

STARTER HINTS

1. Mix only with wooden or plastic spoons and use only glass, stoneware or plastic bowls. Allow no metal contact with starter or batters at any time.
2. During starter preparation store in a warm place (85-90°) and away from drafts.
3. When not in use your prepared starter should be stored on the lower shelf of your refrigerator, labeled to prevent accidental destruction. If not used at least twice a month  $\frac{1}{2}$  tsp sugar may be added every 30 days.
4. During preparation and storage a semi-clear liquid may rise to the top of your starter or batter. This is normal and should not be discarded. Stir back into starter or batter when noticed.
5. Do not add any ingredient to your sourdough starter except flour, water, or sugar as specified.

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6. Always remember to return one cup of Primary Batter to your starter container before adding additional ingredients.
7. All ingredients in sourdough starter preparation and other recipes should be at room temperature (unless otherwise specified) before adding to the bowl for mixing.
8. To preserve starter effectiveness do not allow it to be subjected to direct heat sources or temperatures exceeding 95°.
9. Always wait full preparation period specified in recipes to utilize starter's full effectiveness. Do not attempt to accelerate starter action by the application of heat or the addition of ingredients not specified.
10. Use bottled or well water for mixing up starter and primary batter if local water has strong chemical treatment for purification.

Regarding Yeast: Dry active or cake yeast may be used for a faster rising action during proofing. However, the rising times noted are for natural sourdough action only. When using yeast, a portion of the authentic sourdough taste in your bread is lost.

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Primary Batter is the foundation of all sourdough cooking and baking and is used in each recipe in this folder. The reactions of your starter with the flour and water added to make your batter gives during the proofing period its unique flavor and leavening. The following recipe yields approximately 4 cups of Primary Batter which is the amount required for each recipe in this folder.

- 1 cup Sourdough Starter
- 2½ cups white flour
- 2 cups warm water (85-90°)

1. Remove your starter from refrigerated storage, stir thoroughly, take out one cup and place in a warm bowl (4 quart capacity). Return remaining starter to refrigerator.
2. Add 2 cups of warm water and stir until well mixed. Slowly add 2½ cups of white flour, stirring continually to blend flour into batter. Stir for 4 to 5 minutes until mixture is smooth and without lumps.
3. Cover the bowl with plastic wrap and place in a warm, draft-free place for 12 hours for proofing.
4. If a liquid should rise to the top of your batter during proofing or a crust should form, stir batter thoroughly and re-cover. At the end of the 12-hour period your batter is ready for use.

**IMPORTANT:** Before mixing your batter with other ingredients for cooking return 1 cup of batter to your starter storage container to replenish your starter. (over)

For your first experience in your sourdough adventure, we recommend sourdough Pancakes or Waffles because of their good taste with very little effort and their assurance of mouth-watering success.

Prepare Primary Batter. Before mixing other ingredients be sure that you have returned the cup of batter to your starter storage container. Let all ingredients come to room temperature.

- 3 cups Primary Batter
- 2 eggs (room temperature)
- 2 TBS cooking oil
- 1 TBS white sugar
- 1½ tsp salt
- ¼ cup milk (room temperature)

1. Place the 3 cups of batter in a warm bowl. Beat the 2 eggs and stir them into the batter. Stir in the 1 TBS of sugar.
2. Add the 2 TBS of cooking oil and the 1½ tsp of salt. If for waffles increase the amount of cooking oil to 4 TBS.
3. Stir in the ¼ cup of milk.
4. Heat your griddle or waffle iron to HOT. The correct temperature is 375-400 degrees. Test by dropping a few drops of cold water on the cooking surface. The drops should sputter and dance on a correctly heated surface.

5. When the griddle or iron is heated ladle the batter directly onto the cooking surface with a serving spoon or pour from a mixing cup. The best tasting sourdough pancakes are approximately  $1\frac{1}{2}$  to 2 inches in diameter and are made by pouring from a serving spoon.

6. In 3-4 minutes the top will be covered with bubbles and the edges will begin to dry. If the undersides are browned then turn them and cook on the other side. The second side cooks in about half the time of the first and tends not to brown as evenly.

