

Easy Sourdough Bread Guide:

When making bread once a week!

Step 1: Take starter out of fridge! The day before you make bread / that's two days before you actually can eat your homemade bread.

ex: Thursday Morning

Step 2: Feed your starter and leave on counter until you are ready to make bread.

Add flour and filtered water

Ratio: 1:1:1 starter: flour: water

Step 3: Feed starter again later that night!

Ex: Thursday Night

Step 4: Feed starter again the next morning

Ex: Friday Morning

Step 5: Make Bread That Night!

Ex Friday Night

Mix in stand mixer with paddle attachment:

1/4c sugar

1.5c warm water

1c starter

(Any extra starter can be stored in the frig till next week when you make bread)

Let sit for 10min

Add:

1/2c oil

1 T salt

Mix and then add:

Approx 6 cups of flour slowly in increments:

When paddle attachment starts to have trouble mixing then you know you have the right amount of flour. Mix just to barely combined.

Let sit for 5min

Switch to dough hook and mix on medium speed for 10min

Flip out dough on counter and knead by hand for 10 more minutes

Place dough in large oiled container to rise over night. Cover with towel and place in a warm place (like on top of refrigerator)

Shape Bread:

The next morning (ex. Saturday morning)

Punch down dough and divide into 3 equal portions

Shape dough and place in oiled pans and cover with towel

Let rise for 3hrs or until doubled in size

Bake at 350 for 30min

I added a pan of water in the bottom of oven when I baked the bread

You can leave your starter on the counter all the time and Feed once a day. If you choose this method your starter is always ready to make bread. If you only want to make bread once a week you can follow the 3 Feed method above and save your self time feeding it everyday. However this method forces you to plan ahead which day you will make bread.

One last tip: I would start with bob mill AP flour. I tried spelt tonight and it was a bit more tricky. Bob Mill AP flour worked without any problems.

Crumpets:

1cup of starter

1/2 teaspoon of salt

1 teaspoon of sugar

1/2 teaspoon of baking soda

Stir with a whisk quickly. Watch it poof up! Work quickly put it in the hot pan because the baking soda makes the dough have lovely little holes in it as the bubbles pop.

With the finished crumpets that's where the melted butter goes!

Other recipes using sourdough starter:

- crackers <https://www.youtube.com/watch?v=8rHouOVvJ3Y>
- pancakes or waffles
- cinnamon rolls – bread recipe. after first rise, Roll out, spread softened butter, top with brown sugar and sprinkle with cinnamon. Roll and cut. Rise again and bake.
- rolls
- buns
- tortillas
- Naan or flatbread <http://www.mykitchenaddiction.com/2011/04/sourdough-naan/>
- English Muffins
- Pizza crust