: Use 1 C whole wheat flour in place of white flour.

Cinnamon Raisin: Use 1/4 C sugar, add 3/4 t cinnamon and 1/4 t nutmeg. Add 1/3 C raisins.

805--805
From: "Andy Kegel, DEC OSF/1 Backup and Mail" <kegel@zk3.dec.com>

Sourdough Sopapillas

My wife eats them with butter; I tear off a corner and fill them with butter and honey.

1 cup Sourdough starter
1 cup Flour
3/4 tsp Salt
1-1/2 tsp Baking Powder
2 Tbs Shortening
Cooking oil for frying

Measure starter into a large bowl. Mix dry ingredients together. Cut in shortening until mixture resembles conrmeal. Add starter mixture to dru ingredients. Stir quickly with a fork to moisten dry ingredients. Turn out onto lightly floured surfacce and knead until smooth, adding small amounts of flour as needed. Cover with clean cloth and let dough rest for five minutes.

Roll out dough into a 12"x15" rectangle about 1/8 to 1/4-inch thick. Cut into three-inch squares or triangles.

Drop a few pieces at a time into deep, hot cooking oil at 400F (205C). Fry about two minutes on each side or until golden brown. Sopapillas will puff up like pillows. Drain on paper towels.

SERVE WARM with honey and powdered sugar or cinnamon and sugar. Also good with
chile verde (or chili colorado, I suppose). When serving with honey, one of those "bear dispensers" with a spout works well.

Normally feeds 3-4 people; my wife and I will devour them all at a sitting.

-andy kegel@zk3.dec.com

806--806
From dadams@cray.com (David Adams)

It became apparent after some discussion in the group that the word "scone" was used quite differently in Utah than in other places. There it is a deep fried bread dough, elsewhere it appears to be a (griddle fried?) biscuit.

So how's this as a recipe for:

SOURDOUGH UTAH SCONES

Next time you make white bread, like with the "world bread" recipe, save some of the dough out. Tear off little pieces and either flaten them out or roll and cut shapes or roll into little balls, or shape them like animals, let them rise for a little while and them drop them a few at a time in the hot oil like you would for fritters. Drain them on a paper towl and serve either by rolling in powdered sugar or by spreading butter and honey. (I like them plain with no sugar, butter, or honey.)

From: "Sharen Rund" <Sharen_Rund@ecmail.is.lmsc.lockheed.com>

Reply to: RE>fried bread dough

I know a restaurant that shapes the dough to look like breadsticks - when its golden brown, quickly removes it from the oil and rolls it in a combination of granualted garlic and parmesean cheese - delicious

807--807
From: julie@eddie.Jpl.Nasa.Gov (Julie Kangas)

Here's the recipe for blueberry muffins from the Jake O'Shaughnessey's Sourdough Book.

[shameless cut and paste follows]

Blueberry Muffins

Sourdough makes incomparable blueberry muffins. You can also make this recipe without the blueberries if you wish. With or without them, serve these muffins with lots of butter and jam. They are perfect for breakfast.

1 recipe altered Ambrosia Batter
  Use 1 cup starter, 1 1/4 cups all-purpose flour, 1 cup water, 1/4 cup toasted wheat germ.
3/4 cup blueberries, well drained if canned

1 egg, slightly beaten	1/2 cup brown sugar
3/4 cup whole wheat flour	2 teaspoons baking powder
1/3 cup powdered milk	1/2 teaspoon salt
1/4 cup butter	

Mix the egg with the Ambrosia Batter. Separately, combine all the dry ingredients and then cut in the butter. Add the Ambrosia Batter and stir only enough to wet the ingredients. The batter should have a lumpy, rough-textured appearance. Very gently mix in the blueberries. Pour the completed batter into buttered and floured muffin tin, filling each cup 3/4 full. Place muffin tin in an over which has been preheated at a setting of "warm." Allow the muffins to rise for 15 minutes, remove from the oven and reset it to 400 degrees. When the oven is hot, bake the muffins for 25 to 30 minutes.

These are very good. I wouldn't have thought blueberries and sourdough would go together but they do!

Julie

808--808
From David Adams (dadams@cray.com)

Here are some recipes I picked up from a short chapter on sourdough in a Dutch oven cook book I picked up at the scout trading post at camp. "Dutch Oven Cooking", 2nd ed. John G. Ragsdale, Lone Star Books, Houston, Texas, 1973. ISBN 0-88415-224-3. Note, this is not the same Dutch oven book I usually quote from, which book has the same title.

Miners' Muffins

1 C sourdough culture	1 egg
2 C flour	2 T oil
2 C milk	1 t baking powder
1/2 C sugar	1/2 t salt

Mix all ingredients. Cook in muffin tins or cupcake holders. 30 min.

(The book is scarce on temperatures. I suppose the assumption is that the Dutch oven cook goes by feel and experience any way.)

You can try greasing the cupcake paper lightly to keep dough from sticking. 12-15 muffins

809-- Western Biscuits 809

1 C sourdough culture	1/2 C margarine
2 C flour	2 t baking powder
1/3 C milk	1/2 t salt

Stir up everything. Pat out on flat, floured surface. Cut out biscuts with round object and place in oven. (Can be preheated.) Cook until golden brown. Makes 25 biscuits.