This recipe will produce approximately 80 small pancakes. If you want less it can be halved successfully with no trouble. Serve immediately after cooking with butter and warmed syrup or other topping of your choice. We find that many of the fruit and berry toppings now available enhance the flavor of your sourdough pancakes and make them a perfect "stick-to-your-ribs" contribution to any meal or snack. Remember that sourdough pancakes have a very firm texture, and are entirely different from the pancakes you are used to.

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Another of the very basic recipes in our Sourdough Adventure is Sourdough White Bread and since it forms the foundation of many of the other bread variations possible, we think that you will want to use this recipe to recover some of the goodness no longer found in commercial white bread products. This recipe yields two loaves of bread.

Prepare Primary Batter. Before mixing other ingredients be sure that you have returned the cup of batter to your starter storage container.

- 3 cups Primary Batter
- 6-6½ cups white flour
- 1 pkg active dry yeast  
(see note following starter hints)
- 2 TBS white sugar
- 1½ cups pasteurized milk
- 2 TBS melted butter (or margarine)
- 2 tsp salt

1. Place the 3 cups of batter in a warm bowl (4 quart capacity) and stir in 1 cup of white flour. Stir in 2 TBS sugar and if using yeast, add dissolved yeast at this time.

2. Add the salt, warm milk, and melted butter and stir. Add approximately 4 more cups of white flour until the dough is too stiff to stir with a spoon.

3. Turn the dough onto a well floured bread board and knead in enough additional flour (about 1-1½ cups) to make the dough smooth and elastic.

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4. Lightly grease the outside of the dough with shortening and place in a lightly greased bowl (4 quart or larger). Cover the bowl with cloth and place in a warm, dry place (85-90°) until the dough doubles in bulk (about 2 hours).

5. When the dough has doubled, punch it down with a closed fist to release the leavening gases and return to the same warm spot for second rising. Let rise again for 30 minutes.

6. After second rising, turn the dough onto floured board and divide into two equal parts. Fold each part over itself and pinch the edges to seal the loaf. Place the loaves with the pinched edges down in well greased loaf pans (9x5x3"). Each pan should be about half-full. Brush the tops with melted butter and place pans in warm spot to rise again for about 1½ hours or until a finger placed about 1 inch into the top of the loaf leaves a deep impression.

7. In a preheated 375° oven place the pans on the center rack and bake for approximately 45 minutes or until the bread shrinks away from the sides of the pans and is well browned on the tops.

8. Take the bread from the oven and remove from pans at once. To prevent soggy bread turn the loaves on their sides on a wire rack to cool. For a softer crust brush tops of loaves with melted butter.

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This recipe makes hearty, crusty biscuits which evoke the flavor of the old west.

- 3 cups Primary Batter**
- 2 cups flour**
- 1 tsp salt**
- 2 TBS sugar**
- ½ tsp baking soda**
- ½ cup melted butter (½ butter and  
½ salad oil or melted shortening)**

Yield: 30 biscuits

1. Prepare the Primary Batter following the directions on the folder. Be sure that you have returned 1 cup of the batter to your sourdough starter container before adding any other ingredients.
2. Assemble all ingredients and utensils. Let all ingredients come to room temperature.
3. Put the 3 cups of Primary Batter in a warm bowl and add ½ cup melted butter.
4. Mix the 2 cups of flour, the 1 tsp salt, the 2 TBS sugar, and the ½ tsp baking soda together and then sift the mixture into the batter while stirring gently. Just stir enough to wet the flour.
5. Turn onto a floured bread board or pastry cloth and knead for approximately ½ minute until you have a soft, just barely sticky dough.

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6. Roll out with a floured rolling pin or pat out with your hands until the dough is approximately  $\frac{1}{2}$  inch in thickness.

7. Using a biscuit cutter, cut out the biscuits, being careful not to turn the cutter while cutting.

8. Carefully lift out the biscuits and dip them in melted butter. Place them close together on a 9-inch square pan and put the pan in a warm place for proofing for 30 minutes.

9. When the proofing period is over, place the pan in a preheated 375-400 degree oven. Let the biscuits bake for 30-35 minutes. Serve them hot since the texture hardens when the biscuits are cool. To reheat, place in a moistened paper bag, close the bag and then put it in the oven for 10 minutes at 350 degrees.

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