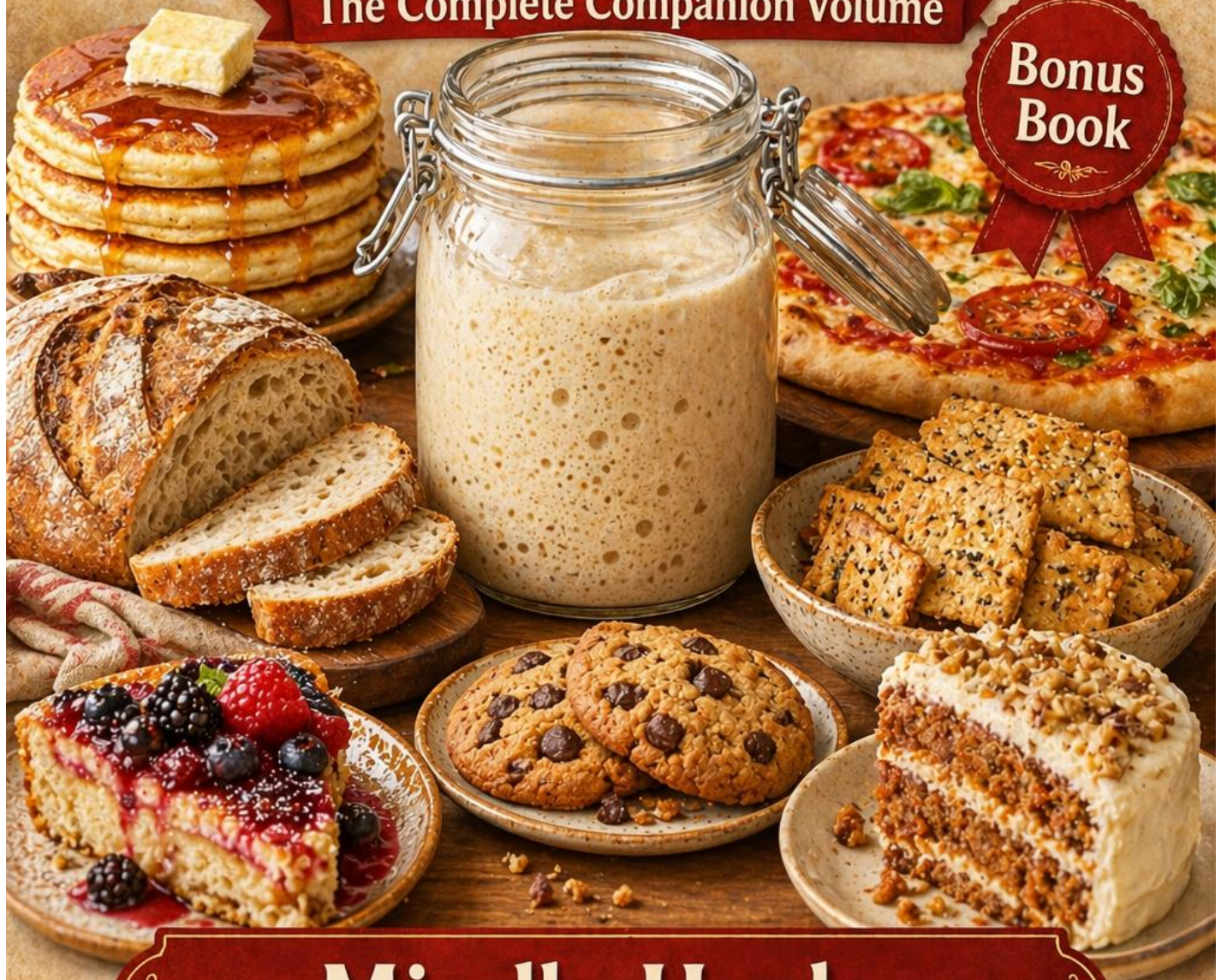


The Sourdough Discard Kitchen

200 Brand-New Recipes

The Complete Companion Volume

Bonus
Book



Mirella Henley

Twelve Chapters

The Sourdough Discard Kitchen

200 Brand-New Recipes — The Complete Companion Volume

Twelve Chapters · Two Hundred Recipes

Mirella Henley

Copyright © 2026 by Mirella Henley. All rights reserved.

Welcome

This is the expanded companion volume to *The Sourdough Discard Kitchen*. The original book gave you a strong foundation of sourdough-discard baking — breads, cookies, pancakes, pies, all the classics. This volume picks up exactly where the first left off, with three hundred brand-new recipes spread across twelve chapters. None of these recipes duplicate a recipe in the original book.

The structure mirrors the original. Twelve chapters, written in the same format so both books feel like one continuous collection on your shelf. Every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving, calculated on the stated yield.

Read the chapter you're drawn to. Start baking. Open your jar. Let's get to work.

Contents

Welcome	3
Contents	4
Breakfast & Brunch.....	11
About This Chapter — Breakfast & Brunch.....	11
Sourdough Discard Buttermilk Biscuits and Sausage Gravy	12
Sourdough Discard Breakfast Pizza.....	13
Sourdough Discard Buckwheat Pancakes	14
Sourdough Discard Chocolate Chip Pancakes	15
Sourdough Discard Sweet Potato Pancakes	16
Sourdough Discard Breakfast Strata	17
Sourdough Discard Cornmeal Pancakes (Johnnycakes).....	18
Sourdough Discard Apple Fritter Rings.....	19
Sourdough Discard Breakfast Egg Cups.....	20
Sourdough Discard Overnight Oats	21
Sourdough Discard Breakfast Cookies	22
Sourdough Discard Berry Breakfast Crumble	23
Sourdough Discard Pumpkin Pancakes.....	24
Sourdough Discard Breakfast Quesadillas	25
Sourdough Discard Breakfast Sandwich Buns.....	26
Sourdough Discard Cottage Cheese Pancakes	27
Sourdough Discard Breakfast Casserole	28
Quick Breads & Loaves	29
About This Chapter — Quick Breads & Loaves.....	29
Sourdough Discard Lemon Blueberry Loaf.....	30
Sourdough Discard Coconut Lime Loaf	31
Sourdough Discard Pumpkin Cream Cheese Swirl Loaf.....	32
Sourdough Discard Orange Poppy Seed Loaf.....	33
Sourdough Discard Carrot Cake Loaf.....	34
Sourdough Discard Maple Pecan Loaf.....	35
Sourdough Discard Raspberry White Chocolate Loaf.....	36
Sourdough Discard Chai Spiced Loaf.....	37
Sourdough Discard Chocolate Chip Banana Nut Loaf	38

Sourdough Discard Strawberry Loaf.....	39
Sourdough Discard Peach Streusel Loaf.....	40
Sourdough Discard Coffee Cake Loaf.....	41
Sourdough Discard Apple Cheddar Loaf.....	42
Sourdough Discard Olive Loaf.....	43
Sourdough Discard Sun-Dried Tomato and Herb Loaf.....	44
Sourdough Discard Rosemary Garlic Loaf.....	45
Sourdough Discard Everything Bagel Loaf.....	46
Biscuits, Rolls & Buns.....	47
About This Chapter — Biscuits, Rolls & Buns.....	47
Sourdough Discard Hokkaido Milk Bread Rolls.....	48
Sourdough Discard Potato Rolls.....	49
Sourdough Discard Bacon Cheddar Biscuits.....	50
Sourdough Discard Sage Brown Butter Rolls.....	51
Sourdough Discard Sesame Hamburger Buns.....	52
Sourdough Discard Brioche Hot Dog Rolls.....	53
Sourdough Discard Everything Bagels.....	54
Sourdough Discard Plain Bagels.....	55
Sourdough Discard Blueberry Bagels.....	56
Sourdough Discard Cinnamon Raisin Bagels.....	57
Sourdough Discard Soft Pretzels.....	58
Sourdough Discard Orange Cardamom Sweet Rolls.....	59
Sourdough Discard Morning Buns.....	60
Sourdough Discard Kouign-Amann Buns.....	61
Sourdough Discard Chocolate Hazelnut Swirl Buns.....	62
Sourdough Discard English Muffins.....	63
Sourdough Discard Scottish Bap Buns.....	64
Pizza & Flatbreads.....	65
About This Chapter — Pizza & Flatbreads.....	65
Sourdough Discard BBQ Chicken Pizza.....	66
Sourdough Discard Hawaiian Pizza.....	67
Sourdough Discard Four Cheese Pizza (Quattro Formaggi).....	68
Sourdough Discard Mushroom Truffle Pizza.....	69
Sourdough Discard Prosciutto and Arugula Pizza.....	70

Sourdough Discard Pizza Diavola.....	71
Sourdough Discard Pesto Pizza	72
Sourdough Discard Detroit-Style Pan Pizza	73
Sourdough Discard New York-Style Pizza.....	74
Sourdough Discard Sicilian-Style Pizza	75
Sourdough Discard Pepperoni Rolls	76
Sourdough Discard Stromboli.....	77
Sourdough Discard Chicken Tikka Naan Pizza	78
Sourdough Discard Garlic Butter Naan	79
Sourdough Discard Peshwari Naan.....	80
Sourdough Discard Masa Corn Tortillas (Hybrid).....	81
Sourdough Discard Lahmacun (Turkish Flatbread).....	82
Crackers & Chips	83
About This Chapter — Crackers & Chips	83
Sourdough Discard Whole Wheat Crackers.....	84
Sourdough Discard Flax and Chia Crackers	85
Sourdough Discard Black Pepper Crackers	86
Sourdough Discard Truffle Parmesan Crackers.....	87
Sourdough Discard Za'atar Crackers.....	88
Sourdough Discard Madras Curry Crackers	89
Sourdough Discard Chili Lime Tortilla Chips	90
Sourdough Discard Multigrain Seeded Crackers	91
Sourdough Discard Graham Crackers.....	92
Sourdough Discard Maple Cinnamon Crackers.....	93
Sourdough Discard Pumpkin Seed and Sea Salt Crackers.....	94
Sourdough Discard Sweet Potato Crackers.....	95
Sourdough Discard Beet Chips	96
Sourdough Discard Spinach and Parmesan Crackers.....	97
Sourdough Discard Fennel Seed Crackers	98
Sourdough Discard Garlic and Dill Crackers.....	99
Sourdough Discard Black Poppy Seed Crackers	100
Cookies & Bars	101
About This Chapter — Cookies & Bars.....	101
Sourdough Discard Matcha White Chocolate Cookies.....	102

Sourdough Discard Florentines.....	103
Sourdough Discard Almond Biscotti	104
Sourdough Discard Chocolate Biscotti	105
Sourdough Discard Macadamia White Chocolate Cookies	106
Sourdough Discard Pecan Sandies.....	107
Sourdough Discard Molasses Cookies.....	108
Sourdough Discard Butter Pecan Cookies	109
Sourdough Discard Chocolate Crinkle Cookies.....	110
Sourdough Discard Nutella Stuffed Cookies	111
Sourdough Discard S'mores Cookies	112
Sourdough Discard Espresso Chocolate Cookies	113
Sourdough Discard Pistachio Cookies	114
Sourdough Discard Almond Spritz Cookies	115
Sourdough Discard Ginger Molasses Cookies.....	116
Sourdough Discard Funfetti Cookies	117
Sourdough Discard Maple Pecan Bars.....	118
Cakes & Cupcakes	119
About This Chapter — Cakes & Cupcakes.....	119
Sourdough Discard Burnt Basque Cheesecake	120
Sourdough Discard New York Cheesecake	121
Sourdough Discard Vanilla Chiffon Cake	122
Sourdough Discard Angel Food Cake.....	123
Sourdough Discard Black Forest Cake	124
Sourdough Discard Opera Cake.....	125
Sourdough Discard Dobos Torte.....	126
Sourdough Discard Victoria Sponge.....	127
Sourdough Discard Lamingtons.....	128
Sourdough Discard Madeleines	129
Sourdough Discard Financiers	130
Sourdough Discard Molten Chocolate Lava Cakes	131
Sourdough Discard Chocolate Fudge Bundt Cake.....	132
Sourdough Discard Marble Bundt Cake	133
Sourdough Discard Lemon Blueberry Bundt Cake.....	134
Sourdough Discard Orange Olive Oil Cake.....	135

Sourdough Discard Pistachio Cake	136
Pies, Tarts & Pastries	137
About This Chapter — Pies, Tarts & Pastries.....	137
Sourdough Discard Peach Lattice Pie	138
Sourdough Discard Sweet Cherry Pie.....	139
Sourdough Discard Blueberry Hand Pies.....	140
Sourdough Discard Strawberry Rhubarb Pie	141
Sourdough Discard Mississippi Mud Pie	142
Sourdough Discard Shepherd's Pie with Discard Crust	143
Sourdough Discard Steak and Ale Pie	144
Sourdough Discard Cornish Pasties	145
Sourdough Discard Beef Wellington	146
Sourdough Discard Spanakopita	147
Sourdough Discard Cheese and Onion Pasties	148
Sourdough Discard Spinach Quiche	149
Sourdough Discard Mushroom Quiche.....	150
Sourdough Discard Salmon Quiche	151
Sourdough Discard Bakewell Tart	152
Sourdough Discard Treacle Tart	153
Sourdough Discard Canadian Butter Tarts.....	154
Donuts & Fried Treats.....	155
About This Chapter — Donuts & Fried Treats	155
Sourdough Discard Maple Bacon Donuts	156
Sourdough Discard Boston Cream Donuts	157
Sourdough Discard Lemon Curd Filled Donuts.....	158
Sourdough Discard Raspberry Jelly Donuts	159
Sourdough Discard Apple Cider Donuts.....	160
Sourdough Discard Pistachio Donuts.....	161
Sourdough Discard Coffee Glazed Donuts	162
Sourdough Discard Strawberry Frosted Donuts.....	163
Sourdough Discard Blueberry Cake Donuts	164
Sourdough Discard Longjohns (Cream-Filled).....	165
Sourdough Discard Bomboloni.....	166
Sourdough Discard Malasadas	167

Sourdough Discard Paczki	168
Sourdough Discard Zeppole.....	169
Sourdough Discard Loukoumades	170
Sourdough Discard Funnel Cake.....	171
Sourdough Discard Fried Elephant Ears	172
Savory Snacks & Appetizers.....	173
About This Chapter — Savory Snacks & Appetizers	173
Sourdough Discard Mini Sausage Rolls.....	174
Sourdough Discard Pigs in Blankets.....	175
Sourdough Discard Stuffed Mushrooms	176
Sourdough Discard Mini Meat Pies	177
Sourdough Discard Cheese Croquettes	178
Sourdough Discard Sausage Balls.....	179
Sourdough Discard Shrimp Toast	180
Sourdough Discard Chicken Satay Skewers with Peanut Sauce.....	181
Sourdough Discard Deviled Eggs with Crispy Discard Crumble	182
Sourdough Discard Mini Corn Dogs.....	183
Sourdough Discard Cocktail Wieners in Pastry.....	184
Sourdough Discard Spanakopita Triangles	185
Sourdough Discard Bacon-Wrapped Dates.....	186
Sourdough Discard Stuffed Piquillo Peppers.....	187
Sourdough Discard Zucchini Parmesan Fritters.....	188
Sourdough Discard Gougères.....	189
Sourdough Discard Caprese Skewers on Discard Toast Bites	190
Pasta, Dumplings & Wrappers.....	191
About This Chapter — Pasta, Dumplings & Wrappers	191
Sourdough Discard Tagliatelle Bolognese.....	192
Sourdough Discard Fettuccine Alfredo.....	193
Sourdough Discard Pappardelle with Slow-Cooked Ragu.....	194
Sourdough Discard Spaghetti Aglio e Olio.....	195
Sourdough Discard Orecchiette with Sausage and Broccoli Rabe.....	196
Sourdough Discard Cannelloni with Spinach and Ricotta	197
Sourdough Discard Tortellini with Butter and Sage	198
Sourdough Discard Agnolotti del Plin with Brown Butter	199

Sourdough Discard Mushroom Ravioli.....	200
Sourdough Discard Lobster Ravioli.....	201
Sourdough Discard Pumpkin Ravioli with Amaretti	202
Sourdough Discard Wonton Wrappers	203
Sourdough Discard Wonton Soup.....	204
Sourdough Discard Shumai.....	205
Sourdough Discard Xiao Long Bao (Soup Dumplings).....	206
Sourdough Discard Har Gow (Shrimp Dumplings).....	207
Sourdough Discard Manti (Turkish Dumplings)	208
Seasonal & Holiday.....	209
About This Chapter — Seasonal & Holiday	209
Sourdough Discard Valentine's Red Velvet Heart Cookies	210
Sourdough Discard Valentine Chocolate Strawberry Tart.....	211
Sourdough Discard Easter Hot Cross Scones	212
Sourdough Discard Mother's Day Lemon Lavender Cake.....	213
Sourdough Discard Memorial Day BBQ Dinner Rolls.....	214
Sourdough Discard 4th of July Red, White and Blue Cheesecake Bars	215
Sourdough Discard Halloween Mummy Cookies.....	216
Sourdough Discard Halloween Pumpkin Shaped Rolls	217
Sourdough Discard Thanksgiving Cornbread	218
Sourdough Discard Thanksgiving Sweet Potato Biscuits	219
Sourdough Discard Thanksgiving Apple Crisp	220
Sourdough Discard Thanksgiving Pecan Sticky Buns	221
Sourdough Discard Christmas Gingerbread House Cookies	222
Sourdough Discard Christmas Linzer Cookies	223
Sourdough Discard Christmas Eve Cioppino Bread Bowls.....	224
Sourdough Discard New Year's Champagne Cupcakes.....	225
Sourdough Discard Lunar New Year Nian Gao.....	226

Chapter 1

Breakfast & Brunch

About This Chapter — Breakfast & Brunch

Breakfast is where sourdough discard truly earns its keep. Stirred into pancake and waffle batters it creates a subtle tang and a fluffier crumb. Folded into bacon-and-egg pull-aparts it deepens the fermented complexity of the dough. Whisked into overnight oats or custard for stratas it works overnight, fermenting gently for easier digestion.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Buttermilk Biscuits and Sausage Gravy

40 min - 6 servings

Flaky split biscuits smothered in a peppery sausage gravy — the ultimate Southern diner breakfast, upgraded with sourdough tang.