810--810
From: Pat.Churchill@bbs.actrix.gen.nz

Just to add to the confusion, here in NZ we also have Girdle (griddle) scone. Now I would think that the scones we have here are of English origin. Anyway, as promised here are a couple of scone recipes, the sort typically made by every NZ housewife.

Scones

3 cups flour
1/4 teaspoon salt
4 1/2 teaspoons baking powder
50g (2 ounces) butter
1 to 1 1/2 cups milk

Sift dry ingredients. Rub in butter. Add milk and quickly mix t a soft dough with a knife. Turn out on a floured board. Pat into shape about 3/4 inch thick. Cut into scquares (or use a biscuit cutter and cut into circles about 2 1/2 inches across. Place on a cold tray and put in a hot (450F, 230C) oven for 10-15 minutes till golden brown. Split and butter and add jam,jam and whipped cream, or jelly or honey, golden syrup, or Vegemite (yay) or just have with the butter alone.

811-- 811

Cheese Scones

3 cups flour
4 1/2 teaspoons baking powder
1/2 teaspoon salt
pinch cayenne pepper

1/2 cup grated cheddar
about 1 cup milk
more cheese

Sift dry ingredients, add cheese. Mix to a light dough with the milk. Turn out onto a floured board and pat (or roll) out. Cut. Place on an oven tray. Put some more grated cheese on each scone. 10 minutes at 425F (215C).
Sometimes I like to put 1/2 to 1 teaspoon of curry powder in the scone. Really brings out the cheese flavour.

812-- 812

Girdle Scones

1 cup flour
1 teaspoon baking powder
pinch salt
1 tablespoon butter
Milk to mix

Sift dry ingredients. Rub in butter. Add sufficient milk to make a fairly soft dough. Roll out fairly thin. Make into a round. Cut into eight. Cook on a hot greased girdle (griddle) five minutes on each side.

My Mum's girdle was an oval slab out cast iron about 15x10 inches, with an arched handle which went from end to end. It was placed over a stove element to get hot then the girdle scones were put on. She also used it for making pikelets.

Pikelets? Wellll. They are like small pancakes. They are served room temperature, not too long after baking, either buttered, or sometimes with jam and cream. Also popular for afternoon tea. This afternoon tea thing is more popular with an earlier generation than mine. People sitting rounf eating scones, pikelets, biscuits (cookies) cake and drinking cups of tea (best china). My generation (baby boomers) is more into coffee mornings except that most of use work these days and don't have time... We make muffins :-) for ours

813--813
From HF.MMX@forsythe.stanford.edu (Marilee Marshall)

SOURDOUGH LIMPA MUFFINS

1.5 CUPS UNSIFTED ALL-PURPOSE FLOUR
1/2 CUP RYE FLOUR
1/2 CUP BROWN SUGAR, PACKED
1 tsp. salt
1 tsp. soda
1 egg, slightly beaten
1/2 cup buttermilk
1/2 cup oil
2 tsp. grated orange peel
3/4 cup starter

Mix dry ingredients together. Make a well in the center. Mix all wet ingredients together and then pour all at once into the flour well. Stir just to barely moisten (about 12 strokes). Better will be very lumpy.

Fill muffin tins to 2/3 full. Bake at 375* for about 30 minutes. Makes 12-15 muffins.

814--814
From Tim Dudley <dudley.chi@xerox.com> ()

This one is from the Font of All Sourdough Knowledge book ("Adventures in San Francisco Sourdough Cooking" by Charles Wilford). I haven't made them, but everything else I've made from this book has turned out really well.

If anyone makes them, I guess we should get a Full Report...

Tim

(The original recipe isn't in metric - as I recall, a Tbs is about 15g, a tsp is about 5g, a cup is about 240ml, an egg yolk is about an egg yolk...someone who knows better should probably correct this)

1-1/2 cups proofed batter (360 ml)
1 cup hot water (240 ml)
2 TBS butter (30g)
3 TBS sugar (seems like a lot to me...) (45g)
2 tsp salt (10g)
5-1/2 cups flour (1320g)
1 egg yolk
2 Tbs thick cream or evaporated milk (30ml)
coarse salt
Yield: 20 pretzels, about 4 to 5 inches across, hard crust, soft center

1. Let all ingredients and utensils come to room temperature
2. Add the 2 TBS butter, the TBS, sugar, and the 2 tsp salt to the cup of hot water. Cool to lukewarm.
3. Put the proofed batter into a warm bowl. Add the water mixture after it has cooled.
4. Add 4 cups of flour, 1/2 cup at a time, stirring after each addition.
5. Turn out onto a floured board and knead in approximately 1-1/2 cups more of the flour. The dough will be very stiff.
6. Place the dough in a greased bowl, turn over, and cover. Let set for 2 hours to proof.
7. On a board which has been scraped clean of flour break of pieces of the dough about the size of a large egg. Roll each piece out with the palm of your hands until it is about 18 inches long and about 1/2 inch in diameter (46cm x 1-1/4cm). Twist into the shape of a pretzel.
8. Place on a greased cookie tin. Brush them with egg yolk mixed with the 2 TBS cream or evaporated milk. Cover and place in a warm 85F (30C?) degree spot for 30 minutes for proofing.
9. After proofing, brush again with the egg and cream mixture, and sprinkle with coarse salt.
10. Bake in a preheated 425F (218C) degree oven for 15 minutes. Remove and cool on wire racks.

