

Everything Sourdough

A step-by-step guide
to starting a sourdough starter
and using it in recipes

BY MARY ROSE
The Rose Homestead



Hello and Welcome!

My name is Mary from therosehomestead.com. I am passionate about from scratch cooking and all things Sourdough! I share recipes on Youtube and our blog. I wanted to write this ebook as an introduction to Sourdough for starters and a refresher course for those with an established starter.

I will keep the introduction short and sweet. Sourdough can feel tricky in the beginning and you can be overwhelmed with information. Let me guide you and show you how simple it can be to be a Sourdough expert!

WHAT IS A Sourdough Starter



A sourdough starter, in simple terms, is a colony of yeast and good bacteria that feed off of flour.

It takes just a few days of tending to a new starter to have a colony of yeast and bacteria that will raise your bread products.

My method uses very little flour and requires the minimum discarding.

So, grab a mason jar, some flour and water, and let's get started with this Sourdough journey!

I will include a few of my favorite recipes. For all of my Sourdough recipes, head over to the blog:

www.therosehomestead.com

to search and print any recipes you desire!

How to start a Sourdough Starter

On the first day, just add 1/4 cup of flour and 1/4 cup of filtered water to a pint sized mason jar and mix well. Cover with a coffee filter and put a rubber band around it. I wrap mine in a dark kitchen towel and place in a dark place in my pantry or corner counter. Leave it there for at least 24 hours.

The next day, add another 1/4 cup flour and 1/4 cup. As before, mix well, cover and leave it for at least 24 hours.

By the 3rd day, mine was already showing great activity. Full of bubbles and smelling good! On this day, you need to discard 1/4 cup and proceed to feed the same as the days before.

Now on day 4, you should see quite a bit of activity, so, do the same as day 3.

Discard, add flour and water, cover, and store away for one more day.

Okay on day 5 things will change. We will transfer the starter to a quart jar and add 1/2 cup water and 1/2 cup flour, mix well, cover and sit on the counter. Note the time and make a mark on the jar with a sharpee or some tape of where the starter comes to on the jar. If your starter doubles within 12 hours, CONGRATULATIONS!

You made a sourdough starter!

You can start using your starter, however, it may take time and many feedings to be able to get great results making artisan bread, but, you are well on your way!

A few tips:

- ✓ Make sure you use filtered water and unbleached flour.
 - ✓ Make sure you don't put a tight lid on the jar.
-

HOW TO MAKE SOURDOUGH Bread for beginners

1 cup filtered water
1/2 cup fed sourdough starter
1/4 cup olive oil
2 tbsp honey
1 1/2 tsp salt
3-3 1/2 cups flour all purpose, whole wheat, or freshly ground

INSTRUCTIONS

The night before, mix the water and starter together well.

Add in the oil and honey and mix until incorporated.

Add one cup of flour at a time. After one to two cups add the salt.

Add enough flour to get a shaggy dough. This may be more or less than 3 cups. Just cautiously add the third cup of flour 1/2 cup at a time until it becomes a shaggy dough.

At this point, use your hands to turn the dough in the bowl until it all comes together and there is no more dry flour in the bottom of the bowl.

It should be a soft, easy to work with dough, meaning it shouldn't be too sticky or too dry. Just a soft dough that is easy to handle.

Grease the bowl and add the dough back in flipping it to make sure the dough is covered in oil.

Cover and ferment overnight on the counter. 8-12 hours.

The next morning, punch down the dough and turn onto a lightly floured surface.

Pat the dough out to a rectangular shape and start rolling it tightly while simultaneously tucking the ends as you go.

Place in greased loaf pan and cover. Allow to rise again for 2-3 hours. (This will vary based on the age of your starter and the temperature of your kitchen).

Once dough has risen above the loaf pan start preheating your oven to 375 degrees F.

Once the oven is preheated, brush the loaf with a beaten egg. Optionally, you can sprinkle with Everything Seasoning. (You have to try this at least once:)

Bake for 40-45 minutes. Every oven is different so check it after 30 minutes. If it is getting too brown, add aluminum foil for the last 15 minutes.

Allow to cool before slicing.

Sourdough Artisan Bread

1 cup filtered water
1/2 cup active sourdough starter
3 cups whole grain flour
1 1/2 tsp salt

INSTRUCTIONS

The night before, mix all the ingredients in a large mixing bowl until the dough comes together and is a smooth ball of dough.

Cover tightly and allow to rise overnight on the counter.

The next morning, prepare a banneton basket by spritzing it with a bit of water and generously covering it with rice flour.

Gently turn the dough onto a lightly watered work surface. Pull all sides of the dough onto itself all the way around.

Turn the dough upside down and sprinkle with rice flour.

Place top side down in the banneton basket.

Cover tightly and allow to rise again for 2-3 hours.

In the third hour preheat the oven with the dutch oven inside to 450 degrees F.

After 30 minutes, turn the dough onto a piece of parchment paper and score with a lame or sharp paring knife. Being sure to score deep enough for expansion.

Bake with lid on for 20 minutes and lid off for an additional 15 minutes or until deeply golden brown.

Allow cool completely before slicing





Sourdough Biscuits

2 cups All Purpose Flour unbleached

1/4 cup Olive Oil

1/2 cup Sourdough Starter

1/2 cup Milk almond milk

1 tsp Salt

2 tsp Baking Powder

1/2 tsp Baking Soda

INSTRUCTIONS

Combine Flour and Olive Oil in mixing bowl and combine until the mixture is crumbly.

Add Starter and Milk. Combine until it becomes a cohesive mass of dough.

Cover and let sit on counter overnight. (note: I use Almond milk since it's sitting out overnight).

The next morning in a small cup, add the salt, baking powder, and baking soda.

Preheat oven to 400 Degrees F

Dimple the dough and sprinkle the salt mixture over the top. Take a spatula and turn the dough over itself until it's combined.

Move dough to a lightly floured surface and turn the dough a few times to make sure all ingredients are well incorporated.

Roll dough out to 1/4 to 1/2 inch thick and cut out 8 equal biscuits. I use a biscuit cutter, but, you can use a mason jar top.

Add to cast iron skillet.

Bake for 20-25 minutes or until golden brown.