Ingredients

- Biscuits: 3/4 cup sourdough discard, 2 cups all-purpose flour, 1 tbsp baking powder, 1/2 tsp salt, 1/4 tsp baking soda, 100g cold butter grated, 3/4 cup cold buttermilk
- Gravy: 400g (14 oz) breakfast pork sausage meat (skins removed)
- 3 tbsp all-purpose flour
- 2 1/2 cups whole milk
- 1 tsp fresh black pepper
- 1/2 tsp fine salt
- 1/4 tsp ground sage
- Pinch of cayenne
- 2 tbsp fresh chives finely chopped



Instructions

1. Preheat oven to 450F (230C). Whisk flour, baking powder, salt and baking soda; toss in grated cold butter; rub briefly to pea-sized pieces.
2. Stir in sourdough discard and cold buttermilk until a shaggy dough forms. Pat to 2.5cm; fold in half; pat to 2.5cm again. Cut 6 rounds without twisting. Place touching on a lined sheet. Bake 13-15 min until deep golden.
3. Gravy: brown sausage in a wide skillet over medium-high heat 6-7 min until crumbled and crisp at edges — do not drain the fat.
4. Sprinkle flour over the sausage; stir 2 min to cook out the raw taste. Gradually whisk in milk; simmer 4-5 min stirring until the gravy is thick enough to coat a spoon.
5. Season generously with black pepper, salt, sage and cayenne. Split warm biscuits open and spoon gravy generously over. Scatter chives and serve immediately.

640
CAL

38g
FAT

48g
CARBS

22g
PROTEIN

1.5g
FIBER

Sourdough Discard Breakfast Pizza

35 min + 1 hr rest - 2 pizzas (6 servings)

A thin-crust sourdough discard pizza topped with scrambled eggs, crispy bacon and gooey cheese — a weekend brunch showstopper.

Ingredients

- Crust: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp instant yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- Topping: 6 large eggs scrambled softly with 1 tbsp butter
- 200g (about 7 oz) streaky bacon fried crispy and chopped
- 200g (about 7 oz) mozzarella grated
- 50g sharp cheddar grated
- 4 scallions thinly sliced
- 2 tbsp fresh chives
- Cracked black pepper and chili flakes
- Drizzle of hot honey to finish (optional)



Instructions

1. Mix crust: combine flour, yeast, salt, discard, oil and warm water; knead 8 min; cover and rest 1 hour.
2. Preheat oven to maximum (at least 500F/260C) with a pizza stone inside for 30 min.
3. Divide dough into 2 balls; stretch each into a thin 28cm (11-inch) round. Scatter both mozzarella and cheddar over each base.
4. Bake 6 min until the cheese is just bubbling and the crust is beginning to color. Remove; pile softly scrambled eggs and crispy bacon over each.
5. Return to oven 2-3 min until the eggs are just set and the crust is deep golden. Scatter scallions, chives, pepper and chili flakes. Drizzle with hot honey. Slice and serve immediately.

465
CAL

24g
FAT

36g
CARBS

24g
PROTEIN

1.5g
FIBER

Sourdough Discard Buckwheat Pancakes

20 min - 10 pancakes

Earthy, nutty buckwheat pancakes with a subtle tang — deeply satisfying with maple syrup and a pat of salted butter.

Ingredients

- 3/4 cup sourdough discard
- 3/4 cup buckwheat flour
- 1/2 cup all-purpose flour
- 1 tbsp light brown sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp fine salt
- 1 large egg
- 1 1/4 cups whole milk
- 2 tbsp melted butter
- 1 tsp vanilla extract
- Butter for cooking; maple syrup and toasted pecans to serve



Instructions

1. Whisk both flours, brown sugar, baking powder, baking soda and salt together in a large bowl.
2. In a separate bowl whisk egg, milk, melted butter, vanilla and sourdough discard until smooth.
3. Pour wet into dry and whisk until just combined — a few lumps are fine. Rest 5 min so the baking powder activates.
4. Heat a non-stick skillet over medium heat; grease lightly with butter. Ladle 1/4 cup batter per pancake; cook 2-3 min until bubbles form and edges look set.
5. Flip and cook 1-2 min more until deep golden. Stack and serve immediately with maple syrup and toasted pecans.

130
CAL

4g
FAT

19g
CARBS

4g
PROTEIN

1.5g
FIBER

Sourdough Discard Chocolate Chip Pancakes

20 min - 10 pancakes

Fluffy pancakes studded with pockets of melty chocolate chips — the weekend breakfast kids beg for.

Ingredients

- 1 cup sourdough discard
- 1 1/4 cups all-purpose flour
- 2 tbsp granulated sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp fine salt
- 1 large egg
- 1 cup whole milk
- 2 tbsp melted butter
- 1 tsp vanilla extract
- 3/4 cup dark chocolate chips
- Butter for cooking; maple syrup and powdered sugar to serve



Instructions

1. Whisk flour, sugar, baking powder, baking soda and salt together.
2. In a separate bowl whisk egg, milk, melted butter, vanilla and sourdough discard.
3. Pour wet into dry; whisk briefly until just combined. Fold in chocolate chips with the final few strokes.
4. Heat a non-stick skillet over medium-low heat; grease lightly. Ladle 1/4 cup batter per pancake; cook 2-3 min until bubbles form.
5. Flip carefully — chocolate burns fast — and cook 1-2 min more until golden. Serve immediately dusted with powdered sugar and drizzled with maple syrup.

160
CAL

6g
FAT

23g
CARBS

3.5g
PROTEIN

1g
FIBER

Sourdough Discard Sweet Potato Pancakes

25 min - 10 pancakes

Warmly spiced pancakes with roasted sweet potato puree and brown butter — an autumnal brunch that feels like a hug.

Ingredients

- 3/4 cup sourdough discard
- 1 cup cooked sweet potato puree (about 1 medium, baked until soft)
- 1 1/4 cups all-purpose flour
- 2 tbsp brown sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp ginger
- 1/4 tsp nutmeg
- 1/4 tsp fine salt
- 1 large egg
- 1 cup whole milk
- 3 tbsp melted butter (browned until nutty)
- Maple syrup and toasted pecans to serve



Instructions

1. Whisk flour, brown sugar, baking powder, baking soda, spices and salt together in a large bowl.
2. In a separate bowl whisk sweet potato puree, egg, milk, brown butter and sourdough discard until completely smooth.
3. Pour wet into dry and stir until just combined — the batter will be thick. Rest 5 min.
4. Heat a non-stick skillet over medium-low heat; grease lightly. Ladle 1/4 cup batter per pancake; cook 3 min until bubbles form.
5. Flip and cook 2 min more. Serve stacked with maple syrup, toasted pecans and a pinch of flaky salt.

165
CAL

5g
FAT

26g
CARBS

4g
PROTEIN

2g
FIBER

Sourdough Discard Breakfast Strata

70 min + overnight soak - 8 servings

A savory overnight bread pudding loaded with sausage, cheese and caramelized onion — perfect for holiday mornings.

Ingredients

- 1/2 cup sourdough discard
- 600g (about 1.3 lb) day-old sourdough bread cut into 3cm cubes
- 400g (14 oz) breakfast sausage meat
- 2 large onions thinly sliced and caramelized 25 min
- 200g (about 7 oz) Gruyere grated
- 100g sharp cheddar grated
- 8 large eggs
- 2 cups whole milk
- 1 cup heavy cream
- 1 tbsp Dijon mustard
- 1 tsp fresh thyme leaves
- 1/2 tsp fine salt
- 1/2 tsp black pepper
- Pinch of nutmeg; 3 tbsp fresh chives for serving



Instructions

1. Brown sausage in a wide skillet 8 min; drain; set aside.
2. Butter a 23x33cm (9x13-inch) baking dish. Layer half the bread, half the sausage, half the caramelized onion and half both cheeses. Repeat layers.
3. Whisk eggs, milk, cream, sourdough discard, Dijon, thyme, salt, pepper and nutmeg until smooth. Pour evenly over the layered bread, pressing down so every cube is submerged.
4. Cover and refrigerate overnight — minimum 8 hours. The bread fully absorbs the custard.
5. Next morning: bake at 350F (180C) 45-55 min until deep golden, puffed at the edges and just set in the center. Rest 10 min; scatter chives; serve in generous squares.

520

CAL

32g

FAT

28g

CARBS

26g

PROTEIN

1.5g

FIBER

Sourdough Discard Cornmeal Pancakes (Johnnycakes)

20 min - 12 johnnycakes

Crisp-edged, golden cornmeal cakes with a chewy interior — the American colonial breakfast classic made extraordinary with discard.

Ingredients

- 3/4 cup sourdough discard
- 1 cup fine yellow cornmeal
- 1/2 cup all-purpose flour
- 2 tbsp granulated sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine salt
- 2 large eggs
- 1 cup buttermilk
- 3 tbsp melted butter
- Butter for cooking
- To serve: warm maple syrup and salted butter



Instructions

1. Whisk cornmeal, flour, sugar, baking powder, baking soda and salt together.
2. In a separate bowl whisk eggs, buttermilk, melted butter and sourdough discard until smooth.
3. Pour wet into dry; whisk until just combined. Rest 5 min — the cornmeal absorbs liquid and swells.
4. Heat a cast iron skillet over medium heat; grease generously with butter. Ladle 3 tbsp batter per johnnycake; cook 2-3 min until bubbles form and the edges look set.
5. Flip and cook 1-2 min more until the underside is deep golden and crisp. Serve immediately with a pat of salted butter and plenty of warm maple syrup.

140
CAL

5g
FAT

20g
CARBS

3.5g
PROTEIN

1g
FIBER

Sourdough Discard Apple Fritter Rings

25 min - 16 rings

Crisp-battered apple rings with a cinnamon sugar coating — brunch-worthy, breakfast-friendly and impossible to stop eating.

Ingredients

- 1/2 cup sourdough discard
- 1 cup all-purpose flour
- 2 tbsp granulated sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp fine salt
- 1 large egg
- 3/4 cup whole milk
- 1 tsp vanilla extract
- 3 large firm apples peeled, cored and sliced into 1cm rings
- Oil for shallow frying
- Coating: 1/2 cup granulated sugar + 2 tsp cinnamon mixed



Instructions

1. Whisk flour, sugar, baking powder, cinnamon and salt together.
2. In a separate bowl whisk egg, milk, vanilla and sourdough discard; pour into dry and whisk to a thick smooth batter. Rest 5 min.
3. Heat 1cm oil in a wide skillet to 350F (180C). Pat apple rings dry on paper towels.
4. Dip each ring fully in batter; let excess drip off; slide into the hot oil. Fry in batches of 4, about 2-3 min per side until deep golden and puffed.
5. Drain briefly on paper towels; immediately toss each ring in cinnamon sugar until fully coated. Serve warm within 15 min.

155
CAL

5g
FAT

27g
CARBS

2.5g
PROTEIN

2g
FIBER

Sourdough Discard Breakfast Egg Cups

35 min - 12 cups

Mini sourdough discard tart shells filled with egg, bacon, spinach and cheese — grab-and-go breakfast at its most elegant.

Ingredients

- Crust: 1/2 cup sourdough discard, 1 1/2 cups all-purpose flour, 90g cold butter cubed, 1/4 tsp salt, 2-3 tbsp ice water
- Filling: 12 large eggs
- 200g (about 7 oz) streaky bacon fried and chopped
- 100g baby spinach sautéed with garlic and squeezed dry
- 150g sharp cheddar grated
- 1/4 cup whole milk
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- Pinch of nutmeg
- Chives and chili flakes for finishing



Instructions

1. Pulse flour, salt and cold butter until crumbly; add sourdough discard and ice water one tbsp at a time until the dough just comes together. Chill 20 min.
2. Preheat oven to 400F (200C). Roll pastry to 3mm; cut 12 rounds to line a 12-cup muffin tin pressing up the sides.
3. Divide bacon, spinach and cheese among the shells.
4. Whisk eggs, milk, salt, pepper and nutmeg; pour the custard into each shell filling 3/4 full.
5. Bake 18-22 min until the egg is just set and the pastry is deep golden. Rest 5 min in pan. Scatter chives and chili flakes. Serve warm or pack for breakfast on the go.

255
CAL

17g
FAT

14g
CARBS

11g
PROTEIN

0.5g
FIBER

Sourdough Discard Overnight Oats

5 min + overnight - 4 servings

Creamy, lightly fermented overnight oats with sourdough discard, yogurt and berries — pre-soaked overnight for easier digestion.

Ingredients

- 1/3 cup sourdough discard
- 2 cups rolled oats
- 2 cups whole milk
- 1 cup full-fat Greek yogurt
- 3 tbsp honey or maple syrup
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 apple grated with skin on
- To serve: fresh mixed berries, toasted almonds, honey drizzle



Instructions

1. Combine oats, milk, yogurt, sourdough discard, honey, chia, vanilla and cinnamon in a large bowl or jars. Stir very well to distribute everything.
2. Grate the apple directly in; stir once more.
3. Divide among 4 lidded jars. Refrigerate overnight (minimum 6 hours) — the sourdough discard gently ferments the oats for a complex yogurt-like tang.
4. In the morning, stir each jar. If too thick, loosen with a splash of milk.
5. Top generously with fresh berries and toasted almonds; drizzle with honey and serve cold.

340
CAL

10g
FAT

51g
CARBS

14g
PROTEIN

7g
FIBER

Sourdough Discard Breakfast Cookies

25 min - 16 cookies

Thick, chewy oat breakfast cookies with banana, nuts and chocolate — portable, wholesome and secretly fortified with sourdough discard.

Ingredients

- 1/2 cup sourdough discard
- 2 ripe bananas mashed
- 1/2 cup almond butter
- 1/3 cup maple syrup
- 3 tbsp melted coconut oil
- 1 tsp vanilla extract
- 2 cups rolled oats
- 1/2 cup oat flour
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp fine salt
- 1/2 cup dark chocolate chips
- 1/2 cup chopped walnuts
- 1/4 cup dried cranberries



Instructions

1. Preheat oven to 350F (180C). Line two baking sheets.
2. Whisk mashed banana, almond butter, maple syrup, coconut oil, vanilla and sourdough discard together until smooth.
3. Add oats, oat flour, baking soda, cinnamon and salt; fold together. Fold in chocolate chips, walnuts and cranberries.
4. Scoop heaped tablespoons onto sheets spacing 5cm apart. Flatten each slightly with the bottom of a glass.
5. Bake 13-15 min until the edges are just golden but the centers look slightly underdone. Cool on sheets 10 min. Store airtight up to 5 days.

180
CAL

9g
FAT

22g
CARBS

4g
PROTEIN

2.5g
FIBER

Sourdough Discard Berry Breakfast Crumble

45 min - 6 servings

A warm mixed-berry crumble with oat-and-almond topping bound with sourdough discard — dessert for breakfast, fully justified.

Ingredients

- Fruit: 600g (about 1.3 lb) mixed berries (blueberries, raspberries, blackberries), 1/3 cup granulated sugar, 2 tbsp cornstarch, 1 tsp lemon zest, 1 tbsp lemon juice
- Crumble: 1/3 cup sourdough discard, 1 cup rolled oats, 3/4 cup all-purpose flour, 1/2 cup brown sugar, 1/2 tsp cinnamon, 1/4 tsp salt, 100g cold butter cubed, 1/2 cup flaked almonds
- To serve: Greek yogurt and a drizzle of honey



Instructions

1. Preheat oven to 350F (180C). Butter a 20x25cm baking dish.
2. Toss berries with sugar, cornstarch, lemon zest and juice. Tip into the dish and spread evenly.
3. Crumble: rub flour, brown sugar, cinnamon and salt with cold butter until pea-sized crumbs form. Stir in oats, flaked almonds and sourdough discard until the mixture clumps together in rough nuggets.
4. Scatter crumble generously over the fruit — do not pat down; rough peaks bake up crispest.
5. Bake 35-40 min until the topping is deep golden and the fruit bubbles thickly around the edges. Rest 10 min. Serve warm with Greek yogurt and a honey drizzle.

380
CAL

17g
FAT

52g
CARBS

6.5g
PROTEIN

6g
FIBER

Sourdough Discard Pumpkin Pancakes

25 min - 12 pancakes

Warmly spiced pumpkin pancakes with a tangy sourdough backbone — autumn brunch perfection in a stack.

Ingredients

- 3/4 cup sourdough discard
- 1 cup pumpkin puree
- 1 1/2 cups all-purpose flour
- 3 tbsp brown sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 tsp pumpkin pie spice
- 1/2 tsp fine salt
- 2 large eggs
- 1 1/4 cups whole milk
- 3 tbsp melted butter
- 1 tsp vanilla extract
- Butter for cooking; maple syrup, whipped cream and candied pecans to serve



Instructions

1. Whisk flour, brown sugar, baking powder, baking soda, pumpkin pie spice and salt together.
2. In a separate bowl whisk pumpkin puree, eggs, milk, melted butter, vanilla and sourdough discard until smooth.
3. Pour wet into dry; whisk briefly until just combined. Rest 5 min.
4. Heat a non-stick skillet over medium-low heat; grease lightly. Ladle 1/4 cup batter per pancake; cook 2-3 min until bubbles form and edges look set.
5. Flip and cook 1-2 min more. Serve stacked high with whipped cream, candied pecans and generous maple syrup.