From tweaver@hobbes.kzoo.edu (Tim Weaver)

Thanx for the recipe. I finally got around to trying it, and they're great. Crisp outside, soft inside, great with yellow mustard.

I didn't notice any characteristic sour taste, but I also had a very short (8 hours) proofing time for the starter. Even so I got great tasting soft pretzels. I'm thinking Christmas treats here.
815--815
From bcullimo@nyx.cs.du.edu (Brent Cullimore)

SOURDOUGH BAGELS

(Modified from Sunset Breads book, P. 92)

2 C starter
2/3 C warm water
3 tbs sugar
1 tsp salt
~4 C flour
~3 qts boiling water
1 egg, beaten

```
Mix sugar, salt, starter, water, and 2 1/2 C flour in a large bowl
until pulls away from sides of bowl.  Add 1 more cup of flour with
a spoon.  Knead until smooth, and let rise in a greased bowl until
doubled (about 4 hours for my starter).

Punch down, knead briefly, and divide into 12 even lumps.  Shape
each lump into a ball, then push a hole through to form bagel.
Let rest 1/2 hour or more (I let them double again) on greased
sheets.

Preheat oven to 375F.

Bring 3 qts water to boil (some folks add a little sugar to the
boil), then adjust heat until boiling steadily but gently.

Lift bagels off sheet with a spatula, drop them into the water
one at a time. Boil for a minute, then turn over for another minute.
Lift out with a slotted spoon onto baking sheet (drain if they're
too wet).  Brush them with beaten egg.

Bake 20 minutes or until golden.

They're great right out of the oven, but try them toasted as well
the next day.

815--------------------------------------------------------------------815
#       From Tim Dudley <dudley.chi@xerox.com> ()

Here's the bagel recipe from Wilford's book "Adventures
in San Francisco Sourdough Cooking and Baking".  (This is
in  "Chapter 9: Breads of Other Lands" !  Ah yes, California...)

As for the disclaimer: I haven't tried these, but everything
else I've tried from this book has turned out well.  David will
almost certainly put any review of this recipe in the FAQ...

Tim

(I almost feel apologetic, bringing this group back to reality.
 "Watch things turn sour?"  "Proof positive"??  "Trying to get
  a rise"??  "Last thing you needed"??   ouch.  Back to the
  mushrooms...)

--------------------
  1 1/2 cups proofed starter (sponge, batter, etc...)
  1 3/4 cups flour
  1 tsp salt
  3 TBS sugar
  3 TBS salad oil
  2 eggs
  2 TBS sugar in 4 quarts boiling water

Yield:  12-14 bagels

1.  Assemble all ingredients and utensils.  Let ingredients come
     to room temperature.
2.  Sift 1 1/2 cups of the flour, 1 tsp salt, and 3 TBS sugar into
     a warm bowl.  Stir in the 3 TBS salad oil and the 2 eggs.
3.  Stir in the 1 1/2 cups of proofed starter, and add enough
     additional flour for the dough to leave the sides of the bowl.
4.  Turn the dough onto a well floured board and knead in
     enough additional flour to make the dough smooth and
     elastic (about 1/4 cup).
5.  Place in a warm greased bowl, cover, and set the bowl in
     a warm 85-degree F. spot until doubled in bulk.  This will
     about two hours.  When doubled, punch down and let proof for
     an additional 1 1/2 hours, or until doubled in bulk again.
6.  Turn the dough out onto a floured board and divide it into
     12-14 equal pieces.  Roll each piece into a 6-inch roll about
     3/4 inch thick.  Pinch the two ends together to form a
     doughnut shape.
7.  Boil the 4 quarts of water and add the 2 TBS of sugar.  Drop
     each bagel into the boiling water one at a time.  Boil only
     4 at at time.  Cook until they rise to the top of the water, and
     then turn over and cook for two minutes longer.
8.  Remove with a slotted spoon and place on a greased cookie
     sheet.  When all have been boiled and placed on the cookie
     sheet, put in a preheated 375-degree F. oven and bake for
     20-25 minutes until crusty and golden brown.

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900     YUMMY SOURDOUGH CAKES AND THE LIKE RECIPES


901--------------------------------------------------------------------901
# From: Lawrence Allen Hite <lah1l@dayhoff.med.Virginia.EDU>

Here's a recipe for a coffee cake that I sort of dreamed up.  The
times are variable to your starter and technique...

Raspberry/Cream Cheese Coffee Cake

Mix the following together to form a smooth dough:
  2 C. starter
  3/4 C. milk
  2 Tbs. vegetable oil
  1 tsp. salt
  1/2 C. sugar
  1 beaten egg
  3-1/2 C. bread flour

Let this rise until doubled in bulk (It took about 4 hours for my culture).
Knead this for 5 to 10 minutes, then split into two balls.  Roll each out
into a rectangle about 12 X 16 inches.  Mix together 8 oz. softened cream
cheese and 4 Tbs. sugar and beat until fluffy.  Spread half of this on each
rectangle.  Spread 4-5 Tbs. raspberry jam (or you can substitute your
favorite flavor or omit entirely if you like) over cream cheese layer.  Now
either leave flat as is or fold over and make slits in the top surface to
expose the filling and let the dough rise a couple of hours.  Bake at 375F
for about 25 minutes.

902--------------------------------------------------------------------902
# From: Roger Campbell <CAMPBELL@UBVM.cc.buffalo.edu>


     Last week I was browsing through a few cookbooks, and saw a recipe
in a copy of 'Joy of Cooking' for Sourdough Chocolate Cake !!  I immediately
decided to try it (chocoholic that I am).  For the first try, I felt I
should follow the recipe as printed, and did so (well, almost;  I did
substitute cake flour for all-purpose flour).   The cake turned out very well,
it rose well, with a good body, not one of those package-cake fluffy
things with the texture of cotton candy !  But it was not tough, either.
All-in-all, a good cake, and the flavor was excellent.  I frosted it
with a chocolate cream cheese-confectioners sugar frosting.   The recipe
follows:

Have all ingredients at room temperature.  Preheat oven to 350 degrees F.

Cream thoroughly:
   6 tablespoons butter
```

```
   1 cup sugar
Add and beat:
   2 eggs
Stir in, then beat well:
   1   cup sourdough starter
   3/4 cup milk
   3   oz. melted semisweet baking chocolate
   1   tsp. vanilla
Sift together:
   1 3/4 cups sifted all-purpose flour   ( I used cake flour )
   1     tsp. baking soda
   1/2   tsp. salt
Fold the flour mixture into the batter and stir until smooth.  Pour
   into two greased 1 1/2 inch by 8 inch round cake pans, or one
   9 inch square cake pan ( I used round pans ).  Bake for about 40
   minutes for one square pan, or 25 minutes for two round pans, or
   until a cake tester comes out clean.
```

