

Sourdough Recipes

from the kitchen of K. A. Young

I will be adding to these recipes in time. Meanwhile, here are a few you can start with.

Sourdough Multi-Grain Pancakes

- You can experiment with different combinations of grains or use only wheat flour.
- This recipe makes about 4 large pancakes (6 medium), but it can be doubled—or more.

½ c fresh starter

½ c other grains (I use 1/8 oats or oat flour, 1/8 c barley flour, ¼ c buckwheat flour.)

½ T baking powder (non-aluminum)—can be omitted if you do not prefer FLUFFY pancakes

½ t sea salt

1 T honey (optional: blackstrap molasses or combination of the two)

1 T melted coconut oil or butter

1 egg

½ c milk (or tahini milk, coconut milk, etc.)

½ t vanilla (optional)

dash of cinnamon or nutmeg (optional)

Mix well.

Let sit 15 minutes so it will have a light, fluffy texture.

Optional—Add any of the following: mashed overripe banana, chocolate chips, nuts, raisins, a small amount of applesauce, or whatever else you like. Mix again until thoroughly distributed.

Bake in medium-hot skillet, using just enough butter or coconut oil to keep the cakes from sticking. **Stack** on wax paper surrounded with foil, folding the foil-covered wax paper over the top to keep the cooked cakes hot while the remaining cakes are baking.

Serving suggestions: butter, homemade jam, raw local honey, organic peanut butter, organic maple syrup, or fresh blueberries and homemade whipped topping

Promised Land Sandwich Bread

Recommended: slightly-sprouted (germinated) freshly-ground whole wheat flour and pastry wheat flour, distilled water, raw local honey, unsulphured organic blackstrap molasses, organic butter, and sea salt

Night Before: **1 c** starter + **2 c** water + **3 c** flour

Morning After

Return 1 c fresh/proofed starter (fed night before) into your (preferably clean) jar.

Use the rest in this recipe.

Warm slightly in a small saucepan:

2 T honey

2 T molasses

¼ c milk + 1 T milk or other liquid (such as: tahini milk, coconut milk, rice milk, juice, cal-mag citrate, etc.)

2 T butter (or alternate, such as: flaxseed oil, coconut oil, olive oil)

1 T salt

Stir the slightly warm liquids into starter and blend well.

Sift over starter: **2 c pastry wheat flour**

Stir in until all moist.

Sift over starter: **2 c whole wheat flour**

Stir in until too stiff to stir.

Knead for 10-20 minutes until smooth, elastic, and at least 1/3 high as wide when resting.

Try not to add any more flour. Dough will become less sticky as you knead.

You don't want dough to be dry or tacky. Adjust flour and water accordingly.

After kneading for 15 minutes, you'll know if you need to adjust flour or water.

Note: Keeping hands *lightly* floured (powdery) will help them not get too tacky. Rinse hands if they get *too* tacky, and leave them slightly damp. Dust when dry.

Hint: For *more* sourdough taste, let rise 2-4 hrs before you continue with next step.

Shape into an elongated oval and place in well-buttered, tall loaf pan, leaving a half inch or so space on all sides.

Set in warm place until dough rises above top of pan.

Place in oven with a dish (corningware or glass since metal rusts) of water on the rack beneath.

Bake on medium-low heat (300-325) for an hour or so until done.

Note: Don't put dish in oven for recipes that call for high heat (over 375) because it will break.

Suggestion: Cut slice out of center to be absolutely sure it's done and enjoy a "first taste" treat!

When done, butter the entire crust to soften it, and let the loaf cool before wrapping it.

Promised Land Biscuits

Recommended: slightly-sprouted (germinated) freshly-ground whole wheat flour and pastry wheat flour, distilled water, raw local honey, organic butter, sea salt, and non-aluminum baking powder

This recipe makes about 9 regular-size biscuits. It can be doubled with good results.

Note: Don't use all your starter for this recipe because it doesn't allow for putting any back.

Night Before: $\frac{1}{2}$ c starter + 1 c milk (or alternate, such as: tahini milk) + 1 c flour

Morning After

Combine and sift over dough:

1 c flour

1 t salt

1 t baking powder

1 t baking soda

$\frac{1}{2}$ c pastry flour

Add 2 t honey

Mix by hand.

Knead lightly.

Form biscuits in your hands, **dip** in a bit of melted butter, and **place** side by side in a buttered iron skillet or metal cake pan. Biscuits seem to do better when they're touching each other, crowded into the pan. They do not do as well on a cookie sheet.

Let rise in a warm place about 30 minutes if you have time. If not, let sit for 15 minutes. If you need to cook them immediately, go ahead; they're better if they sit 15-30 minutes, but they'll still be good.

Bake in medium-hot oven (about 375 or so) for 30-40 minutes and enjoy hot.