155
CAL

5g
FAT

24g
CARBS

4g
PROTEIN

1.5g
FIBER

Sourdough Discard Breakfast Quesadillas

25 min - 4 servings

Crispy, golden discard tortillas stuffed with scrambled eggs, chorizo and cheese — a bold brunch that eats like a hug.

Ingredients

- Tortillas: 1 cup sourdough discard, 1 1/2 cups all-purpose flour, 1/2 tsp salt, 1/2 tsp baking powder, 3 tbsp lard or shortening, 1/3 cup warm water (makes 8 tortillas; recipe uses 8)
- Filling: 6 large eggs scrambled softly with 1 tbsp butter
- 200g (about 7 oz) cooked chorizo chopped (or fresh chorizo removed from casings and browned)
- 2 cups sharp cheddar grated
- 1/2 red onion finely diced
- 2 scallions sliced
- Butter for the pan
- To serve: pico de gallo, sour cream, avocado and hot sauce



Instructions

1. Make tortillas: rub lard into flour, salt and baking powder until sandy; stir in discard and water to a soft dough; knead 3 min. Divide into 8 balls; rest 10 min; roll each thin and cook in a dry hot pan 60 sec per side. Stack under a cloth.
2. Scramble eggs softly in butter over low heat until creamy. Combine with chopped chorizo and red onion.
3. Lay a tortilla in a buttered non-stick pan over medium heat. Scatter cheese, then filling, then more cheese. Top with a second tortilla.
4. Cook 2-3 min until the underside is golden and the cheese is beginning to melt. Press, flip carefully and cook 2 min more.
5. Transfer to a board; rest 1 min; slice into 4 wedges. Repeat for remaining quesadillas. Serve with pico de gallo, sour cream, avocado and hot sauce.

680
CAL

38g
FAT

52g
CARBS

32g
PROTEIN

3g
FIBER

Sourdough Discard Breakfast Sandwich Buns

30 min + 2 hr rise - 8 buns

Soft, enriched breakfast buns purpose-built for the ultimate egg-and-bacon sandwich — slightly tangy and impossibly pillowy.

Ingredients

- 1 cup sourdough discard
- 2 1/2 cups bread flour
- 1 1/2 tsp instant yeast
- 2 tbsp sugar
- 1 tsp fine salt
- 1/2 cup warm whole milk
- 1/4 cup warm water
- 2 large eggs
- 3 tbsp softened butter
- Glaze: 1 egg + 1 tbsp milk beaten
- Toppings: sesame seeds, poppy seeds or everything bagel blend



Instructions

1. Mix flour, yeast, sugar and salt. Add discard, warm milk, water, eggs and butter; knead 10 min until smooth and slightly tacky. Cover and rise 1 hour until doubled.
2. Punch down; divide into 8 equal portions. Roll each into a smooth tight ball; flatten slightly to a 10cm disc.
3. Place on lined baking sheets 4cm apart. Cover and prove 45 min until puffed.
4. Brush gently with egg glaze; scatter your chosen topping.
5. Bake at 375F (190C) 15-18 min until deep golden. Cool 10 min; split and stuff with fried egg, bacon, cheese and sauce.

210
CAL

5g
FAT

33g
CARBS

7g
PROTEIN

1g
FIBER

Sourdough Discard Cottage Cheese Pancakes

20 min - 10 pancakes

Light, protein-packed pancakes with cottage cheese pockets and a delicate lemon scent — high-protein breakfast at its most delicious.

Ingredients

- 1/2 cup sourdough discard
- 1 cup small-curd cottage cheese (4% fat)
- 3 large eggs separated
- 1/4 cup whole milk
- 2/3 cup all-purpose flour
- 2 tbsp granulated sugar
- 1 tsp baking powder
- 1/4 tsp fine salt
- Zest of 1 lemon
- 1 tsp vanilla extract
- Butter for cooking; fresh berries, Greek yogurt and honey to serve



Instructions

1. Whisk cottage cheese, egg yolks, milk, sourdough discard, lemon zest and vanilla together until combined.
2. Sift flour, sugar, baking powder and salt over the bowl; fold gently until just combined.
3. Beat egg whites to stiff glossy peaks; fold into the batter in 3 additions — stop as soon as no white streaks remain.
4. Heat a non-stick skillet over medium-low heat; grease with butter. Ladle 1/4 cup batter per pancake; cook 2-3 min until bubbles form and the undersides are golden.
5. Flip gently and cook 1-2 min more. Serve immediately with Greek yogurt, fresh berries and honey.

135
CAL

4.5g
FAT

15g
CARBS

8g
PROTEIN

0.3g
FIBER

Sourdough Discard Breakfast Casserole

60 min - 8 servings

A comforting baked casserole of cubed potatoes, sausage, peppers and cheese bound with an eggy sourdough custard.

Ingredients

- 1/2 cup sourdough discard
- 800g (1.75 lb) waxy potatoes diced 1.5cm and parboiled 8 min
- 400g (14 oz) breakfast sausage meat
- 1 red pepper diced
- 1 green pepper diced
- 1 large onion diced
- 3 garlic cloves minced
- 200g (about 7 oz) sharp cheddar grated
- 8 large eggs
- 2 cups whole milk
- 1/2 tsp fine salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika
- Fresh chives and hot sauce to finish



Instructions

1. Preheat oven to 375F (190C). Butter a 23x33cm (9x13-inch) baking dish.
2. Brown sausage in a skillet 8 min; remove. Fry peppers, onion and parboiled potatoes in the sausage fat 10 min until starting to brown; add garlic; cook 1 min; combine with sausage.
3. Tip mixture into the baking dish; scatter half the cheese over.
4. Whisk eggs, milk, sourdough discard, salt, pepper and smoked paprika. Pour over evenly.
5. Scatter remaining cheese. Bake 35-40 min until puffed, set in the center and deep golden on top. Rest 5 min; scatter chives; serve with hot sauce.

440
CAL

25g
FAT

26g
CARBS

26g
PROTEIN

2.5g
FIBER

Chapter 2

Quick Breads & Loaves

About This Chapter — Quick Breads & Loaves

Chapter Two expands on one of the most forgiving uses of sourdough discard — the quick bread. Unlike yeasted loaves, these breads lean on chemical leaveners (baking powder, baking soda) while still benefiting from the gentle acidic complexity that discard brings. Twenty-five brand-new loaves, none of which appear in the original book.

You'll find sweet loaves and savory loaves.

Each recipe is built around a standard 9x5 inch loaf pan. Most bake in under 60 minutes. All of them freeze beautifully sliced, ready to toast straight from frozen.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Lemon Blueberry Loaf

65 min - 1 loaf (10 slices)

A bright, tall loaf bursting with blueberries and lemon — sourdough discard makes the crumb extraordinarily tender.

Ingredients

- 3/4 cup sourdough discard
- 1 3/4 cups all-purpose flour divided
- 1 1/4 cups fresh blueberries
- 3/4 cup granulated sugar
- Zest of 2 lemons
- 2 tsp baking powder
- 1/2 tsp fine salt
- 2 large eggs
- 1/3 cup vegetable oil
- 1/2 cup buttermilk
- 1 tsp vanilla extract
- Glaze: 3/4 cup powdered sugar + 2-3 tbsp lemon juice



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Toss blueberries with 2 tbsp flour to prevent sinking. Rub lemon zest into sugar 1 min until fragrant.
3. Whisk remaining flour, baking powder and salt. Whisk eggs, oil, buttermilk, vanilla, sourdough discard and zested sugar together.
4. Fold wet into dry until just combined; fold in blueberries.
5. Pour into pan; bake 55-60 min until a skewer comes out clean. Cool; pour lemon glaze over. Let set before slicing.

235
CAL

8g
FAT

37g
CARBS

4g
PROTEIN

1.5g
FIBER

Sourdough Discard Coconut Lime Loaf

60 min - 1 loaf (10 slices)

A tropical loaf fragrant with lime zest and shredded coconut, finished with a tart lime glaze.

Ingredients

- 3/4 cup sourdough discard
- 1 1/2 cups all-purpose flour
- 3/4 cup shredded coconut
- 3/4 cup granulated sugar
- Zest of 3 limes
- 1 1/2 tsp baking powder
- 1/4 tsp fine salt
- 2 large eggs
- 1/3 cup coconut oil melted
- 1/2 cup coconut milk
- 1 tsp vanilla
- Glaze: 1 cup powdered sugar + 3 tbsp lime juice + 1 tbsp coconut, toasted coconut for topping



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Rub lime zest into sugar 1 min until fragrant and pale green.
3. Whisk flour, shredded coconut, baking powder and salt. Whisk eggs, coconut oil, coconut milk, vanilla and sourdough discard with the lime sugar.
4. Fold wet into dry until just combined.
5. Pour into pan; bake 50-55 min until deep golden. Cool 15 min; pour lime glaze over; scatter toasted coconut. Let set.

240
CAL

11g
FAT

34g
CARBS

3g
PROTEIN

1.5g
FIBER

Sourdough Discard Pumpkin Cream Cheese Swirl Loaf

75 min - 1 loaf (10 slices)

A spiced pumpkin loaf with a dramatic cream cheese swirl running through every slice — autumn baking at its best.

Ingredients

- 1/2 cup sourdough discard
- 1 cup pumpkin puree
- 1 3/4 cups all-purpose flour
- 1 cup granulated sugar
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp fine salt
- 1 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 2 large eggs
- 1/2 cup vegetable oil
- 1 tsp vanilla
- Swirl: 200g (about 7 oz) cream cheese softened + 1/3 cup granulated sugar + 1 egg yolk + 1 tsp vanilla



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan. Beat swirl ingredients until smooth.
2. Whisk flour, sugar, baking soda, baking powder, salt and spices. Whisk pumpkin, eggs, oil, vanilla and sourdough discard.
3. Fold wet into dry until just combined.
4. Pour half the batter into pan; spoon swirl mixture down the center; top with remaining batter. Swirl gently with a knife in a figure-8.
5. Bake 60-65 min until a skewer comes out clean. Cool 20 min before removing — the swirl is fragile.

280
CAL

13g
FAT

37g
CARBS

4.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Orange Poppy Seed Loaf

60 min - 1 loaf (10 slices)

Bright citrus, nutty poppy seeds and a drenching orange syrup — a zingy alternative to the classic lemon version.

Ingredients

- 3/4 cup sourdough discard
- 1 3/4 cups all-purpose flour
- 3/4 cup granulated sugar
- Zest of 3 oranges
- 3 tbsp poppy seeds
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp fine salt
- 3 large eggs
- 1/3 cup vegetable oil
- 1/3 cup fresh orange juice
- 1 tsp vanilla
- Syrup: 1/4 cup orange juice + 1/4 cup sugar, heated
- Glaze: 1/2 cup powdered sugar + orange juice



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan. Rub orange zest into sugar 1 min.
2. Whisk flour, poppy seeds, baking powder, baking soda and salt. Whisk eggs, oil, orange juice, vanilla and sourdough discard with zested sugar.
3. Fold wet into dry until just combined.
4. Pour into pan; bake 50-55 min until a skewer comes out clean.
5. While warm, prick all over; pour warm orange syrup slowly. Cool; drizzle with orange glaze; set 20 min.

230
CAL

8g
FAT

36g
CARBS

4g
PROTEIN

1g
FIBER

Sourdough Discard Carrot Cake Loaf

65 min - 1 loaf (10 slices)

All the warmth of carrot cake in a sliceable loaf—crowned with a cream cheese drizzle and chopped walnuts.

Ingredients

- 3/4 cup sourdough discard
- 1 1/2 cups all-purpose flour
- 1 cup brown sugar
- 1 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp fine salt
- 3 large eggs
- 1/2 cup vegetable oil
- 1 tsp vanilla
- 2 cups grated carrot (tightly packed)
- 1/2 cup walnuts chopped
- 1/4 cup raisins (optional)
- Drizzle: 100g cream cheese + 1/2 cup powdered sugar + 1 tbsp milk



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Whisk flour, brown sugar, spices, baking soda, baking powder and salt.
3. Whisk eggs, oil, vanilla and sourdough discard. Fold into dry.
4. Fold in grated carrot, walnuts and raisins until evenly distributed.
5. Pour into pan; bake 55-60 min. Cool completely. Drizzle cream cheese icing generously over the top; scatter extra walnuts.

290
CAL

14g
FAT

38g
CARBS

5g
PROTEIN

2g
FIBER

Sourdough Discard Maple Pecan Loaf

65 min - 1 loaf (10 slices)

A deeply flavored maple loaf studded with toasted pecans and topped with a maple glaze — pure autumn indulgence.

Ingredients

- 3/4 cup sourdough discard
- 1 3/4 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/2 cup pure maple syrup
- 2 tsp baking powder
- 1/2 tsp fine salt
- 1/2 tsp cinnamon
- 2 large eggs
- 1/2 cup vegetable oil
- 1/3 cup whole milk
- 1 tsp vanilla
- 1 cup pecans toasted and chopped, divided
- Glaze: 3/4 cup powdered sugar + 3 tbsp maple syrup + 1 tbsp milk



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Whisk flour, sugar, baking powder, salt and cinnamon.
3. Whisk eggs, oil, maple syrup, milk, vanilla and sourdough discard. Fold into dry.
4. Fold in 3/4 cup pecans. Pour into pan; scatter remaining pecans over top.
5. Bake 55-60 min until deep golden. Cool; drizzle maple glaze over generously. Set 15 min.

300
CAL

16g
FAT

36g
CARBS

4g
PROTEIN

1.5g
FIBER

Sourdough Discard Raspberry White Chocolate Loaf

65 min - 1 loaf (10 slices)

Jewel-like raspberries and pockets of creamy white chocolate in a tender sourdough discard crumb — tart meets sweet.

Ingredients

- 3/4 cup sourdough discard
- 1 3/4 cups all-purpose flour divided
- 3/4 cup granulated sugar
- 1 cup fresh raspberries
- 3/4 cup white chocolate chips
- 2 tsp baking powder
- 1/4 tsp fine salt
- 2 large eggs
- 1/3 cup vegetable oil
- 1/2 cup whole milk
- 1 tsp vanilla
- Zest of 1 lemon
- 1 tbsp turbinado sugar



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Toss raspberries with 2 tbsp flour. Whisk remaining flour, sugar, baking powder and salt.
3. Whisk eggs, oil, milk, vanilla, lemon zest and sourdough discard. Fold into dry.
4. Fold in white chocolate chips and floured raspberries with the final strokes.
5. Pour into pan; scatter turbinado sugar. Bake 55-60 min until golden. Cool 15 min before slicing.

265
CAL

11g
FAT

37g
CARBS

4g
PROTEIN

1.5g
FIBER

Sourdough Discard Chai Spiced Loaf

65 min - 1 loaf (10 slices)

A fragrant loaf spiced like a steaming cup of chai — cardamom, clove, ginger and black pepper elevate sourdough discard beautifully.

Ingredients

- 3/4 cup sourdough discard
- 1 3/4 cups all-purpose flour
- 3/4 cup brown sugar
- 1 1/2 tsp cinnamon
- 1 tsp cardamom
- 1/2 tsp ginger
- 1/4 tsp cloves
- 1/4 tsp allspice
- Pinch black pepper
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine salt
- 3 large eggs
- 1/2 cup vegetable oil
- 1/2 cup whole milk
- 1 tsp vanilla
- Glaze: 3/4 cup powdered sugar + 2 tbsp strong brewed chai + pinch cinnamon



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Whisk flour, brown sugar, all spices, baking powder, baking soda and salt.
3. Whisk eggs, oil, milk, vanilla and sourdough discard.
4. Fold wet into dry until just combined.
5. Pour into pan; bake 55-60 min. Cool; drizzle with chai glaze generously.

250
CAL

11g
FAT

35g
CARBS

4g
PROTEIN

1g
FIBER

Sourdough Discard Chocolate Chip Banana Nut Loaf

70 min - 1 loaf (10 slices)

The ultimate banana loaf triple-threat — banana, chocolate chips and toasted walnuts in a dense, tangy crumb.

Ingredients

- 1/2 cup sourdough discard
- 3 ripe bananas mashed
- 1/3 cup melted butter
- 3/4 cup brown sugar
- 2 large eggs
- 1 tsp vanilla
- 1 3/4 cups all-purpose flour
- 1 tsp baking soda
- 1/4 tsp fine salt
- 1/2 tsp cinnamon
- 3/4 cup dark chocolate chips
- 3/4 cup walnuts toasted and chopped
- Flaky salt for topping



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Mash bananas smooth. Whisk in butter, brown sugar, eggs, vanilla and sourdough discard.
3. Fold in flour, baking soda, salt and cinnamon until just combined.
4. Fold in 1/2 cup chocolate chips and 1/2 cup walnuts. Pour into pan.
5. Scatter remaining chips, walnuts and flaky salt over top. Bake 60-65 min. Cool 20 min before slicing.

305
CAL

14g
FAT

41g
CARBS

5.5g
PROTEIN

2.5g
FIBER

Sourdough Discard Strawberry Loaf

65 min - 1 loaf (10 slices)

Fresh strawberries baked into a tender sourdough loaf with a pink strawberry glaze — summer in a slice.

Ingredients

- 3/4 cup sourdough discard
- 1 3/4 cups all-purpose flour divided
- 3/4 cup granulated sugar
- 1 1/2 cups strawberries chopped
- 1 1/2 tsp baking powder
- 1/2 tsp fine salt
- 2 large eggs
- 1/3 cup vegetable oil
- 1/2 cup buttermilk
- 1 tsp vanilla
- Zest of 1 lemon
- Glaze: 3/4 cup powdered sugar + 3 tbsp strawberry puree



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan.
2. Toss strawberries with 2 tbsp flour. Whisk remaining flour, sugar, baking powder and salt.
3. Whisk eggs, oil, buttermilk, vanilla, lemon zest and sourdough discard. Fold into dry.
4. Fold in strawberries gently with the final strokes.
5. Pour into pan; bake 55-60 min. Cool completely; drizzle with strawberry glaze.