I liked the way the cake turned out, and now I will experiment a bit. One thing I want to try, is to substitute cocoa for the baking chocolate.

By the way, I read that Baking -Soda- when used with an acid ingredient, will react like baking powder, but the resulting crumb will be much lighter than that produced with baking powder. I will also check this out in my experiments.

903---903

From: arielle@taronga.com (Stephanie da Silva)

Sourdough Chocolate Cake

1 cup sourdough starter
2 cups all-purpose flour
1 1/2 teaspoons baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 cup butter
1 1/4 cups sugar
1 teaspoon vanilla
2 eggs
3 squares (3 ounces) unsweetened chocolate, melted and cooled
1 cup milk
Cocoa Cream Cheese Filling
Sweet Chocolate Glaze

Bring sourdough starter to room temperature. Grease and flour two 9 x 1 1/2-inch round cake pans; set aside. Stir together the flour, baking soda, cinnamon, and salt. In a large bowl beat the butter with an electric mixer on medium speed for 30 seconds. Add sugar and vanilla; beat till fluffy. Add eggs, one at a time, beating 1 minute after each addition. Beat in the melted chocolate.

Combine the sourdough starter and milk. Add dry ingredients and milk mixture alternately to beaten mixture beating till well combined. Turn the batter into prepared pans. Bake in a 350F oven about 30 minutes or till done. Cool 10 minutes on wire racks. Remove from pans; cool thoroughly on wire racks. Fill with Cocoa Cream Cheese Filling and glaze cake with Sweet Chocolate Glaze. Drizzle a design atop with reserved cream cheese icing and top with white chocolate leaves. Makes 12 servings.

Cocoa Cream Cheese Filling

1 cup sifted powdered (confectioner's, icing) sugar
1 3-ounce package cream cheese
1/4 teaspoon vanilla
Milk
2 tablespoons unsweetened cocoa powder
1/2 cup sifted powdered sugar

In a small mixwer bowl beat together the 1 cup powdered sugar and cream cheese till fluffy. Beat in the vanilla. If necessary, beat in enough milk (about 2 teaspoons) to make of pouring consistency. Reserve 1/4 cup of the mixture and set aside to decorate the top of the cake. Stir the cooa powder into the remaining mixture in the bowl. Add the 1/3 cup powdered sugar and beat till smooth. Use the cocoa mixture to spread between cake layers. Makes 2/3 cup filling; 1/4 cup icing.

Sweet Chocolate Glaze

3/4 cup sugar
2 tablespoons cornstarch
1 cup water
2 squares (2 ounces) German sweet chocolate, cut up
1 1/2 teaspoons vanilla

In a small saucepan combine the sugar, cornstarch and dash salt. Stir in water and chocolate. Cook; stir till chocolate is melted and mixture is thickened. Cook; stir 2 minutes more. Remove from heat; stir in vanilla.

Cover surface with clear plastic wrap or waxed paper. Let stand 10 to 15 minutes or till slightly cooled and of spreading consistency. Spread glaze over top and sides of cake. Chill cake till set. Makes 1 1/2 cups glaze.
--
Stephanie da Silva   Taronga Park * Houston, Texas
arielle@taronga.com   568-0480   568-1032

904---904

From dadams@cray.com (David Adams)

This recipe was given to me by a neighbor lady.

