

Pine River Library Program in a Bag: Getting Started With Sourdough!



FEEDING INSTRUCTIONS

You can read all sorts of very specific instructions on how to feed your sourdough started (see references at the end of this handout) but personally, I have never used measurements. Here's how I do it:

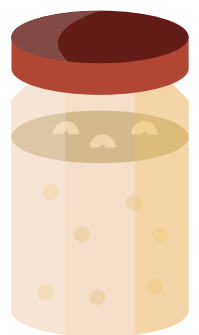
For each feeding, give the starter two heaping tablespoons of flour. Then add enough water to get a texture like pancake batter. Always mix with a WOODEN spoon (metal and sourdough can create reactions).

FEED ROOM TEMPERATURE SOURDOUGH STARTER DAILY: If you bake frequently, maintain your starter at room temperature and feed once daily, as described above. When maintained at room temperature and fed daily, your sourdough starter will always be ready to use for baking.

FEED REFRIGERATED SOURDOUGH STARTER ON A WEEKLY BASIS: If you do not bake often, maybe only weekly or monthly, it may be more practical to keep your sourdough starter in the refrigerator, with a mason jar (lid only, no ring) set on top of the jar. If you choose to keep your starter this way, take it out once a week and feed it as described above. If you plan on baking with it, it's best to take it out and feed it the night before you plan to bake with it, and then feed it again a few hours before you plan to bake. If you have no baking plans, just put it right back in the fridge after you feed it.

Tips and Tricks:

- A brown liquid layer on top of your starter, called hooch, indicates that the starter is hungry. If hooch forms, pour it off and feed the starter as soon as possible, then feed more frequently going forward.
- When preparing to bake, use the fresh starter within 3-4 hours of being fed, to ensure the starter is at its peak of activity.
- Always retain at least $\frac{1}{4}$ cup starter to begin your next project.



Sourdough Pancake Recipe (from Cultures for Health)

2 cups fresh sourdough starter
1 egg
3 Tbsp. sugar (optional)
2 Tbsp. oil
1 tsp. baking soda
2-4 Tbsp. milk or milk alternative
Butter or coconut oil for frying

Mix together sourdough starter, egg, sugar, oil and baking soda. Add milk, milk alternative, or water to thin the batter to a pancake batter consistency. Begin with 2 tablespoons liquid and add more as needed, based on the consistency of your sourdough starter. Heat a griddle over medium heat. Melt a slice of butter or coconut oil on the griddle. Once the griddle is hot, add $\frac{1}{4}$ cup of batter for each pancake. Cook until golden brown; flip and cook the other side.

(Almost) No Knead Sourdough Dutch Oven Bread

Darcy's go-to, no fail recipe- I even use 100% whole wheat pastry flour and it always turns out just right! (Makes one loaf)

1 c. starter
6 c. flour
2 t. salt
3 c. water

1. Mix starter and water until smooth, add in salt.
2. Stir in flour, two cups at a time.
3. Collect into ball shape (it will be very sticky at this point).
4. Cover and let sit 8-12 hours.
5. Turn dough onto itself a few times, then transfer into another bowl that you coated with a bit of oil.
6. Let rise 3-6 hrs. more
7. Place dutch oven (with lid on) in oven. Pre-heat to 450 degrees and set timer for 30 mins.
8. Take dutch oven out and remove lid- be careful, it will be HOT! Plop dough into dutch oven on top a layer of parchment paper.
9. Cover with lid and bake 30 min.
10. Uncover and bake 15 mins. more.
11. It's going to be VERY hard, but try to let the loaf cool on a wire rack for at least 30 mins. before cutting a piece!

RESOURCES

If your starter has you stumped you can always email Darcy at darcy@prlibrary.org or call her at 970.884.2222 ext. 522!

Online Resources and Recipes

- www.nourishedkitchen.com/sourdoughtipsandtricks/
- www.kingarthurflour.com/guides/sourdough/
- www.culturesforhealth.com/sourdoughrecipes
- www.culturesforhealth.com/HowtoMakeFreshSourdoughStarter

Cookbooks

- *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* by Sally Fallon
- *The Art of Fermentation: An In Depth Exploration of Essential Concepts and Processes from around the World* by Sandor Ellix Katz
- *Wild Fermentation: The Flavor, Nutrition, and Craft of Live Culture* by Sandor Ellix Katz
- *Sourdough: Recipes for Rustic Fermented Breads, Sweets, Savories, and More* by Sarah Owens
- *The Nourished Kitchen: Farm to Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas* by Jennifer McGruther (used to be Crested Butte local!)