220
CAL

7g
FAT

35g
CARBS

3.5g
PROTEIN

1g
FIBER

Sourdough Discard Peach Streusel Loaf

70 min - 1 loaf (10 slices)

Juicy peaches folded into a vanilla loaf and topped with a buttery cinnamon streusel — best eaten warm.

Ingredients

- 3/4 cup sourdough discard
- 1 3/4 cups all-purpose flour
- 3/4 cup granulated sugar
- 2 tsp baking powder
- 1/2 tsp fine salt
- 1/2 tsp cinnamon
- 2 large eggs
- 1/2 cup vegetable oil
- 1/2 cup buttermilk
- 1 tsp vanilla
- 1 1/2 cups peeled diced peaches (about 2 large)
- Streusel: 1/3 cup flour + 3 tbsp brown sugar + 1 tsp cinnamon + 3 tbsp cold butter cubed



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan. Rub streusel ingredients together with fingertips until crumbly.
2. Whisk flour, sugar, baking powder, salt and cinnamon.
3. Whisk eggs, oil, buttermilk, vanilla and sourdough discard. Fold into dry.
4. Fold in diced peaches. Pour into pan.
5. Scatter streusel generously. Bake 60-65 min until deep golden. Cool 20 min.

260
CAL

11g
FAT

37g
CARBS

3.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Coffee Cake Loaf

70 min - 1 loaf (10 slices)

A tender sour cream loaf with a cinnamon-pecan swirl running through the center — the perfect coffee companion.

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup softened butter
- 1 cup granulated sugar
- 2 large eggs
- 1 cup sour cream
- 1 tsp vanilla
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine salt
- Swirl: 1/3 cup brown sugar + 1 1/2 tsp cinnamon + 1/2 cup pecans finely chopped + 2 tbsp melted butter
- Glaze: 1/2 cup powdered sugar + 1 tbsp milk



Instructions

1. Preheat oven to 350F (175C). Grease and line a 9x5-inch loaf pan. Mix swirl ingredients.
2. Beat butter and sugar until fluffy. Add eggs, sour cream, vanilla and sourdough discard.
3. Fold in flour, baking powder, baking soda and salt until just combined.
4. Spoon half the batter into pan; scatter half the swirl; add remaining batter; scatter remaining swirl.
5. Bake 55-60 min until golden. Cool 15 min; drizzle glaze over top.

315
CAL

14g
FAT

42g
CARBS

4.5g
PROTEIN

1g
FIBER

Sourdough Discard Apple Cheddar Loaf

65 min - 1 loaf (10 slices)

A sweet-savory marriage of tart apple, sharp cheddar and sage in a tangy sourdough loaf—surprisingly addictive.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 1/4 cup brown sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine salt
- 1/2 tsp black pepper
- 1 tsp fresh sage finely chopped
- 2 large eggs
- 1/3 cup vegetable oil
- 3/4 cup buttermilk
- 1 large apple peeled and diced
- 1 1/2 cups sharp cheddar grated, divided



Instructions

1. Preheat oven to 375F (190C). Grease and line a 9x5-inch loaf pan.
2. Whisk flour, brown sugar, baking powder, baking soda, salt, pepper and sage.
3. Whisk eggs, oil, buttermilk and sourdough discard. Fold into dry.
4. Fold in diced apple and 1 cup cheddar.
5. Pour into pan; scatter remaining cheddar. Bake 45-50 min until deep golden with a crispy cheese crust. Cool 15 min.

245
CAL

12g
FAT

26g
CARBS

8.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Olive Loaf

60 min - 1 loaf (10 slices)

A rustic Mediterranean loaf packed with green and black olives, feta and fresh herbs — a savory knockout.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1 tsp fine salt
- 1/2 tsp black pepper
- 1 tsp dried oregano
- 2 large eggs
- 1/3 cup olive oil
- 3/4 cup whole milk
- 100g mixed pitted olives roughly chopped
- 100g feta crumbled
- 2 tbsp fresh thyme leaves
- 1/4 cup sun-dried tomatoes chopped (optional)



Instructions

1. Preheat oven to 375F (190C). Grease and line a 9x5-inch loaf pan.
2. Whisk flour, baking powder, salt, pepper and oregano.
3. Whisk eggs, olive oil, milk and sourdough discard. Fold into dry.
4. Fold in olives, feta, thyme and sun-dried tomatoes.
5. Pour into pan; bake 40-45 min until golden and set. Cool 15 min. Delicious with wine or a bowl of soup.

220
CAL

12g
FAT

22g
CARBS

6g
PROTEIN

1.5g
FIBER

Sourdough Discard Sun-Dried Tomato and Herb Loaf

60 min - 1 loaf (10 slices)

A vibrant savory loaf packed with sun-dried tomatoes, basil and Parmesan — serves as bread or a standalone snack.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 2 1/2 tsp baking powder
- 1 tsp fine salt
- 1/2 tsp black pepper
- 2 large eggs
- 1/3 cup olive oil (from the sun-dried tomato jar if possible)
- 3/4 cup whole milk
- 100g sun-dried tomatoes chopped
- 60g Parmesan finely grated
- 3 tbsp fresh basil chopped
- 1 tbsp fresh oregano
- 2 garlic cloves minced



Instructions

1. Preheat oven to 375F (190C). Grease and line a 9x5-inch loaf pan.
2. Whisk flour, baking powder, salt and pepper.
3. Whisk eggs, olive oil, milk and sourdough discard. Fold into dry.
4. Fold in sun-dried tomatoes, Parmesan, basil, oregano and garlic.
5. Pour into pan; bake 40-45 min until golden. Cool 15 min before slicing.

230
CAL

11g
FAT

25g
CARBS

7g
PROTEIN

2g
FIBER

Sourdough Discard Rosemary Garlic Loaf

60 min - 1 loaf (10 slices)

A fragrant herb loaf with generous rosemary and roasted garlic baked right in — ideal with soups and stews.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 2 1/2 tsp baking powder
- 1 tsp fine salt
- 1/2 tsp black pepper
- 2 large eggs
- 1/3 cup olive oil
- 3/4 cup whole milk
- 1 whole head of garlic, roasted (flesh squeezed out, about 1/4 cup)
- 3 tbsp fresh rosemary finely chopped + extra sprigs for topping
- 60g Parmesan grated
- 2 tbsp olive oil + flaky sea salt for finishing



Instructions

1. Preheat oven to 375F (190C). Grease and line a 9x5-inch loaf pan.
2. Whisk flour, baking powder, salt and pepper.
3. Whisk eggs, olive oil, milk, sourdough discard and mashed roasted garlic.
4. Fold into dry; fold in chopped rosemary and Parmesan.
5. Pour into pan; lay rosemary sprigs on top; drizzle olive oil; scatter flaky salt. Bake 40-45 min until deep golden. Cool 15 min.

210
CAL

10g
FAT

24g
CARBS

6g
PROTEIN

1g
FIBER

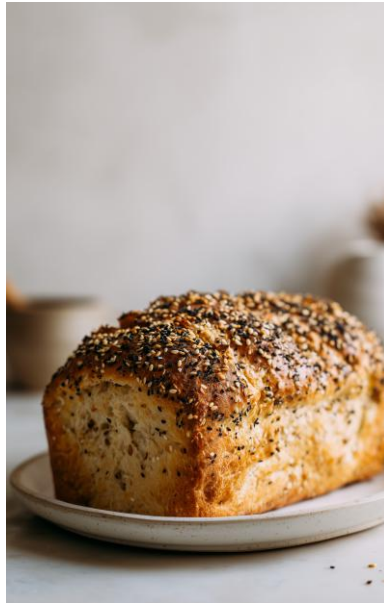
Sourdough Discard Everything Bagel Loaf

60 min - 1 loaf (10 slices)

A savory loaf crusted with everything bagel seasoning — slice, toast, smear with cream cheese and consider breakfast solved.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp fine salt
- 2 large eggs
- 1/4 cup olive oil
- 3/4 cup whole milk
- 2 tbsp plain yogurt
- Topping: 2 tbsp sesame seeds + 1 tbsp poppy seeds + 1 tbsp dried minced garlic + 1 tbsp dried minced onion + 1 tsp flaky salt
- 1 egg white for brushing



Instructions

1. Preheat oven to 375F (190C). Grease and line a 9x5-inch loaf pan. Mix everything bagel topping.
2. Whisk flour, baking powder, baking soda and salt.
3. Whisk eggs, olive oil, milk, yogurt and sourdough discard. Fold into dry until just combined.
4. Pour into pan; brush top with egg white; scatter everything bagel topping generously, pressing lightly.
5. Bake 40-45 min until deep golden. Cool 15 min before slicing.

215
CAL

9g
FAT

27g
CARBS

6g
PROTEIN

1.5g
FIBER

Chapter 3

Biscuits, Rolls & Buns

About This Chapter — Biscuits, Rolls & Buns

Chapter Three covers the enriched-dough category — biscuits, rolls and buns. Where the original book established the foundations, this chapter pushes into bakery territory.

Sourdough discard adds extraordinary depth to enriched doughs. In yeasted rolls it amplifies fermentation flavor without slowing the rise. In biscuits it tenderizes the crumb dramatically. In bagels, boiled before baking, it creates a noticeable complexity that plain bagels simply lack.

Brand-new recipes — no duplicates with the first volume — covering everything from weeknight dinner rolls to weekend bagel projects. All use standard baker's weights and timings.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Hokkaido Milk Bread Rolls

45 min + 3 hr rise - 9 rolls

The feather-light Japanese shokupan as pull-apart rolls — sourdough discard enhances the tangzhong-based tenderness beautifully.

Ingredients

- 3/4 cup sourdough discard
- Tangzhong: 20g bread flour + 100ml whole milk (whisk over low heat to a paste, cool)
- 2 1/2 cups bread flour
- 1 1/2 tsp instant yeast
- 1/4 cup granulated sugar
- 3/4 tsp fine salt
- 1/2 cup warm whole milk
- 1 large egg
- 40g softened butter
- Glaze: 1 egg yolk + 1 tbsp milk



Instructions

1. Make tangzhong; cool to room temperature. Mix flour, yeast, sugar and salt.
2. Add tangzhong, discard, warm milk, egg and butter; knead 12-15 min until extremely smooth, elastic and satiny.
3. Cover; rise 1.5 hours until doubled.
4. Divide into 9 balls; place in a buttered 23cm (9-inch) square pan 3x3. Cover; prove 1 hour until touching and puffed.
5. Brush gently with egg glaze. Bake at 350F (180C) 20-22 min until deep golden. These tear apart like clouds.

210
CAL

5g
FAT

34g
CARBS

6.5g
PROTEIN

1g
FIBER

Sourdough Discard Potato Rolls

30 min + 2.5 hr rise - 12 rolls

Ultra-soft rolls enriched with mashed potato and sourdough discard — stay fresh for days and make peerless slider buns.

Ingredients

- 3/4 cup sourdough discard
- 1 cup cold mashed potato (about 250g (about 9 oz) cooked potato)
- 3 cups bread flour
- 1 1/2 tsp instant yeast
- 3 tbsp sugar
- 1 tsp fine salt
- 1/2 cup warm whole milk
- 2 large eggs
- 3 tbsp softened butter
- Glaze: 1 egg + 1 tbsp milk
- Melted butter for brushing hot rolls



Instructions

1. Mix flour, yeast, sugar and salt. Add mashed potato, discard, warm milk, eggs and butter; knead 10 min.
2. Cover; rise 1.5 hours until doubled.
3. Divide into 12 balls; place in a greased 23x33cm (9x13-inch) pan.
4. Cover; prove 45 min until puffed and touching.
5. Brush with egg glaze. Bake at 375F (190C) 20-22 min. Brush with melted butter the moment they emerge.

200
CAL

5g
FAT

32g
CARBS

6g
PROTEIN

1.5g
FIBER

Sourdough Discard Bacon Cheddar Biscuits

30 min - 10 biscuits

Flaky, tall biscuits studded with crispy bacon and sharp cheddar — weekend brunch perfection with a spicy honey drizzle.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 1 tbsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp fine salt
- 1/2 tsp black pepper
- 100g cold butter grated
- 150g bacon fried crispy and chopped
- 1 cup sharp cheddar grated
- 2 tbsp fresh chives finely chopped
- 3/4 cup cold buttermilk
- Hot honey for drizzling



Instructions

1. Preheat oven to 450F (230C). Line a baking sheet.
2. Whisk flour, baking powder, baking soda, salt and pepper. Toss in grated cold butter; rub briefly.
3. Stir in bacon, cheddar and chives. Add sourdough discard and buttermilk; stir until just combined.
4. Pat to 2.5cm; fold once; pat to 2.5cm. Cut 10 rounds without twisting. Place touching on sheet.
5. Bake 14-16 min until risen and golden. Drizzle with hot honey while warm.

280
CAL

16g
FAT

23g
CARBS

11g
PROTEIN

1g
FIBER

Sourdough Discard Sage Brown Butter Rolls

30 min + 2 hr rise - 12 rolls

Pillowy dinner rolls enriched with nutty brown butter and crisp-fried sage — an elegant Thanksgiving table centerpiece.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour
- 1 1/2 tsp instant yeast
- 2 tbsp sugar
- 1 tsp fine salt
- 3/4 cup warm whole milk
- 1 large egg
- 60g butter browned until deep nutty and cooled
- 12 fresh sage leaves
- Topping: 40g browned butter + flaky sea salt



Instructions

1. Fry sage leaves in a little oil 20 sec per side until crisp; drain. Brown butter; cool.
2. Mix flour, yeast, sugar and salt. Add discard, warm milk, egg and brown butter; knead 8 min. Cover; rise 1 hour.
3. Punch down; divide into 12 balls. Place in a greased 23x33cm (9x13-inch) pan. Cover; prove 45 min.
4. Brush with more browned butter. Bake at 375F (190C) 18-20 min until deep golden.
5. Brush with final browned butter; press a crispy sage leaf onto each roll; scatter flaky salt. Serve warm.

195
CAL

6g
FAT

30g
CARBS

6g
PROTEIN

1g
FIBER

Sourdough Discard Sesame Hamburger Buns

30 min + 2.5 hr rise - 8 buns

Professional-quality hamburger buns with a pillowy crumb, glossy top and sesame crown — far better than any supermarket version.

Ingredients

- 3/4 cup sourdough discard
- 3 cups bread flour
- 1 1/2 tsp instant yeast
- 2 tbsp sugar
- 1 tsp fine salt
- 3/4 cup warm whole milk
- 1 large egg
- 3 tbsp softened butter
- Glaze: 1 egg + 1 tbsp water beaten
- 3 tbsp sesame seeds



Instructions

1. Mix flour, yeast, sugar and salt. Add discard, warm milk, egg and butter; knead 10 min. Cover; rise 1.5 hours.
2. Divide into 8 equal portions. Shape each into a smooth tight ball; flatten to a 10cm disc.
3. Place on lined sheets 4cm apart. Cover; prove 45 min until puffy.
4. Brush generously with egg glaze; scatter sesame seeds.
5. Bake at 375F (190C) 15-17 min until deep golden and glossy. Cool on a rack. Split for burgers when completely cool.

260
CAL

7g
FAT

40g
CARBS

8g
PROTEIN

1.5g
FIBER

Sourdough Discard Brioche Hot Dog Rolls

35 min + 2.5 hr rise - 10 rolls

Top-split New England style brioche hot dog buns with buttery richness — perfect for lobster rolls or dressed-up dogs.

Ingredients

- 3/4 cup sourdough discard
- 3 cups bread flour
- 1 1/2 tsp instant yeast
- 1/4 cup sugar
- 1 tsp fine salt
- 1/2 cup warm whole milk
- 2 large eggs
- 80g softened butter
- Glaze: 1 egg yolk + 1 tbsp milk
- Melted butter for the split sides



Instructions

1. Mix flour, yeast, sugar and salt. Add discard, warm milk, eggs and butter; knead 12 min until glossy. Cover; rise 1.5 hours.
2. Punch down; divide into 10 equal portions. Shape each into a 14cm log with tapered ends.
3. Place side by side but just touching in a greased 20x30cm pan. Cover; prove 1 hour.
4. Brush with egg glaze. Bake at 350F (180C) 20-22 min until deep golden.
5. Cool 10 min; pull rolls apart; slice down the top of each. Brush the split sides with melted butter and toast in a pan before filling.

285
CAL

10g
FAT

39g
CARBS

8g
PROTEIN

1.5g
FIBER

Sourdough Discard Everything Bagels

40 min + 1.5 hr rise + overnight fridge - 8 bagels

Chewy, boiled-and-baked bagels with a proper glossy, dense-yet-tender bite — everything bagel seasoning toasted on top.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour (high gluten if possible)
- 1 tsp instant yeast
- 2 tbsp barley malt syrup (or honey)
- 1 1/2 tsp fine salt
- 1 cup warm water
- Boiling bath: 3 liters water + 2 tbsp barley malt syrup + 1 tbsp baking soda
- Topping: 3 tbsp sesame + 2 tbsp poppy + 2 tbsp dried garlic + 2 tbsp dried onion + 1 tsp flaky salt
- 1 egg white beaten for brushing



Instructions

1. Mix flour, yeast and salt. Add sourdough discard, warm water and malt syrup; knead 10 min until very firm and smooth — bagel dough is stiffer than bread dough.
2. Cover; rise 1 hour. Divide into 8 pieces; shape each into a ball; poke through the center and rotate to make a 10cm ring. Place on oiled parchment.
3. Cover; refrigerate overnight for flavor development (8-16 hours).
4. Next morning: bring the malted baking soda bath to a rolling boil. Preheat oven to 450F (230C). Boil bagels 60 sec per side.
5. Transfer to a lined sheet; brush with egg white; press face down into everything bagel topping. Bake 18-22 min until deep mahogany.