SOURDOUGH DOUGHNUTS

Mix 2 C starter, 1 C lukewarm milk and 1 1/2 C flour until smooth. Add 2 eggs and 1/4 C oil and beat well.

Blend in small bowl: 1/4 C sugar, 1 t salt, 1/2 t soda and 1/2 C flour. Mix well into dough.

Turn out onto 1 C flour and knead lightly until most of flour is worked in (dough is soft.) Place in greased bowl and turn to grease too. Cover with wax paper and let rise until doubled. Then turn onto 1/2 C flour on board. Pat to 1/2" thick. Cut and put on well floured sheet and let rise until doubled. (Don't cover!)

Fry only 3-4 in hot fat at once and fry raised side (top) first turning only once.

Drain. Makes 4 doz.

905---905

From: bndixon@snll-arpagw.llnl.gov (dixon bradford n)

RECIPES FROM

The COMPLETE SOURDOUGH COOKBOOK
BY
DON AND MYRTLE HOLM

The CAXTON PRINTERS, Ltd
Caldwell, Idaho
1972

Sourdough Sams Doughnuts

```
1/2 cup sourdough starter           2 egg yolks or 1 whole egg
1/2 cup sugar                       1/2 tsp. nutmeg
2 tbsps. shortening                 1/4 tsp. cinnamon
2 cups flour                        1/2 tsp. baking soda
1 teaspoon baking powder            1/2 tsp. salt
      1/3 cup sour milk or buttermilk
```

Sift dry ingredients, stir into liquid, roll out, and cut. Then heat some oil to 390 and fry. This is an easy way with no interruptions. Makes 17 doughnuts and holes. Dust with granulated sugar or a mixture of cinnamon and sugar in a shake bag.

NOTE:
These doughnuts are virtually greasless. And if you want you can make several batches at a time and freeze. They keep well and to me taste after a while in the freezer. Take out as many as needed and thaw and put sugar on or eat plain.

906---906
From ??

------------- Recipe Extracted from Meal-Master (tm) Database --------------

```
     Title: Sourdough Applesauce Cake
Categories: Cakes
  Servings:  4

      1 c  Active Starter                   1/4 c  Dry Skim Milk
      1 c  Unbleached Flour                   1 c  Applesauce
(Homemade IfPos.)
    1/2 t  Salt                               1 t  Cinnamon
    1/2 t  Nutmeg                           1/2 t  Allspice
    1/2 t  Cloves                             2 t  Baking Soda
    1/2 c  White Sugar                      1/2 c  Brown Sugar
    1/2 c  Butter or Margarine                1 ea Large Egg, Well Beaten
```

Mix together the starter, milk, flour, and applesauce, and let stand in a covered bowl in a warm place.
Cream together the sugars and butter. Add the beaten egg and mix well.
Add spices. You may also add a half cup of raisins or chopped nuts, or a mixture of the two.
Beat by hand until well mixed and no lumps reamian. Bake at 350 degrees F for half to three quarters of an hour. Test for doneness with a knife when half an hour is up. Allow to cool until cold before cutting and serving.

907---------- Recipe Extracted from Meal-Master (tm) Database -------------907

```
     Title: Sourdough Banana Bread
Categories: Breads
  Servings: 12

    1/2 c  Shortening                         1 c  Sugar
      1 ea Large Egg                          1 c  Mashed Bananas
      1 c  Active Sourdough Starter           2 c  Unbleached Flour
      1 t  Salt                               1 t  Baking Powder
    1/2 t  Baking Soda                      3/4 c  Chopped Walnuts
      1 t  Vanilla OR                         1 t  Grated Orange Peel
```

Cream together the shortening and sugar, add egg and mix until blended. Stir in bananas and sourdough starter. Add orange peel or vanilla. Stir flour and measure again with salt, baking powder and soda. Add flour mixture and walnuts to the first mixture, stirring until just blended. Pour into greased 9 x 5-inch loaf pan. Bake in 350 degree oven for 1 hour or until toothpick comes out clean. Cool to cold before slicing.

908---------- Recipe Extracted from Meal-Master (tm) Database -------------908

```
     Title: Mendenhall Sourdough Gingerbread
Categories: Desserts
  Servings:  4

      1 c  Active Sourdough Starter          1/2 c  Hot Water
    1/2 c  Molasses                          1/2 t  Salt
      1 t  Baking Soda                       1/2 c  Firmly Packed Brown Sugar
      1 ea Large Egg                       1 1/2 c  Unbleached Flour
      1 t  Ginger                              1 t  Cinnamon
    1/2 c  Shortening
```

Cream brown sugar and shortening and beat. Then add molasses and egg, beating continuously. Sift dry ingredients together and blend into hot water. Then beat this mixture into creamed mixture. As the last step, add the sourdough starter slowly, mixing carefully to maintain a bubbly batter. Bake in pan at 375 degrees F for about 30 minutes or until done. Serve with ice cream or whipped cream while still hot if possible.