295
CAL

3g
FAT

58g
CARBS

10g
PROTEIN

2.5g
FIBER

Sourdough Discard Plain Bagels

40 min + 1.5 hr rise + overnight fridge - 8 bagels

The definitive homemade bagel — chewy, dense, lightly sweet from malt syrup, with the signature glossy crust.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour
- 1 tsp instant yeast
- 2 tbsp barley malt syrup
- 1 1/2 tsp fine salt
- 1 cup warm water
- Boiling bath: 3 liters water + 2 tbsp malt syrup + 1 tbsp baking soda
- Coarse sea salt or sesame seeds (optional)



Instructions

1. Mix flour, yeast and salt. Add discard, water and malt syrup; knead 10 min until firm and smooth.
2. Cover; rise 1 hour. Divide into 8; shape into rings with a 3cm center hole.
3. Refrigerate overnight covered on oiled parchment.
4. Preheat oven to 450F (230C). Boil bath; boil bagels 60 sec per side; transfer to a lined sheet.
5. Scatter with coarse salt or sesame seeds if using. Bake 20-22 min until mahogany brown and shiny. Cool on a rack.

280
CAL

1.5g
FAT

58g
CARBS

10g
PROTEIN

2g
FIBER

Sourdough Discard Blueberry Bagels

40 min + 1.5 hr rise + overnight fridge - 8 bagels

Sweet bagels studded with dried blueberries — the fruit stays chewy and jammy rather than bleeding purple everywhere.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour
- 1 tsp instant yeast
- 3 tbsp granulated sugar
- 1 1/2 tsp fine salt
- 1 cup warm water
- 1 cup dried blueberries
- Boiling bath: 3 liters water + 2 tbsp honey + 1 tbsp baking soda
- Cinnamon sugar for sprinkling



Instructions

1. Mix flour, yeast, sugar and salt. Add discard and warm water; knead 8 min. Add dried blueberries; knead 2 min to distribute.
2. Cover; rise 1 hour. Divide into 8; shape into rings.
3. Refrigerate overnight covered.
4. Preheat oven to 450F (230C). Boil the bath; boil bagels 60 sec per side.
5. Transfer to a lined sheet; sprinkle with cinnamon sugar. Bake 20-22 min until deep golden.

315
CAL

1.5g
FAT

67g
CARBS

10g
PROTEIN

3g
FIBER

Sourdough Discard Cinnamon Raisin Bagels

40 min + 1.5 hr rise + overnight fridge - 8 bagels

Spiced bagels with a cinnamon swirl and plump raisins throughout — toast and smear with butter for morning perfection.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour
- 1 tsp instant yeast
- 3 tbsp brown sugar
- 1 1/2 tsp fine salt
- 2 tsp cinnamon
- 1 cup warm water
- 1 cup raisins soaked in warm water 10 min, drained
- Swirl: 1/4 cup brown sugar + 2 tsp cinnamon mixed
- Boiling bath: water + 2 tbsp honey + 1 tbsp baking soda



Instructions

1. Mix flour, yeast, brown sugar, salt and cinnamon. Add discard and warm water; knead 8 min. Add raisins; knead 2 min.
2. Flatten dough; scatter swirl mixture; fold and knead briefly to create a swirl — do not fully incorporate.
3. Divide into 8; shape rings. Cover; refrigerate overnight.
4. Preheat oven to 450F (230C). Boil bath; boil bagels 60 sec per side.
5. Transfer to a lined sheet. Bake 20-22 min until deep golden.

330
CAL

1.5g
FAT

71g
CARBS

10g
PROTEIN

3g
FIBER

Sourdough Discard Soft Pretzels

40 min + 1.5 hr rise - 8 pretzels

Classic twisted soft pretzels with a mahogany crust and tender interior — sourdough discard adds extraordinary depth.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour
- 1 tsp instant yeast
- 1 tbsp brown sugar
- 1 1/2 tsp fine salt
- 1 cup warm water
- 2 tbsp melted butter
- Baking soda bath: 2 liters water + 1/4 cup baking soda
- Coarse pretzel salt
- Melted butter for finishing



Instructions

1. Mix flour, yeast, brown sugar and salt. Add discard, warm water and melted butter; knead 8 min. Cover; rise 1 hour.
2. Divide into 8 pieces. Roll each into a 60cm rope. Shape into classic pretzel: form a U, twist the ends twice, fold down onto the bottom of the U.
3. Prove on lined sheets 20 min. Preheat oven to 450F (230C).
4. Bring baking soda bath to a rolling boil. Dip pretzels 30 sec each; drain; place back on sheets.
5. Scatter coarse salt. Bake 14-16 min until deep mahogany. Brush with melted butter immediately.

285
CAL

4g
FAT

54g
CARBS

9g
PROTEIN

2g
FIBER

Sourdough Discard Orange Cardamom Sweet Rolls

60 min + 2.5 hr rise - 12 rolls

Sweet rolls with an orange-cardamom filling and a fragrant orange cream cheese icing — Scandinavian meets brunch.

Ingredients

- 1 cup sourdough discard
- 3 cups all-purpose flour
- 1 1/2 tsp instant yeast
- 1/4 cup sugar
- 1 tsp fine salt
- 1 tsp ground cardamom
- 1/2 cup warm whole milk
- 2 large eggs
- 50g softened butter
- Zest of 1 orange
- Filling: 1/3 cup softened butter + 2/3 cup brown sugar + 1 1/2 tsp cardamom + zest of 1 orange
- Icing: 150g cream cheese + 1 cup powdered sugar + 2 tbsp orange juice + 1/2 tsp vanilla



Instructions

1. Mix flour, yeast, sugar, salt, cardamom and orange zest. Add discard, milk, eggs and butter; knead 8 min. Cover; rise 1 hour.
2. Roll to 30x45cm. Spread filling butter; scatter brown sugar mixture. Roll tightly; cut 12 pieces.
3. Place in a greased 23x33cm (9x13-inch) pan. Cover; prove 45 min.
4. Bake at 375F (190C) 20-22 min until deep golden.
5. Beat icing until smooth; spread generously over warm rolls.

340
CAL

11g
FAT

54g
CARBS

6g
PROTEIN

1.5g
FIBER

Sourdough Discard Morning Buns

60 min + 2 hr rise + 1 hr chill - 12 buns

Flaky, croissant-like buns rolled with cinnamon sugar and baked in muffin tins — the San Francisco bakery classic.

Ingredients

- 3/4 cup sourdough discard
- 2 1/2 cups bread flour
- 1 1/2 tsp instant yeast
- 3 tbsp sugar
- 3/4 tsp salt
- 1/2 cup warm milk
- 1 large egg
- Laminating butter: 175g cold butter
- Filling: 1/2 cup sugar + 2 tsp cinnamon + zest of 1 orange
- Coating: 1/2 cup sugar + 1 tsp cinnamon for rolling hot buns



Instructions

- 1.** Make dough: mix dry; add discard, milk, egg; knead 5 min. Flatten; wrap; refrigerate 1 hour.
- 2.** Laminating: roll dough; enclose butter; roll long; fold in thirds; chill 30 min. Repeat twice more.
- 3.** Roll final dough to 30x50cm. Spread filling. Roll tightly from long side; cut 12 pieces.
- 4.** Place each cut-side down in a greased muffin tin. Prove 30 min. Bake at 400F (200C) 18-20 min until deep golden.
- 5.** While hot, roll each bun in cinnamon sugar to coat generously. Serve warm.

300
CAL

14g
FAT

40g
CARBS

5g
PROTEIN

1g
FIBER

Sourdough Discard Kouign-Amann Buns

80 min + 3 hr rise + 2 hr chill - 12 buns

The Breton laminated pastry — caramelized outside, tender inside, with sourdough discard bringing subtle complexity.

Ingredients

- 1/2 cup sourdough discard
- 2 1/2 cups bread flour
- 1 tsp instant yeast
- 3/4 tsp salt
- 1 cup warm water
- Laminating butter: 200g (about 7 oz) cold butter
- For turns: 1 cup granulated sugar (for incorporating during folding)
- Topping: 3 tbsp sugar per ramekin for caramelization



Instructions

- 1.** Dough: mix flour, yeast, salt; add discard and warm water; knead 5 min. Chill 1 hour.
- 2.** Enclose cold butter; roll to a long rectangle; fold in thirds. Chill 30 min. Repeat; add 1/4 cup sugar before each fold; do 3 folds total.
- 3.** Roll dough to 5mm; cut into 10cm squares; scatter sugar over each. Fold the 4 corners into the center, pressing down.
- 4.** Place each in a buttered muffin tin or ramekin sprinkled with 1 tbsp sugar. Prove 45 min.
- 5.** Bake at 425F (220C) 20-25 min until deep mahogany and caramelized. Unmold immediately onto parchment — caramel sets fast. Serve warm.

360
CAL

16g
FAT

48g
CARBS

4.5g
PROTEIN

1g
FIBER

Sourdough Discard Chocolate Hazelnut Swirl Buns

50 min + 2 hr rise - 12 buns

Soft enriched buns rolled around a thick chocolate hazelnut filling — Nutella's dream buns.

Ingredients

- 1 cup sourdough discard
- 3 cups all-purpose flour
- 1 1/2 tsp instant yeast
- 3 tbs sugar
- 1 tsp fine salt
- 3/4 cup warm whole milk
- 2 large eggs
- 50g softened butter
- Filling: 1 cup Nutella (or similar) + 1/2 cup chopped toasted hazelnuts
- Glaze: 2 tbs melted butter + 2 tbs sugar
- Drizzle: 100g dark chocolate melted



Instructions

1. Mix flour, yeast, sugar and salt. Add discard, milk, eggs and butter; knead 8 min. Cover; rise 1 hour.
2. Roll to 30x45cm. Spread Nutella to the edges; scatter chopped hazelnuts. Roll tightly; cut 12 pieces.
3. Place in a greased 23x33cm (9x13-inch) pan; cover; prove 45 min.
4. Bake at 375F (190C) 22-25 min until deep golden. Brush with butter-sugar glaze while warm.
5. Drizzle melted dark chocolate over the cooled buns; set 10 min.

395
CAL

17g
FAT

54g
CARBS

7g
PROTEIN

2.5g
FIBER

Sourdough Discard English Muffins

45 min + 1.5 hr rise - 10 muffins

Craggy, nook-and-cranny griddled English muffins with sourdough discard — split, toast and smother with butter.

Ingredients

- 1 cup sourdough discard
- 2 1/2 cups all-purpose flour
- 1 tsp instant yeast
- 1 tsp sugar
- 1 tsp fine salt
- 3/4 cup warm whole milk
- 3 tbsp warm water
- 1 large egg
- 2 tbsp softened butter
- Fine cornmeal for dusting
- Butter for griddling



Instructions

1. Mix flour, yeast, sugar and salt. Add discard, warm milk, water, egg and butter; mix to a very soft sticky dough. Cover; rise 1.5 hours until puffy.
2. Turn dough onto a cornmeal-dusted surface. Pat gently to 1.5cm thick; avoid deflating.
3. Cut 10 rounds with a 7cm cutter. Dust both sides with cornmeal. Rest 15 min on cornmeal-dusted parchment.
4. Heat a cast iron griddle over medium-low heat; melt a little butter.
5. Cook muffins 6-8 min per side until deep golden and cooked through — they will puff dramatically. Cool fully on a rack; split with a fork (never a knife) to preserve the nooks.

165
CAL

3.5g
FAT

28g
CARBS

5g
PROTEIN

1g
FIBER

Sourdough Discard Scottish Bap Buns

30 min + 2 hr rise - 8 buns

Traditional soft Scottish breakfast rolls dusted with flour — perfect for bacon butties and square sausage.

Ingredients

- 3/4 cup sourdough discard
- 3 cups bread flour
- 1 1/2 tsp instant yeast
- 2 tsp sugar
- 1 tsp fine salt
- 3/4 cup warm whole milk
- 1/4 cup warm water
- 3 tbsp softened butter
- Extra flour for dusting



Instructions

- 1.** Mix flour, yeast, sugar and salt. Add discard, warm milk, water and butter; knead 8 min. Cover; rise 1 hour.
- 2.** Divide into 8 equal portions; shape into smooth tight balls. Flatten each to a 10cm disc.
- 3.** Place on lined sheets 4cm apart. Dust generously with flour. Cover; prove 45 min.
- 4.** Press the center of each bap with a finger to create the characteristic indent. Dust with more flour.
- 5.** Bake at 425F (220C) 14-16 min — baps should remain pale with a soft crust, not deep golden. Cool briefly; split and fill.

255
CAL

4.5g
FAT

43g
CARBS

8g
PROTEIN

1.5g
FIBER

Chapter 4

Pizza & Flatbreads

About This Chapter — Pizza & Flatbreads

Chapter Four is dedicated to pizza and flatbreads — the discard's natural home.

In yeasted pizza doughs, sourdough discard is transformative. It delivers the flavor of a long fermentation in a fraction of the time. A same-day pizza dough with discard tastes closer to a 48-hour cold ferment than to a quick-mix pizza.

Each recipe specifies hydration, timing, oven temperature and a tested topping combination — but feel free to swap toppings freely once the dough is in your hands.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard BBQ Chicken Pizza

30 min + 1 hr rest - 2 pizzas

Smoky BBQ sauce base, tender chicken, red onion and mozzarella on a sourdough discard crust — the California classic.

Ingredients

- Dough: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- 300g (about 10 oz) cooked shredded chicken
- 1/2 cup good-quality BBQ sauce + extra for drizzling
- 1 red onion thinly sliced
- 200g (about 7 oz) mozzarella grated
- 100g smoked gouda grated
- 3 tbsp cilantro
- Black pepper and chili flakes



Instructions

1. Mix dough; knead 8 min; rest 1 hour. Preheat oven to maximum with a pizza stone 30 min.
2. Toss shredded chicken with half the BBQ sauce.
3. Divide dough into 2; stretch each to a 30cm (12-inch) round. Spread remaining BBQ sauce thinly over each base.
4. Scatter mozzarella and smoked gouda; arrange chicken and red onion.
5. Bake 8-10 min until the crust is charred at the edges and cheese is bubbling. Scatter coriander, drizzle extra BBQ sauce, finish with chili flakes.

515
CAL

20g
FAT

52g
CARBS

30g
PROTEIN

2g
FIBER

Sourdough Discard Hawaiian Pizza

30 min + 1 hr rest - 2 pizzas

The controversial favorite — ham, pineapple, mozzarella and fresh jalapeño on a tangy sourdough discard base.

Ingredients

- Dough: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- 200ml pizza sauce
- 250g (about 9 oz) mozzarella grated
- 200g (about 7 oz) good-quality ham sliced
- 300g (about 10 oz) fresh pineapple cut into small chunks (drained well)
- 1 fresh jalapeño thinly sliced
- Fresh basil, chili flakes and honey drizzle



Instructions

1. Mix dough; knead 8 min; rest 1 hour. Preheat oven to maximum with a stone.
2. Divide dough into 2; stretch each to a 30cm (12-inch) round.
3. Spread pizza sauce; scatter mozzarella.
4. Arrange ham slices; scatter well-drained pineapple chunks and jalapeño.
5. Bake 8-10 min until charred. Scatter basil, chili flakes, drizzle with honey.

480
CAL

18g
FAT

55g
CARBS

24g
PROTEIN

2.5g
FIBER

Sourdough Discard Four Cheese Pizza (Quattro Formaggi)

25 min + 1 hr rest - 2 pizzas

The Italian classic with mozzarella, Gorgonzola, Parmesan and Taleggio — a quartet of cheese on a tangy crust.

Ingredients

- Dough: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- 200g (about 7 oz) fresh mozzarella torn
- 80g Gorgonzola crumbled
- 80g Taleggio torn
- 60g Parmesan grated
- 3 tbsp olive oil
- Fresh thyme
- Honey for drizzling
- Cracked black pepper



Instructions

1. Mix dough; knead 8 min; rest 1 hour. Preheat oven to maximum with a stone.
2. Divide dough into 2; stretch each thin — no tomato sauce.
3. Brush generously with olive oil. Arrange all four cheeses evenly.
4. Bake 8-10 min until the crust is charred and cheeses are bubbling and golden in places.
5. Scatter thyme and cracked black pepper; drizzle with honey just before serving.

530
CAL

24g
FAT

50g
CARBS

26g
PROTEIN

2g
FIBER

Sourdough Discard Mushroom Truffle Pizza

30 min + 1 hr rest - 2 pizzas

A bianca pizza topped with a medley of sautéed wild mushrooms, Fontina and a drizzle of truffle oil — luxury meets sourdough.

Ingredients

- Dough: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- 500g (about 1 lb) mixed mushrooms (chestnut, shiitake, oyster) sliced
- 3 tbsp butter
- 3 garlic cloves minced
- 2 tbsp fresh thyme
- Salt and black pepper
- 200g (about 7 oz) Fontina grated
- 60g Parmesan grated
- 2 tbsp truffle oil
- Fresh parsley



Instructions

1. Sauté mushrooms in butter over high heat until deep golden 8 min; add garlic and thyme; season.
2. Mix dough; rest 1 hour. Preheat oven with a stone at maximum.
3. Divide dough into 2; stretch thin; brush with olive oil.
4. Scatter Fontina and Parmesan; pile sautéed mushrooms over.
5. Bake 8-10 min. Drizzle with truffle oil; scatter parsley. Serve immediately.

490

CAL

24g

FAT

48g

CARBS

20g

PROTEIN

2.5g

FIBER

Sourdough Discard Prosciutto and Arugula Pizza

25 min + 1 hr rest - 2 pizzas

A bubbling mozzarella pizza crowned after baking with prosciutto, peppery arugula and shaved Parmesan — Italian perfection.

Ingredients

- Dough: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- 200ml good tomato sauce
- 250g (about 9 oz) fresh mozzarella torn
- 120g thinly sliced prosciutto di Parma
- 100g arugula
- 60g Parmesan shavings
- 4 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- Flaky salt and black pepper



Instructions

1. Mix dough; rest 1 hour. Preheat oven with a stone.
2. Divide dough into 2; stretch thin. Spread tomato sauce thinly; scatter mozzarella.
3. Bake 8-10 min until charred at the edges.
4. Toss arugula with olive oil, lemon juice, flaky salt and pepper.
5. Drape prosciutto over the hot pizzas; pile dressed arugula; scatter Parmesan shavings. Serve immediately.

520
CAL

24g
FAT

50g
CARBS

26g
PROTEIN

2.5g
FIBER

Sourdough Discard Pizza Diavola

25 min + 1 hr rest - 2 pizzas

Fiery Italian spicy salami (nduja or spianata), chili oil and olives on a sourdough discard base — the devil's own pizza.

Ingredients

- Dough: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- 200ml tomato sauce
- 200g (about 7 oz) mozzarella grated
- 150g spicy salami or spianata piccante (thinly sliced)
- 60g nduja (Italian spreadable spicy sausage)
- 50g pitted black olives
- 2 tbsp capers
- Chili oil for drizzling
- Fresh basil



Instructions

1. Mix dough; rest 1 hour. Preheat oven with a stone at max.
2. Divide dough into 2; stretch thin. Spread tomato sauce; scatter mozzarella.
3. Arrange salami slices; dot teaspoons of nduja (it will spread as it cooks); scatter olives and capers.
4. Bake 8-10 min until charred with the nduja bubbling into the cheese.
5. Drizzle with chili oil; scatter basil. Serve with cold beer.

560
CAL

28g
FAT

52g
CARBS

24g
PROTEIN

2.5g
FIBER

Sourdough Discard Pesto Pizza

25 min + 1 hr rest - 2 pizzas

Fragrant basil pesto base topped with cherry tomatoes, mozzarella and pine nuts — vibrantly green and sublimely summery.

Ingredients

- Dough: 1 cup sourdough discard, 1 1/2 cups bread flour, 1/2 tsp yeast, 3/4 tsp salt, 1 tbsp olive oil, 1/4 cup warm water
- Pesto: 80g basil + 50g pine nuts + 60g Parmesan + 2 garlic cloves + 150ml olive oil + pinch salt, blended
- 250g (about 9 oz) fresh mozzarella torn
- 200g (about 7 oz) mixed cherry tomatoes halved
- 3 tbsp pine nuts toasted
- 40g Parmesan shavings
- Fresh basil to finish



Instructions

1. Mix dough; rest 1 hour. Preheat oven with a stone.
2. Divide dough into 2; stretch thin. Spread pesto generously over each base.
3. Scatter mozzarella; arrange cherry tomato halves cut-side up.
4. Bake 8-10 min until the crust is charred and mozzarella bubbling.
5. Scatter toasted pine nuts, Parmesan shavings and fresh basil.

580
CAL

30g
FAT

48g
CARBS

25g
PROTEIN

3g
FIBER

Sourdough Discard Detroit-Style Pan Pizza

35 min + 1.5 hr rise - 1 pan (6 servings)

The square Detroit classic — crispy caramelized cheese edges, a thick chewy crust and stripes of tomato sauce on top.

Ingredients

- 3/4 cup sourdough discard
- 2 cups bread flour
- 1 tsp instant yeast
- 1 tsp fine salt
- 1 tbsp olive oil
- 2/3 cup warm water
- 300g (about 10 oz) low-moisture mozzarella grated
- 100g brick cheese (or more mozzarella)
- 150g pepperoni (optional)
- Sauce: 200g (about 7 oz) crushed tomatoes + 1 tsp oregano + pinch sugar + garlic powder + salt
- Olive oil and cornmeal for the pan



Instructions

1. Mix flour, yeast, salt. Add discard, water and olive oil; knead 8 min. Cover; rise 1 hour.
2. Generously oil a 25x35cm rectangular pan; dust with cornmeal. Press dough into pan to the edges; prove 30 min.
3. Scatter cheese right up to the edges — the caramelized frico edge is crucial. If using, arrange pepperoni.
4. Bake at 465F (240C) 15-18 min until cheese is bubbling and the edges are deeply charred and crispy.
5. Spoon tomato sauce in 3 parallel stripes over the baked pizza. Cut into squares.

410
CAL

18g
FAT

42g
CARBS

20g
PROTEIN

2g
FIBER

Sourdough Discard New York-Style Pizza

30 min + 1.5 hr rise - 2 pizzas

Thin, foldable, crispy-edged New York slices with a classic grated mozzarella and crushed-tomato sauce.

Ingredients

- 1 cup sourdough discard
- 2 1/2 cups bread flour
- 1 tsp instant yeast
- 1 tsp fine salt
- 1 tbsp olive oil
- 3/4 cup warm water
- Sauce: 400g (14 oz) canned San Marzano tomatoes + 1 tsp salt + 1 tsp sugar + 1 tbsp olive oil + 1 tsp oregano (crushed by hand)
- 300g (about 10 oz) low-moisture mozzarella grated
- 50g Parmesan grated
- Dried oregano and chili flakes



Instructions

1. Mix flour, yeast, salt. Add discard, water, oil; knead 8 min. Cover; rise 1 hour.
2. Preheat oven to maximum with a pizza stone 30 min. Divide dough into 2.
3. Roll (do not stretch) each dough piece to 35cm (14-inch) — New York style is rolled thin. Transfer to a peel dusted with cornmeal.
4. Spread sauce thinly; scatter grated mozzarella then Parmesan.
5. Slide onto the stone; bake 8-10 min until the crust is crispy at the edges and cheese has light browning. Scatter oregano and chili flakes. Fold to eat.

445
CAL

16g
FAT

54g
CARBS

22g
PROTEIN

2.5g
FIBER

Sourdough Discard Sicilian-Style Pizza

35 min + 2 hr rise - 1 pan (8 servings)

A thick, bready Sicilian pan pizza with a crispy bottom, airy crumb and toppings kept simple — tomatoes, onion and anchovies.

Ingredients

- 1 cup sourdough discard
- 2 1/2 cups bread flour
- 1 tsp instant yeast
- 1 tsp fine salt
- 2 tbsp olive oil + extra for the pan
- 3/4 cup warm water
- 400g (14 oz) canned plum tomatoes crushed by hand
- 1 red onion thinly sliced
- 80g mozzarella grated
- 60g Parmesan grated
- 12 anchovy fillets
- Dried oregano
- Good olive oil to finish



Instructions

1. Mix flour, yeast, salt. Add discard, water and olive oil; knead 8 min. Cover; rise 1.5 hours.
2. Drizzle olive oil generously into a 25x35cm rimmed pan. Press dough to edges; prove 30 min.
3. Preheat oven to 465F (240C). Season tomatoes; spread over the dough; scatter red onion.
4. Scatter mozzarella and Parmesan; arrange anchovies on top; dust oregano.
5. Bake 20-25 min until the crust is deeply golden and crispy-bottomed. Drizzle with olive oil; cut into thick squares.

395
CAL

14g
FAT

54g
CARBS

15g
PROTEIN

3g
FIBER

Sourdough Discard Pepperoni Rolls

35 min + 2 hr rise - 12 rolls

The West Virginia coal miner classic — soft dough rolled around pepperoni and baked until deep gold. Portable and addictive.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour
- 1 1/2 tsp instant yeast
- 2 tbsp sugar
- 1 tsp salt
- 3/4 cup warm milk
- 1 large egg
- 3 tbsp softened butter
- 300g (about 10 oz) sliced pepperoni
- 200g (about 7 oz) mozzarella or provolone sliced
- 1 tsp dried oregano
- Egg wash + sesame seeds for topping



Instructions

1. Mix flour, yeast, sugar, salt. Add discard, milk, egg, butter; knead 8 min. Cover; rise 1 hour.
2. Divide into 12 pieces. Flatten each to a 10x15cm rectangle. Layer pepperoni slices and mozzarella down the center; sprinkle oregano.
3. Roll up tightly from the long side; pinch seams. Place seam-down on lined sheets.
4. Cover; prove 45 min. Brush with egg wash; scatter sesame seeds.
5. Bake at 375F (190C) 18-20 min until deep golden. Serve warm with marinara for dipping.

340
CAL

17g
FAT

30g
CARBS

15g
PROTEIN

1.5g
FIBER

Sourdough Discard Stromboli

45 min + 1.5 hr rise - 2 stromboli (8 servings)

Italian-American rolled pizza packed with salami, ham, pepperoni and cheese — sliced thick at the table.

Ingredients

- 1 cup sourdough discard
- 3 cups bread flour
- 1 tsp instant yeast
- 1 tsp salt
- 1 tbsp olive oil
- 1 cup warm water
- 150g Italian salami
- 150g deli ham
- 100g pepperoni
- 200g (about 7 oz) provolone sliced
- 200g (about 7 oz) mozzarella grated
- 2 tbsp fresh basil
- Egg wash + Parmesan + oregano for topping
- Marinara for dipping



Instructions

1. Mix dough; rise 1 hour. Divide into 2.
2. Roll each to a 25x35cm rectangle. Layer half the meats and cheeses on each leaving a 2cm border.
3. Roll tightly from the long side; pinch seams closed; transfer seam-down to lined sheets.
4. Cover; prove 30 min. Brush with egg wash; score top diagonally; scatter Parmesan and oregano.
5. Bake at 400F (200C) 25-30 min until deep golden. Rest 10 min; slice thick. Serve with marinara.

540
CAL

28g
FAT

44g
CARBS

26g
PROTEIN

2g
FIBER

Sourdough Discard Chicken Tikka Naan Pizza

30 min + 1 hr rest - 4 naan pizzas

Fusion pizzas on sourdough naan bases topped with spiced chicken tikka, red onion and coriander mint yogurt.

Ingredients

- Naan dough: 1 cup discard, 2 cups flour, 1 tsp yeast, 3/4 tsp salt, 1/2 cup yogurt, 1/3 cup warm water, 2 tbsp oil
- 400g (14 oz) chicken breast diced + 1/2 cup yogurt + 2 tbsp tikka paste + 1 tsp salt (marinate 30 min + broil 8 min)
- 1 red onion thinly sliced
- 200g (about 7 oz) mozzarella grated
- Coriander yogurt: 1 cup yogurt + 3 tbsp coriander + 2 tbsp mint + 1 tsp cumin + lime juice + salt
- Cilantro, pomegranate seeds and chili flakes



Instructions

1. Make naan dough; rise 1 hour. Marinate and grill chicken tikka.
2. Divide dough into 4; roll each to a 22cm oval. Cook on a dry very hot pan 2 min per side until puffed.
3. Spread coriander yogurt over each naan; scatter mozzarella.
4. Arrange chicken tikka and red onion. Broil 3-4 min until cheese is bubbling and onions slightly charred.
5. Scatter cilantro, pomegranate seeds and chili flakes. Serve with extra yogurt.

545
CAL

18g
FAT

52g
CARBS

36g
PROTEIN

3g
FIBER

Sourdough Discard Garlic Butter Naan

25 min + 1 hr rise - 6 naan

Classic garlic butter naan with a distinct sourdough tang — fluffy, charred in spots and dripping with herb butter.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 1 tsp instant yeast
- 1/2 tsp sugar
- 3/4 tsp fine salt
- 1/4 cup plain yogurt
- 2 tbsp vegetable oil
- 1/4 cup warm water
- Garlic butter: 80g melted butter + 6 garlic cloves minced + 3 tbsp cilantro + 1 tsp fresh chili (optional) + 1/2 tsp salt



Instructions

1. Mix flour, yeast, sugar, salt. Add discard, yogurt, oil and warm water; knead 6 min. Cover; rise 1 hour.
2. Divide into 6 balls; roll each to a thin 22cm oval.
3. Heat a cast iron pan over the hottest possible heat. Cook each naan 2-3 min per side until blistered and charred in spots.
4. Mix all garlic butter ingredients.
5. Brush each hot naan generously with garlic butter; pile onto a plate under a cloth. Serve warm.

250
CAL

11g
FAT

32g
CARBS

5.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Peshwari Naan

35 min + 1 hr rise - 6 naan

The sweet naan stuffed with a coconut, almond and raisin paste — the iconic accompaniment to a rich curry.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 1 tsp instant yeast
- 1 tbsp sugar
- 3/4 tsp salt
- 1/4 cup plain yogurt
- 2 tbsp vegetable oil
- 1/4 cup warm water
- Filling: 80g shredded coconut + 60g ground almonds + 60g golden raisins + 3 tbsp honey + 1/4 tsp cardamom + 1 tbsp melted butter, mixed to a paste
- Melted butter for brushing, toasted almonds



Instructions

1. Mix flour, yeast, sugar and salt. Add discard, yogurt, oil, water; knead 6 min. Cover; rise 1 hour.
2. Divide dough into 6. Flatten each; spoon 2 tbsp filling in center; gather and pinch shut; flatten gently.
3. Roll each stuffed ball to a thin 20cm (8-inch) oval — keep filling contained.
4. Heat a cast iron pan over max heat. Cook naan 2-3 min per side until blistered.
5. Brush with melted butter; scatter toasted almonds. Best eaten hot.

320
CAL

13g
FAT

42g
CARBS

7g
PROTEIN

2.5g
FIBER

Sourdough Discard Masa Corn Tortillas (Hybrid)

25 min - 12 tortillas

A hybrid of masa harina and sourdough discard producing thin, pliable tortillas with extraordinary corn flavor and complexity.

Ingredients

- 3/4 cup sourdough discard
- 1 1/2 cups masa harina
- 1/2 cup all-purpose flour
- 1 tsp fine salt
- 1 cup warm water (approximately)
- Pinch of baking powder



Instructions

1. Whisk masa harina, all-purpose flour, salt and baking powder together.
2. Add sourdough discard and warm water gradually, mixing to form a soft pliable dough that holds together without cracking. Add more water if dry.
3. Rest dough 10 min covered.
4. Divide into 12 balls. Press between parchment to a 14cm thin round — use a tortilla press or rolling pin.
5. Cook in a screaming hot dry cast iron pan 30 sec per side until puffed and lightly charred. Stack warm under a cloth.

110
CAL

1g
FAT

22g
CARBS

3g
PROTEIN

1.5g
FIBER

Sourdough Discard Lahmacun (Turkish Flatbread)

35 min + 1 hr rest - 8 lahmacun

The Turkish street classic — paper-thin flatbreads topped with spiced lamb, tomato and parsley, rolled with lemon and salad.

Ingredients

- Dough: 3/4 cup discard, 2 cups flour, 1/2 tsp yeast, 3/4 tsp salt, 1/4 cup warm water, 1 tbsp olive oil
- Topping: 300g (about 10 oz) ground lamb + 1 small onion grated + 1 red pepper finely diced + 2 garlic cloves + 2 tbsp tomato paste + 1 chopped tomato + 1 tsp cumin + 1 tsp paprika + 1/2 tsp cinnamon + 1 tsp Turkish chili flakes + salt + 2 tbsp fresh parsley + 1 tbsp lemon juice
- To serve: flat-leaf parsley, lemon wedges, sumac



Instructions

1. Mix dough; knead 8 min; rest 1 hour.
2. Mix all topping ingredients together into a smooth paste — should be thin enough to spread.
3. Preheat oven to maximum with a pizza stone. Divide dough into 8; roll each paper-thin to a 22cm round.
4. Spread a thin even layer of lamb topping right to the edges — it must be very thin.
5. Bake 5-7 min per lahmacun until the edges are crisp and the meat is cooked through. Scatter with parsley; squeeze lemon; dust sumac; roll and eat.

280
CAL

10g
FAT

33g
CARBS

13g
PROTEIN

2g
FIBER

Chapter 5

Crackers & Chips

About This Chapter — Crackers & Chips

Chapter Five is for the crisp category — crackers, chips and thin baked snacks. Sourdough discard shines here more than anywhere: with minimal ingredients and hot ovens, the fermented tang truly comes through.

Everything from everyday pairing crackers for cheeseboards to show-off additions for cocktail platters.

Most recipes make use of a pasta machine or a very thin rolling technique — the thinner the dough, the crisper the final cracker. All store well in airtight tins for up to three weeks.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Whole Wheat Crackers

35 min - 40 crackers

Nutty whole wheat crackers with the shattering crispness of a classic water cracker — perfect for cheese boards.

Ingredients

- 1 cup sourdough discard
- 3/4 cup whole wheat flour
- 1/4 cup all-purpose flour
- 3 tbsp olive oil
- 1 tbsp honey
- 1/2 tsp fine salt
- Flaky sea salt for topping
- 1 tsp fresh thyme (optional)



Instructions

1. Preheat oven to 375F (190C). Mix sourdough discard, both flours, olive oil, honey, salt and thyme into a smooth dough.
2. Divide into 2 portions. Roll each between parchment sheets to 1-2mm.
3. Peel off top parchment; scatter flaky salt; press in lightly.
4. Score into rectangles. Bake 20-25 min until deep golden and crisp.
5. Cool completely before breaking apart. Store airtight up to 2 weeks.

30
CAL

1.5g
FAT

4g
CARBS

0.8g
PROTEIN

0.5g
FIBER

Sourdough Discard Flax and Chia Crackers

40 min - 36 crackers

Crisp, seed-packed crackers loaded with flax, chia and sunflower seeds — fiber-rich and intensely satisfying.