909---909
From David Adams (dadams@cray.com)

"Dutch Oven Cooking", 2nd ed. John G. Ragsdale, Lone Star Books, Houston, Texas, 1973. ISBN 0-88415-224-3

Mountain Cobbler

```
1 C sourdough culture          2 t cinnamon
1 1/2 C flour                  1/2 C oil
1/2 C brown sugar              2 cans cherry pie filling
1/2 C sugar
```

Mix starter, flour, sugars, cinnamon, and oil in a bowl. Place cherry filling in bottom of oven; then spread the bowl of mix on top. Bake 25-30 minutes in covered oven. Serves 8.

Variations

1. Blueberry filling instead of cherry
2. Add 1 C of raisins with the fruit filling
3. Add 1/2 C of chopped pecans.

Never a mention of temperature or number of coals or amount in any of these recipes. From experience you can omit the yeast in the "Rancher’s bread". You might expect a little longer wait, but the times given are reasonable for the Alaskan culture I use. Also you might try replacing the 1 C water with a second C sourdough culture. You should expect this to make at least 2 loaves for a 10" oven.

1000 AMISH FRIENDSHIP BREAD

1000--1000

From: Henry (H.W.) Troup <HWT@BNR.CA>

Here's my version of the recipe, received with a starter that has so much sugar it seems to be all yeast and no bacteria; my starter is still going after two years in my care. I'd be will to try to dry it if anyone wants.

Starter care instructions omitted...

"Amish Friendship Bread"

1 cup starter
2/3 cup oil
1 cup sugar
3 eggs
1 tsp vanilla
2 cups flour
1 tsp cinnamon
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

Mix listed ingredients -- I'd sift the dry ingredients together first, but the original sheet doesn't say to.

You may top with candied fruit, nuts, or apple slices before baking. Pour into 2 well greased sugared loaf pans. Bake 40 to 50 minutes at 350 degrees. Cool ten minutes before removing from pan.

Henry Troup - HWT@BNR.CA (Canada) - BNR owns but does not share my opinions
!erutangis ruoy otni suriv erutangis siht ypoc to nevird ylsuoicsnocbus era uoY

From: a.m.osborne@mvuxd.att.com

Dave,
I've kept most/all of the sourdough recipes posted to both the net and the sourdough/bread machine groups. However, they are on UNIX, so I've got macros included in the files. I've culled the Amish starter recipes from my file and taken out the macros and formatted them for readability. I take no responsibility on how the recipes turn out, I've not tried any of them. But.....here they are.
Arlene

1000.1 -- -- 1000.1

==

AMISH FRIENDSHIP BREAD STARTER
John D. Holder, University of New Mexico, Albuquerque

I have made friendship bread several times with a gift starter, and I have a pretty good guess as to how to make one. This is slightly different than most sourdough-type starters. I would either dissolve one package of dry active yeast in a half cup of warm water or milk. If you use water, add one cup milk, one cup flour, and one cup of granulated sugar. If you use milk, add one half cup milk, one cup flour, and one cup of granulated sugar. Set in a warmish place, like near the stove, and stir once daily for 5-10 days. This makes about 3 cups of starter. Most recipes for friendship bread that I've seen call for one cup of starter to start out with, so as tradition dictates I would keep a cup of starter for myself and give the other two cups to two friends with the recipe.

AMISH FRIENDSHIP SOURDOUGH (MUFFIN) STARTER
Henry Troup, Bell Northern Research, Ottawa, Canada

Original Instructions:

- Keep only in a ceramic bowl, covered.
- Never refrigerate.
- Stir daily.
- Feed every five days with 1 cup flour, 1 cup sugar and 1 cup milk.

Split into four, bake one part, keep one part, and give two to friends.

A quick calculation indicates that in 160 days (32 replications) every person on the planet will have some muffin starter. And it will take a lot of flour to feed all of those.

RELAXED INSTRUCTIONS

- Keep in a covered bowl. I transfer it to a clean bowl every month or so, usually when I'm baking. Mine sits on top of the microwave
- Refrigeration will slow down the starter, usually a good idea. Freezing for over a month will kill it. I refrigerate the starter when I go away for more than a weekend.
- Stir daily.
- When it looks thin and watery, or smells of alcohol, or you want to bake with it, feed with: 1/2 cup flour, 1/2 cup sugar and 1/2 cup milk.

It's okay to feed it and not bake immediately, but it really should be split between every two feedings. The objective is to keep the yeast in the starter reproducing, as opposed to fermenting.

"AMISH FRIENDSHIP BREAD"
Henry Troup, Bell Northern Research, Ottawa, Canada

1 cup starter 2/3 cup oil 1 cup sugar 3 eggs
1 tsp vanilla 2 cups flour 1 tsp cinnamon
1 1/2 tsps baking powder 1/2 tsp baking soda 1/2 tsp salt

Mix listed ingredients -- I'd sift the dry ingredients together first, but the original sheet doesn't say to. You may top with candied fruit, nuts, or apple slices before baking. Pour into 2 well greased sugared loaf pans. Bake 40 to 50 minutes at 350 degrees F. Cool ten minutes before removing from pan.

FRIENDSHIP BREAD STARTER
Gary Heston

1 cup flour 1 cup milk 1/4 tsp salt 1 friend with starter

Proceedure: take flour, milk and salt to visit friend with starter. Add each to friends' starter, mixing well. Divide starter in half, returning one part to friend, and taking other half home with you. Place your part in your starter bowl. You now have a Friendship Bread Starter.