Ingredients

- 1 cup sourdough discard
- 3/4 cup all-purpose flour
- 3 tbsp ground flaxseed
- 2 tbsp chia seeds
- 2 tbsp whole flaxseeds
- 3 tbsp sunflower seeds
- 2 tbsp olive oil
- 1/2 tsp fine salt
- 1 tsp honey
- Flaky salt for topping



Instructions

1. Preheat oven to 350F (180C). Mix discard, flour, ground flax, chia, olive oil, salt and honey into a dough. Fold in whole flaxseeds and sunflower seeds.
2. Divide into 2 portions. Roll between parchment to 2-3mm thick.
3. Remove top parchment; scatter flaky salt.
4. Score into irregular rectangles. Bake 25-28 min until deep golden and dry throughout.
5. Cool completely before breaking apart. Store airtight up to 2 weeks.

42
CAL

2.5g
FAT

4g
CARBS

1.2g
PROTEIN

1g
FIBER

Sourdough Discard Black Pepper Crackers

35 min - 40 crackers

Simple, shatteringly crisp crackers with a bold hit of coarsely cracked black pepper — a sophisticated accompaniment to pâté.

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 2 tsp coarsely cracked black pepper + extra for topping
- 1/2 tsp sugar
- Flaky sea salt for topping



Instructions

1. Preheat oven to 375F (190C). Mix discard, flour, oil, salt, sugar and 2 tsp pepper into a smooth dough.
2. Divide into 2; roll between parchment to 1-2mm.
3. Remove top parchment; scatter more pepper and flaky salt; press in.
4. Score into rectangles. Bake 20-25 min until deep golden.
5. Cool completely before breaking. Excellent with a ripe washed-rind cheese.

30
CAL

1.5g
FAT

3.5g
CARBS

0.5g
PROTEIN

0.2g
FIBER

Sourdough Discard Truffle Parmesan Crackers

35 min - 36 crackers

Ultra-luxe crackers with generous Parmesan and a final whisper of truffle oil — small but unforgettable.

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 80g Parmesan finely grated + extra for topping
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 2 tsp truffle oil
- Flaky salt for topping



Instructions

1. Preheat oven to 365F (185C). Mix discard, flour, 80g Parmesan, olive oil, salt, garlic powder, pepper and truffle oil into a smooth dough.
2. Divide into 2; roll between parchment to 1-2mm.
3. Remove top parchment; scatter extra Parmesan and flaky salt; press in.
4. Score into rectangles. Bake 22-25 min until deep golden with caramelized Parmesan.
5. Cool completely. Store airtight up to 1 week — the truffle aroma deepens overnight.

35
CAL

1.8g
FAT

3.5g
CARBS

1.2g
PROTEIN

0.1g
FIBER

Sourdough Discard Za'atar Crackers

35 min - 40 crackers

Middle Eastern crackers generously coated in aromatic za'atar, olive oil and sesame seeds — deeply herbaceous.

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 2 tbsp za'atar + 2 tbsp for topping
- 1 tbsp sesame seeds for topping
- Extra olive oil for brushing



Instructions

1. Preheat oven to 375F (190C). Mix discard, flour, olive oil, salt and 2 tbsp za'atar into a smooth dough.
2. Divide into 2; roll between parchment to 1-2mm.
3. Remove top parchment; brush with olive oil; scatter remaining za'atar and sesame seeds generously; press in.
4. Score into rectangles. Bake 20-25 min until deep golden.
5. Cool completely. Serve with labneh, hummus or on a mezze platter.

35
CAL

2g
FAT

3.5g
CARBS

0.8g
PROTEIN

0.3g
FIBER

Sourdough Discard Madras Curry Crackers

35 min - 40 crackers

Warmly spiced curry crackers with turmeric, cumin and fenugreek — incredible with mango chutney and sharp cheese.

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 3 tbsp ghee or olive oil
- 1/2 tsp fine salt
- 2 tsp madras curry powder
- 1/2 tsp ground turmeric
- 1/2 tsp cumin seeds
- 1/2 tsp nigella seeds
- 1/4 tsp ground fenugreek (optional)
- Flaky salt for topping



Instructions

1. Preheat oven to 365F (185C). Mix discard, flour, ghee, salt and all spices into a smooth dough.
2. Divide into 2; roll between parchment to 1-2mm.
3. Remove top parchment; scatter cumin seeds, nigella and flaky salt; press in.
4. Score into rectangles. Bake 22-26 min until deep golden.
5. Cool completely. Store airtight up to 2 weeks — flavors deepen after 24 hours.

32
CAL

1.8g
FAT

3.5g
CARBS

0.8g
PROTEIN

0.2g
FIBER

Sourdough Discard Chili Lime Tortilla Chips

30 min - serves 8 (about 4 cups)

Thin, crispy baked tortilla chips with a bright chili-lime seasoning — irresistible with guacamole and salsa.

Ingredients

- 1 cup sourdough discard
- 3/4 cup masa harina
- 1/4 cup all-purpose flour
- 3 tbsp olive oil
- 3/4 tsp fine salt
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- Zest of 2 limes
- 1/2 cup warm water (approximately)
- Topping: 2 tbsp olive oil + Tajín + extra lime zest + flaky salt



Instructions

1. Mix masa harina, all-purpose flour, salt, chili powder, paprika and lime zest. Add discard, olive oil and enough warm water to form a soft dough. Rest 10 min.
2. Preheat oven to 400F (200C). Divide dough into 4; roll each paper-thin between parchment.
3. Cut each sheet into triangles with a pizza cutter.
4. Arrange in a single layer on lined sheets. Brush with olive oil; dust with Tajín, lime zest and flaky salt.
5. Bake 12-16 min until deep golden and crispy. Cool fully. Serve with salsa, guac or queso dip.

125
CAL

5g
FAT

17g
CARBS

2.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Multigrain Seeded Crackers

35 min - 36 crackers

Hearty, nutty crackers packed with oats, sunflower, pumpkin and sesame seeds — a rustic Nordic-style snack.

Ingredients

- 1 cup sourdough discard
- 1/2 cup all-purpose flour
- 1/3 cup whole wheat flour
- 1/3 cup rolled oats
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- 2 tbsp sesame seeds
- 1 tbsp flaxseeds
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 1 tsp honey
- Flaky sea salt



Instructions

1. Preheat oven to 350F (180C). Mix both flours, oats, all seeds (reserve 2 tbsp mixed for topping), salt, honey, olive oil and sourdough discard into a firm dough.
2. Divide into 2; roll between parchment to 2-3mm.
3. Remove top parchment; scatter reserved seeds and flaky salt.
4. Score into rectangles. Bake 25-30 min until golden and completely crisp — these take longer because they're thicker.
5. Cool fully before breaking.

42
CAL

2.3g
FAT

4.5g
CARBS

1.2g
PROTEIN

0.8g
FIBER

Sourdough Discard Graham Crackers

35 min - 24 crackers

Classic American honey graham crackers with sourdough tang — perfect for s'mores, cheesecake bases or dunking in milk.

Ingredients

- 1/2 cup sourdough discard
- 1 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/3 cup packed brown sugar
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 80g cold butter cubed
- 3 tbsp honey
- 2 tbsp whole milk
- 1 tsp vanilla
- Topping: 2 tbsp sugar + 1/2 tsp cinnamon



Instructions

1. Pulse both flours, brown sugar, baking soda, salt, cinnamon and cold butter until crumbly.
2. Add discard, honey, milk and vanilla; pulse until a dough forms. Chill 30 min.
3. Preheat oven to 350F (175C). Roll between parchment to 3mm.
4. Cut into 7cm squares; prick with a fork; scatter cinnamon sugar.
5. Bake 14-18 min until deep golden around the edges. Cool on the tray — they crisp as they cool.

75
CAL

3g
FAT

11g
CARBS

1.3g
PROTEIN

0.5g
FIBER

Sourdough Discard Maple Cinnamon Crackers

35 min - 30 crackers

Sweet, delicately spiced crackers with maple syrup and cinnamon — delightful with cream cheese or dunked in coffee.

Ingredients

- 1/2 cup sourdough discard
- 1 1/4 cups all-purpose flour
- 3 tbsp maple syrup
- 3 tbsp melted butter
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/4 tsp baking soda
- 2 tbsp turbinado sugar + 1/2 tsp cinnamon for topping



Instructions

1. Preheat oven to 350F (180C). Mix flour, cinnamon, salt and baking soda.
2. Add discard, maple syrup and melted butter; mix to a firm pliable dough.
3. Roll between parchment to 2mm. Remove top parchment; brush with a little melted butter; scatter cinnamon-turbinado sugar.
4. Score into rectangles. Bake 15-20 min until deep golden.
5. Cool completely before breaking. Lovely with whipped cream cheese.

50
CAL

2g
FAT

7.5g
CARBS

0.8g
PROTEIN

0.2g
FIBER

Sourdough Discard Pumpkin Seed and Sea Salt Crackers

35 min - 36 crackers

Rustic crackers crowned with toasted pumpkin seeds and coarse sea salt — autumnal, nutty and beautifully textured.

Ingredients

- 1 cup sourdough discard
- 3/4 cup all-purpose flour
- 1/4 cup whole wheat flour
- 1/2 cup pumpkin seeds divided
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 1 tsp honey
- Flaky sea salt for topping



Instructions

1. Preheat oven to 350F (180C). Toast half the pumpkin seeds in a dry pan 4 min until fragrant.
2. Mix discard, both flours, olive oil, salt, honey and toasted pumpkin seeds into a firm dough.
3. Divide into 2; roll between parchment to 2-3mm. Scatter remaining raw pumpkin seeds and flaky salt; press in firmly.
4. Score into rectangles. Bake 22-26 min until deep golden and the seeds are toasted.
5. Cool fully before breaking apart.

48
CAL

2.8g
FAT

4g
CARBS

1.5g
PROTEIN

0.5g
FIBER

Sourdough Discard Sweet Potato Crackers

40 min - 36 crackers

Vivid orange crackers with roasted sweet potato baked in — lightly sweet, surprisingly crisp and packed with flavor.

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup roasted sweet potato puree (cold)
- 1 1/4 cups all-purpose flour
- 2 tbsp olive oil
- 1/2 tsp fine salt
- 1/2 tsp smoked paprika
- 1/4 tsp cinnamon
- 1 tsp rosemary chopped
- Flaky salt and extra rosemary for topping



Instructions

1. Preheat oven to 365F (185C). Mix flour, salt, smoked paprika, cinnamon and rosemary.
2. Add sweet potato puree, sourdough discard and olive oil; mix to a pliable dough. Chill 15 min.
3. Divide into 2; roll between parchment to 2mm. Scatter flaky salt and rosemary.
4. Score into rectangles. Bake 22-26 min until deep golden and crispy — lower heat than usual so they don't burn before crisping.
5. Cool fully before breaking apart.

38
CAL

1.5g
FAT

5.5g
CARBS

0.8g
PROTEIN

0.4g
FIBER

Sourdough Discard Beet Chips

45 min - 4 cups

Thin slices of roasted beet dipped in a discard batter and baked until crispy — earthy, dramatic and utterly distinctive.

Ingredients

- 3 medium beets peeled and sliced paper-thin on a mandoline
- Batter: 3/4 cup sourdough discard + 1/2 cup flour + 2 tbsp olive oil + 1/2 tsp salt + 1/4 cup water (whisked smooth)
- Sea salt + thyme + olive oil for finishing
- Optional: sprinkle of goat cheese crumbles



Instructions

1. Preheat oven to 300F (150C) — low and slow for crispy chips. Line two baking sheets with parchment.
2. Pat beet slices very dry with paper towels — this is crucial for crispiness.
3. Dip each beet slice briefly in the batter (just a thin coating) and arrange on sheets in a single layer without overlapping.
4. Brush tops lightly with olive oil; scatter thyme and salt.
5. Bake 30-40 min, flipping once halfway, until the edges curl and the chips are crispy throughout. Cool on sheets — they crisp as they cool. Scatter goat cheese.

35
CAL

1.5g
FAT

4.5g
CARBS

0.8g
PROTEIN

0.6g
FIBER

Sourdough Discard Spinach and Parmesan Crackers

35 min - 36 crackers

Vibrant green crackers with fresh spinach and sharp Parmesan — savory and wholesome with a striking emerald color.

Ingredients

- 3/4 cup sourdough discard
- 100g baby spinach blanched, squeezed dry and finely chopped
- 1 cup all-purpose flour
- 60g Parmesan finely grated
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- Flaky salt for topping



Instructions

1. Preheat oven to 365F (185C). Blitz blanched spinach with olive oil to a paste.
2. Mix flour, Parmesan, salt, pepper and garlic powder. Add sourdough discard and spinach paste; mix to a firm green dough.
3. Divide into 2; roll between parchment to 1-2mm.
4. Scatter flaky salt; press in. Score into rectangles.
5. Bake 20-24 min until dry and crisp. Cool fully.

35
CAL

1.8g
FAT

3.5g
CARBS

1.3g
PROTEIN

0.3g
FIBER

Sourdough Discard Fennel Seed Crackers

35 min - 40 crackers

Elegant crackers scented with fennel and anise — exceptional with fresh ricotta and honey or a strong blue cheese.

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 2 tsp fennel seeds lightly crushed + 1 tsp whole for topping
- 1/2 tsp ground anise
- 1 tsp sugar
- Flaky salt



Instructions

1. Preheat oven to 375F (190C). Mix discard, flour, olive oil, salt, sugar, crushed fennel and anise into a smooth dough.
2. Divide into 2; roll between parchment to 1-2mm.
3. Remove top parchment; scatter whole fennel seeds and flaky salt.
4. Score into rectangles. Bake 20-25 min until deep golden.
5. Cool fully before breaking apart. Pair with fresh ricotta drizzled with honey.

30
CAL

1.5g
FAT

3.5g
CARBS

0.7g
PROTEIN

0.3g
FIBER

Sourdough Discard Garlic and Dill Crackers

35 min - 40 crackers

Crisp crackers with fresh dill and roasted garlic — a sophisticated match for smoked salmon or cream cheese dips.

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 2 tbsp fresh dill finely chopped + extra for topping
- 4 roasted garlic cloves mashed (or 1 tsp garlic powder)
- 1 tsp onion powder
- Flaky salt



Instructions

1. Preheat oven to 375F (190C). Mix discard, flour, olive oil, salt, chopped dill, mashed roasted garlic and onion powder into a smooth dough.
2. Divide into 2; roll between parchment to 1-2mm.
3. Remove top parchment; scatter more dill and flaky salt.
4. Score into rectangles. Bake 20-25 min until deep golden.
5. Cool fully. Perfect with cream cheese and smoked salmon.

32
CAL

1.6g
FAT

3.5g
CARBS

0.8g
PROTEIN

0.2g
FIBER

Sourdough Discard Black Poppy Seed Crackers

35 min - 40 crackers

Delicate crackers with generous poppy seeds through and through — elegant, nutty and subtly crunchy.

Ingredients

- 1 cup sourdough discard
- 1 cup all-purpose flour
- 3 tbsp olive oil
- 1/2 tsp fine salt
- 3 tbsp poppy seeds + extra for topping
- 1 tsp lemon zest
- 1 tsp honey
- Flaky salt



Instructions

1. Preheat oven to 365F (185C). Mix discard, flour, olive oil, salt, 3 tbsp poppy seeds, lemon zest and honey into a smooth dough.
2. Divide into 2; roll between parchment to 1-2mm.
3. Remove top parchment; scatter more poppy seeds and flaky salt.
4. Score into rectangles. Bake 20-25 min until deep golden.
5. Cool fully before breaking. Elegant on a cheeseboard.

32
CAL

1.8g
FAT

3.5g
CARBS

0.9g
PROTEIN

0.3g
FIBER

Chapter 6

Cookies & Bars

About This Chapter — Cookies & Bars

Chapter Six covers the cookie jar.

Sourdough discard in cookies does something subtle but important: it tenderizes the crumb, deepens the caramel notes of brown sugar, and adds a backbone of complexity to otherwise simple flavors.

The chapter mixes chewy, crispy, soft, shortbread and layered bars — something for every cookie preference.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Matcha White Chocolate Cookies

25 min + 30 min chill - 18 cookies

Striking green matcha cookies studded with creamy white chocolate chips — earthy, subtly bitter and deeply sophisticated.

Ingredients

- 1/2 cup sourdough discard
- 115g softened butter
- 3/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla
- 1 3/4 cups all-purpose flour
- 3 tbsp matcha powder
- 1/2 tsp baking soda
- 1/4 tsp fine salt
- 1 cup white chocolate chips



Instructions

1. Cream butter and sugar until fluffy. Beat in egg, vanilla and sourdough discard.
2. Sift flour, matcha, baking soda and salt together; fold into wet. Fold in white chocolate chips.
3. Chill dough 30 min. Preheat oven to 350F (175C). Line two baking sheets.
4. Scoop tablespoons onto sheets 5cm apart. Bake 11-13 min until edges are just set but centers look underdone.
5. Cool 5 min on sheet; the matcha color intensifies as they cool. Store airtight 5 days.

155
CAL

7g
FAT

22g
CARBS

2g
PROTEIN

0.3g
FIBER

Sourdough Discard Florentines

30 min - 24 florentines

Delicate lace cookies of toasted almonds, candied peel and honey caramel, finished with a dark chocolate backing.