AMISH FRIENDSHIP BREAD (10 day Sour Dough)
Serap Ogut

Cover the starter, set on the counter, DO NOT REFRIGERATE.

Day 1-4 : stir everyday
Day 5 : add 1 cup flour, 1 cup sugar and 1 cup milk
Day 6-7 : stir
Day 8-9 : do nothing
Day 10 : add 1 cup flour, 1 cup sugar and 1 cup milk

Pour 1 cup starter mix in three cups, to give away.

To the remaining mixture add

2/3 cup oil	1 cup sugar	2 cups flour
1 1/2 tsps baking powder	1/4 tsp salt	1/2 tsp vanilla
3 eggs	1/2 tsp baking soda	2 tsps cinnamon

Raisins & nuts (optional)

Beat batter and pour into 2 well greased bread pans. Bake for 1 hour at 350 degrees F.

AMISH FRIENDSHIP BREAD INSTRUCTIONS
Jeannie

Keep at room temperature Use a glass container. Do not use a metal spoon (use a wooden one) Do not refrigerate. Use only plain (non-rising) flour.

Day 1 The day you get your starter, do nothing
Day 2 Stir with a wooden spoon
Day 3 Stir with a wooden spoon
Day 4 Stir with a wooden spoon
Day 5 Add 1 cup flour, 1 cup sugar, 1 cup milk and stir
Day 6 Stir with a wooden spoon
Day 7 Stir with a wooden spoon
Day 8 Stir with a wooden spoon
Day 9 Stir with a wooden spoon
Day 10 Add 1 cup flour, 1 cup sugar, 1 cup milk and stir.

Get three glass containers and put one cup of mixture in each container, Give a copy of these instructions and a cup of starter to 3 friends. To remaining batch add 2/3 cup oil, 3 eggs, 1 tsp vanilla, 2 cups flour, 1 cup sugar, 1 tsp cinnamon, 1 and 1/4 tsp baking powder, 1/2 tsp baking soda, and 1/2 tsp salt. Pour into 2 well greased and sugared loaf pans, or 1 bundt pan. Top with anything you like such as, sliced apples, dried or candied fruit, nuts, coconut, etc. or leave plain Bake at 350 degrees F for 40 to 50 minutes. (Check after 30 minutes.) COOL 10 MINUTES BEFORE REMOVING FROM PAN. Slice and serve.

AMISH FRIENDSHIP BREAD (Original Starter Recipe)
Linda DiSanto, Austin, Texas

1 package active dry yeast 2 1/2 cups warm water 2 cups sifted flour
1 Tbsp sugar

Dissolve yeast in 1/2 cup of the warm water in a deep glass or plastic container. Stir in remaining warm water, flour and sugar. Beat until smooth. Cover with loose fitting cover. DO NOT REFRIGERATE! The starter requires 10 days for fermentation as follows:

--------------- CUT HERE OR PRINTER WILL JAM ----------------------------

DAYS 1, 2, 3 and 4: Stir batter
DAY 5: Add 1 cup each milk, flour, sugar and stir
DAYS 6, 7, and 8: Stir batter each day
DAY 10: Add 1 cup each flour, sugar, milk; stir.

The batter is ready to use.

This makes 3 cups batter to use in the recipes. If you want to you may pout 1 cup batter each into 3 containers and give 1 or 2 away.

Save 1 cup to begin process all over again OR you can use all 3 cups batter for the recipes at 1 time and when you want to bake these again just start the starter again.

OR use the other cup of batter to make the bread or cake.

AMISH FRIENDSHIP BREAD
Cindy Smith

My sister-in-law gave me this recipe for Amish Friendship Bread along with a jar-full of the starter mix. Do not use metal spoon and Do not refrigerate dough!!

day 1 -- Receive starter and do nothing
day 2 -- Stir once each day with wooden spoon
day 3 -- Stir once each day with wooden spoon
day 4 -- Stir once each day with wooden spoon
day 5 -- Add 1 cup flour, 1 cup sugar, 1 cup milk and stir
day 6 -- Stir once each day with wooden spoon
day 7 -- Stir once each day with wooden spoon
day 8 -- Stir once each day with wooden spoon
day 9 -- Stir once each day with wooden spoon
day 10 - Add 1 cup flour, 1 cup sugar, 1 cup milk and stir. pour into containers of 1 cup each and give to 3 friends with copy of recipe (or 2 friends and keep 1 start for yourself)

To the remainder add:

2/3 cup oil	1 1/4 tsps baking powder	3 eggs	1/2 tsp baking soda
2 cups flour	1/2 tsp salt	1 cup sugar	2 tsps vanilla
2 tsps cinnamon			

Pour into 2 well greased and sugared loaf pans. Bake 40 to 50 minutes at 350 degrees F. Cool 10 minutes before removing from pan. The bread may be frozen for a later date (note the starter).

From: mats@netcom.com (Mats Wichmann)

Well, heck, here's the recipe for Amish loaf that passed through here a little over a year ago. Don't have the culture, though - didn't thik much of it, so didn't make any effort to keep it alive after passing it on. If "everybody" has seen this, it might be interesting to see if the recipe differs amongst those who had it passed to them...after all, stories always seem to mutate when passed from person to person... do recipes also, or are they scrupulously preserved?

Amish Friendship Loaf

Day 1 The first day with the starter do nothing
Day 2 Stir
Day 3 Stir
Day 4 Stir
Day 5 Add: 1 cup flour, 1 cup milk, 1 cup sugar; stir well
Day 6 Stir

```
        Day 7   Stir
        Day 8   Stir
        Day 9   Stir
        Day 10  Add: 1 cup flour, 1 cup milk, 1 cup sugar; stir well
```

DO NOT use metal spoon, bowl, or pan

DO NOT refrigerate

Batter will expand, so should be placed in a larger bowl or container on receipt

On Day 10 - pour 1 cup batter into each of three containers and give to three friends, with a copy of these instructions

The remaining batter will be a little more than a 1 cup.
Add 2/3 cup oil, 2 cups flour, 1 cup sugar, 1 1/4 tsp baking powder,
3 eggs, 1/2 tsp each of: salt, cinnamon, vanilla or baking soda.
Pour into two well greased loaf pans.

Bake at 350 for 50-60 minutes.

Cool 10 minutes, then remove from pans.

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Mats Wichmann
Systems Software Consultant
alruna!mats@ossi.com (or mats@netcom.com)

From: JERRY PELIKAN <C05705GP@WUVMD.Wustl.Edu>
Subject: Amish Friendship Bread

The recipe that I got with my Amish Friendship bread goes like this:

No metal spoons or bowls! Do not refrigerate!

```
Day 1:  do nothing
Day 2,3,4:  stir
Day 5:  Add: 1 cup flour
             1 cup sugar
             1 cup milk
        Stir
Day 6,7,8,9:  stir
Day 10: Add: 1 cup flour
             1 cup sugar
             1 cup milk
        Stir
```

Pour one cup of batter into each of 2 containers and give to two freinds.

To remaining batter, add:

2/3 cup	oil	1/2 t	baking soda
3	eggs	1 1/2 t	baking powder
1 cup	sugar	1 t	cinnamon
2 cups	flour	1/2 t	salt
		1 t	vanilla

Add two cups of fruit or nuts. Pour into two greased and floured loaf pans. Bake 45 - 50 minutes at 350 degrees.
Cool 10 minutes & remove.

From: monwel@cbnewsk.cb.att.com (douglas.w.monroe)

Amish Frienship Bread:

```
        1-1 1/2C starter dough
        2/3C sugar
        2t cinnamon (or 1t cinnamon, 1/4tallspice,& 1/2t nutmeg)
        1 1/4t baking powder
        2C flour
        1/2t salt
        1/2t baking soda
        3 eggs
        (*1 1/2 cups chopped nuts, apples, raisins, etc. optional)
```

Mix together with whisk all dry ingredients. Add remaining ingredients and mix well. Add nuts or fruit and blend well. Grease & sugar 2 loaf pans or 1 tube pan. Bake 350\(de

1100 NON-SOURDOUGH or STRANGE BREADS

1101____1101
From: Tom Molnar <molnar@utcs.utoronto.ca>

Essene Bread

I just thought I'd share a new "discovery" of mine with the list. It's not sourdough bread, but it is pretty neat bread (well, I think so anyway).

My "Uprisings" whole grain bread book referred to a bread called "Essene" bread. Their version of this bread is unyeasted, and made entirely of sprouted wheat. Sprouted wheat goes through stages where the starchy part gets converted to sugars, and the sprouts taste sweet. This bread is made of ground up wheat sprouts when they reach this stage. The resulting bread tastes very sweet indeed, as if you soaked it in honey. I was pleasantly surprised by the results, so I'm passing it on to the rest of you.

Basic method:

Sprout the wheat:

- use 1 to 2 cups of organic hard wheat berries (otherwise it may not sprout if treated with something)

- put in one or two large jars, cover the mouth of the jar with cheesecloth or something, soak the berries in tepid water overnight,

- drain water next day, and rinse the berries once in the morning, and once in the evening.

- when the sprouts are about 2 or 3 times as long as the berry it should be ready (taste it along the way to see how the flavour changes)

Grind the sprouts:

- dry off the sprouts a little by skipping the last rinse

- preheat oven to 250F

- use a regular meat grinder, grind the sprouts into a bowl (coating the grinder parts with oil makes cleanup easier).

- squeeze out air from the glob of "dough" and shape into rolls or round loaves.

- grease a baking tray, sprinkle with corn meal, put rolls or loaves on tray.

Bake:

- essene bread takes a long time to bake, 2.5 to 3 hours at 250F, perhaps longer. You must not bake it at high tempuratures. The bread will be moist on the inside so don't pick it up off the tray like a regular loaf or it will fall apart. The bread is done with the bottom is resilient and the outside develops a crust -- but it will be moist and appear uncooked on the inside. It should solidify somewhat as it cools.

So the bread is made entirely of sprouted wheat, no yeast or salt added. I've heard some people grind dates in with the bread, but it turns out sweet enough for me.

This FAQ was compiled by David Adams and posted by Darrell Greenwood
<darrell.faq at telus.net>