Ingredients

- 3 tbsp sourdough discard
- 100g butter
- 1/2 cup granulated sugar
- 3 tbsp honey
- 3 tbsp heavy cream
- 2 cups flaked almonds
- 1/4 cup candied orange peel chopped
- 1/4 cup glace cherries chopped
- 2 tbsp all-purpose flour
- 200g (about 7 oz) dark chocolate melted for backing



Instructions

1. Preheat oven to 350F (175C). Line two sheets with parchment. Melt butter, sugar, honey and cream until bubbling 2 min.
2. Remove from heat; stir in almonds, candied peel, cherries, flour and sourdough discard.
3. Drop teaspoons onto sheets 10cm apart — they spread dramatically. Flatten slightly.
4. Bake 8-10 min until deep golden and lacy. Cool on sheets 5 min; transfer to a rack to cool completely.
5. Spread melted chocolate on the flat side of each florentine; comb a pattern with a fork; leave to set chocolate-side up.

145
CAL

9g
FAT

14g
CARBS

2.5g
PROTEIN

1.2g
FIBER

Sourdough Discard Almond Biscotti

75 min - 28 biscotti

Twice-baked Italian almond biscotti — crisp, dunkable and perfect with coffee or Vin Santo.

Ingredients

- 1/3 cup sourdough discard
- 2 1/2 cups all-purpose flour
- 3/4 cup granulated sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 3 large eggs + 1 yolk for glaze
- 1 tsp vanilla
- 1/2 tsp almond extract
- Zest of 1 orange
- 1 1/2 cups whole almonds toasted



Instructions

1. Preheat oven to 350F (175C). Mix flour, sugar, baking powder and salt.
2. Whisk 3 eggs, vanilla, almond extract, orange zest and sourdough discard; combine with dry. Fold in almonds.
3. Shape into 2 logs 25cm (10-inch) long on a lined sheet; brush with egg yolk glaze. Bake 25-30 min until firm.
4. Cool 10 min. Slice each log on the diagonal into 1.5cm thick biscotti.
5. Lay flat on sheets; bake second time 10 min per side until deeply golden and very dry. Cool fully; store airtight up to 3 weeks.

110
CAL

4g
FAT

15g
CARBS

3g
PROTEIN

1g
FIBER

Sourdough Discard Chocolate Biscotti

75 min - 28 biscotti

Double chocolate biscotti with cocoa, chocolate chips and hazelnuts — intensely chocolatey and perfectly crunchy.

Ingredients

- 1/3 cup sourdough discard
- 2 1/4 cups all-purpose flour
- 1/2 cup cocoa powder
- 3/4 cup granulated sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 3 large eggs
- 2 tsp vanilla
- 1 cup hazelnuts toasted
- 3/4 cup dark chocolate chips
- Egg wash for glaze



Instructions

1. Preheat oven to 350F (175C). Mix flour, cocoa, sugar, baking powder and salt.
2. Whisk eggs, vanilla and sourdough discard; combine with dry. Fold in hazelnuts and chocolate chips.
3. Form into 2 logs 25cm (10-inch) on a lined sheet; brush with egg wash. Bake 25-30 min.
4. Cool 10 min; slice diagonally 1.5cm thick.
5. Lay flat on sheets; bake 10 min per side until dry and crisp. Cool completely; store up to 3 weeks.

120
CAL

5g
FAT

17g
CARBS

3g
PROTEIN

1.5g
FIBER

Sourdough Discard Macadamia White Chocolate Cookies

25 min + 30 min chill - 18 cookies

Buttery cookies with chunky macadamia nuts and big pools of white chocolate — Hawaiian-inspired indulgence.

Ingredients

- 1/2 cup sourdough discard
- 115g softened butter
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla
- 1 3/4 cups all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup macadamia nuts roughly chopped
- 1 cup white chocolate chunks



Instructions

1. Cream butter and both sugars until fluffy. Beat in egg, vanilla and sourdough discard.
2. Fold in flour, baking soda and salt. Fold in macadamias and white chocolate chunks.
3. Chill 30 min. Preheat oven to 350F (175C). Scoop large tablespoons onto lined sheets 6cm apart.
4. Bake 12-14 min until edges are golden and centers look soft.
5. Cool 5 min on sheet; finish on a rack. Best still slightly warm.

215
CAL

12g
FAT

24g
CARBS

2.5g
PROTEIN

1g
FIBER

Sourdough Discard Pecan Sandies

30 min + 1 hr chill - 30 cookies

Buttery shortbread-style cookies packed with toasted pecans — melt-in-the-mouth and dusted with powdered sugar.

Ingredients

- 1/3 cup sourdough discard
- 225g softened butter
- 3/4 cup powdered sugar plus extra for dusting
- 1 tsp vanilla
- 1/4 tsp salt
- 2 cups all-purpose flour
- 1 cup pecans toasted and finely chopped
- 1/2 tsp cinnamon



Instructions

1. Cream butter and powdered sugar until fluffy. Beat in vanilla, salt and sourdough discard.
2. Fold in flour, cinnamon and pecans into a soft dough.
3. Shape into two logs 5cm diameter; wrap and chill 1 hour.
4. Preheat oven to 325F (165C). Slice logs into 1cm discs; place on lined sheets 3cm apart.
5. Bake 14-16 min until pale golden at the edges. Cool 5 min; dust heavily with powdered sugar while still warm.

125
CAL

9g
FAT

10g
CARBS

1.3g
PROTEIN

0.5g
FIBER

Sourdough Discard Molasses Cookies

30 min + 30 min chill - 24 cookies

Chewy, spicy molasses cookies rolled in sparkling sugar — deep, dark and wonderfully chewy.

Ingredients

- 1/3 cup sourdough discard
- 170g softened butter
- 1 cup brown sugar
- 1/3 cup molasses
- 1 large egg
- 2 1/4 cups all-purpose flour
- 2 tsp baking soda
- 1 1/2 tsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp cloves
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 1/2 cup coarse raw sugar for rolling



Instructions

1. Cream butter and brown sugar. Beat in molasses, egg and sourdough discard.
2. Fold in flour, baking soda, spices and salt into a soft dough. Chill 30 min.
3. Preheat oven to 350F (175C). Roll tablespoons into balls; roll each in raw sugar.
4. Place on lined sheets 5cm apart; do not flatten — they spread as they bake.
5. Bake 10-12 min until cracked and set at edges but soft in the center. Cool 5 min on sheet.

145
CAL

6g
FAT

22g
CARBS

1.5g
PROTEIN

0.4g
FIBER

Sourdough Discard Butter Pecan Cookies

30 min + 30 min chill - 20 cookies

Brown butter cookies with deeply toasted pecans — rich, nutty and intensely caramelized.

Ingredients

- 1/2 cup sourdough discard
- 170g butter browned until nutty then cooled
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 1 large egg + 1 yolk
- 1 tsp vanilla
- 1 3/4 cups all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/4 cups pecans toasted and chopped
- Flaky salt for topping



Instructions

1. Whisk cooled brown butter with both sugars; beat in egg, yolk, vanilla and sourdough discard.
2. Fold in flour, baking soda and salt. Fold in toasted pecans. Chill 30 min.
3. Preheat oven to 350F (175C). Scoop heaped tablespoons onto lined sheets 6cm apart.
4. Bake 11-13 min until edges are deep golden. Immediately press a few extra pecans on top of each and scatter flaky salt.
5. Cool 5 min on sheet; the brown butter flavor deepens as they cool.

195
CAL

11g
FAT

22g
CARBS

2.5g
PROTEIN

1g
FIBER

Sourdough Discard Chocolate Crinkle Cookies

25 min + 2 hr chill - 24 cookies

Fudgy chocolate cookies with their trademark cracked, powdered sugar-dusted tops — a Christmas cookie tin classic.

Ingredients

- 1/4 cup sourdough discard
- 1/2 cup cocoa powder
- 1 cup granulated sugar
- 1/3 cup vegetable oil
- 3 large eggs
- 2 tsp vanilla
- 1 2/3 cups all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup granulated sugar for rolling
- 1 cup powdered sugar for rolling



Instructions

1. Whisk cocoa, sugar and oil. Beat in eggs one at a time, then vanilla and sourdough discard.
2. Fold in flour, baking powder and salt. Cover and chill 2 hours — essential for the crinkle shape.
3. Preheat oven to 350F (175C). Roll tablespoons into balls; roll first in granulated sugar, then heavily in powdered sugar.
4. Place on lined sheets 5cm apart. Bake 10-12 min until puffed, cracked and just set.
5. Cool 10 min on sheet; the powdered sugar coating will accentuate the crinkle pattern.

115
CAL

4g
FAT

18g
CARBS

1.8g
PROTEIN

0.6g
FIBER

Sourdough Discard Nutella Stuffed Cookies

35 min + 2 hr freeze - 18 cookies

Giant chocolate chip cookies with a molten Nutella center — the most dramatic cookie you will ever make.

Ingredients

- 1/2 cup sourdough discard
- 170g softened butter
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 2 tsp vanilla
- 2 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/4 cups chocolate chips
- 1 cup Nutella frozen into 18 teaspoons on a tray



Instructions

1. Spoon 18 teaspoons of Nutella onto a tray; freeze 2 hours until solid.
2. Cream butter and both sugars. Beat in egg, vanilla and sourdough discard. Fold in flour, baking soda, salt and chocolate chips.
3. Scoop large 2-tbsp portions of dough; flatten in palm; place a frozen Nutella disc in center; wrap dough around to fully encase.
4. Preheat oven to 360F (180C). Place on lined sheets 6cm apart.
5. Bake 13-16 min until edges are golden; centers will be underdone and will set as they cool. Best served warm with molten Nutella centers.

285
CAL

14g
FAT

36g
CARBS

3.5g
PROTEIN

1.5g
FIBER

Sourdough Discard S'mores Cookies

30 min + 30 min chill - 20 cookies

The campfire classic in cookie form — graham cracker crumbs, chocolate chunks and mini marshmallows in a tangy discard base.

Ingredients

- 1/2 cup sourdough discard
- 170g softened butter
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla
- 1 1/4 cups all-purpose flour
- 3/4 cup graham cracker crumbs
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup dark chocolate chunks
- 1 cup mini marshmallows



Instructions

1. Cream butter and both sugars. Beat in egg, vanilla and sourdough discard.
2. Fold in flour, graham cracker crumbs, baking soda and salt. Fold in chocolate chunks. Chill 30 min.
3. Preheat oven to 350F (175C). Scoop tablespoons onto lined sheets. Press a few mini marshmallows into the top of each.
4. Bake 10-12 min until edges are golden and marshmallows are just toasted.
5. Press extra chocolate chunks onto the hot cookies. Cool 5 min on sheet; the marshmallows should remain slightly sticky.

175
CAL

8g
FAT

24g
CARBS

2g
PROTEIN

0.7g
FIBER

Sourdough Discard Espresso Chocolate Cookies

25 min + 30 min chill - 20 cookies

Deep, dark chocolate cookies with a bold espresso kick and sea salt finish — the grown-up chocolate chip cookie.

Ingredients

- 1/2 cup sourdough discard
- 170g softened butter
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 2 tsp vanilla
- 2 tbsp instant espresso powder
- 1 3/4 cups all-purpose flour
- 3 tbsp cocoa powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/4 cups dark chocolate chunks (70%)
- Flaky salt for topping



Instructions

1. Dissolve espresso powder in vanilla; set aside.
2. Cream butter and sugars. Beat in egg, espresso-vanilla and sourdough discard.
3. Fold in flour, cocoa, baking soda and salt. Fold in chocolate chunks. Chill 30 min.
4. Preheat oven to 350F (175C). Scoop onto lined sheets 6cm apart. Press a few extra chocolate chunks on top.
5. Bake 11-13 min until set at edges but soft in middle. Immediately scatter flaky salt. Cool 5 min on sheet.

205
CAL

11g
FAT

25g
CARBS

2.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Pistachio Cookies

25 min + 30 min chill - 22 cookies

Pale green cookies flecked with chopped pistachios and a touch of rose water — elegant Middle Eastern-inspired nibbles.

Ingredients

- 1/2 cup sourdough discard
- 170g softened butter
- 3/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla
- 1 tsp rose water
- 1 3/4 cups all-purpose flour
- 1/2 cup ground pistachios
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 cup pistachios chopped for topping



Instructions

1. Cream butter and sugar. Beat in egg, vanilla, rose water and sourdough discard.
2. Fold in flour, ground pistachios, baking powder and salt into a soft dough. Chill 30 min.
3. Preheat oven to 350F (175C). Scoop tablespoons into balls; press tops into chopped pistachios.
4. Place on lined sheets 5cm apart; flatten very slightly.
5. Bake 11-13 min until edges are just pale golden — these should remain pale and delicate. Cool 10 min on sheet.

165
CAL

10g
FAT

17g
CARBS

3g
PROTEIN

1g
FIBER

Sourdough Discard Almond Spritz Cookies

30 min - 40 cookies

Classic Scandinavian piped butter cookies with almond extract — crisp, buttery and perfect for a festive tin.

Ingredients

- 1/3 cup sourdough discard
- 225g softened butter
- 3/4 cup powdered sugar
- 1 large egg yolk
- 1 tsp almond extract
- 1/2 tsp vanilla
- 2 1/4 cups all-purpose flour
- 1/4 tsp salt
- Decoration: colored sprinkles, sliced almonds or glace cherries



Instructions

1. Cream butter and powdered sugar very well until pale and fluffy. Beat in egg yolk, almond and vanilla extracts and sourdough discard.
2. Fold in flour and salt into a soft but firm dough.
3. Preheat oven to 350F (175C). Fit a cookie press with a star or flower disc. Fill with dough; press directly onto ungreased baking sheets.
4. Decorate each cookie immediately before baking with sprinkles, almonds or cherries.
5. Bake 8-10 min until edges are just pale golden — do not over-bake. Cool 5 min on sheet.

78
CAL

4.5g
FAT

8.5g
CARBS

1g
PROTEIN

0.2g
FIBER

Sourdough Discard Ginger Molasses Cookies

30 min + 30 min chill - 24 cookies

Intensely spicy ginger cookies with crystallized ginger chunks and black pepper kick — a grown-up cookie for winter nights.

Ingredients

- 1/3 cup sourdough discard
- 170g softened butter
- 1 cup brown sugar
- 1/4 cup molasses
- 1 large egg
- 2 1/4 cups all-purpose flour
- 2 tsp baking soda
- 2 tsp ground ginger
- 1 1/2 tsp cinnamon
- 1/2 tsp cloves
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1/2 cup crystallized ginger finely chopped
- 1/2 cup coarse sugar for rolling



Instructions

1. Cream butter and brown sugar. Beat in molasses, egg and sourdough discard.
2. Fold in flour, baking soda, spices, pepper and salt. Fold in crystallized ginger. Chill 30 min.
3. Preheat oven to 350F (175C). Roll tablespoons into balls; roll each in coarse sugar.
4. Place on lined sheets 5cm apart.
5. Bake 11-13 min until cracked and set at edges but soft in center. Cool 5 min on sheet — the ginger flavor intensifies over 24 hours.

140
CAL

5.5g
FAT

22g
CARBS

1.5g
PROTEIN

0.5g
FIBER

Sourdough Discard Funfetti Cookies

25 min + 30 min chill - 24 cookies

Soft, thick cookies studded with rainbow sprinkles — birthday cake energy in a chewy, cheerful bite.

Ingredients

- 1/2 cup sourdough discard
- 170g softened butter
- 3/4 cup granulated sugar
- 1/4 cup brown sugar
- 1 large egg + 1 yolk
- 1 tbsp vanilla
- 1 tsp almond extract
- 2 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/4 tsp salt
- 2/3 cup rainbow sprinkles (jimmies, not nonpareils)



Instructions

1. Cream butter and both sugars. Beat in egg, yolk, vanilla, almond extract and sourdough discard.
2. Fold in flour, baking soda and salt. Fold in sprinkles carefully — over-mixing turns them gray. Chill 30 min.
3. Preheat oven to 350F (175C). Scoop heaped tablespoons onto lined sheets 6cm apart.
4. Bake 11-13 min until edges are set but centers are still soft.
5. Cool 5 min on sheet. Best eaten the same day while soft and joyful.

180
CAL

7g
FAT

26g
CARBS

2g
PROTEIN

0.3g
FIBER

Sourdough Discard Maple Pecan Bars

60 min - 16 bars

Rich pecan pie-style bars with a maple filling and sourdough discard shortbread base — easier than pie and equally indulgent.

Ingredients

- Base: 1/3 cup discard, 1 1/2 cups all-purpose flour, 1/2 cup powdered sugar, 1/4 tsp salt, 170g cold butter cubed
- Filling: 3 large eggs, 3/4 cup maple syrup, 1/2 cup brown sugar, 60g melted butter, 1 tsp vanilla, 1/2 tsp salt, 2 1/2 cups pecan halves



Instructions

1. Preheat oven to 350F (175C). Line a 23cm (9-inch) square pan with parchment.
2. Base: pulse flour, powdered sugar, salt and cold butter to crumbs; add sourdough discard; press firmly into the pan. Prick all over. Bake 20 min until pale golden.
3. Filling: whisk eggs, maple syrup, brown sugar, melted butter, vanilla and salt until smooth.
4. Pour over the hot base; scatter pecan halves evenly over the filling.
5. Bake 25-30 min until the filling is set at edges with a very slight wobble in center. Cool completely before cutting — overnight is ideal.

310
CAL

18g
FAT

34g
CARBS

4g
PROTEIN

1.5g
FIBER

Chapter 7

Cakes & Cupcakes

About This Chapter — Cakes & Cupcakes

Chapter Seven is for the celebration baker.

Sourdough discard in cakes is a quiet tenderizer. You won't always taste it — in the chiffon or angel food you'll barely notice — but the crumb is unmistakably softer, more tender, more forgiving across every method.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Burnt Basque Cheesecake

55 min + 4 hr chill - 10 slices

The famous San Sebastian cheesecake — crustless, deliberately burnt on top, creamy within and finished with a deep mahogany crust.

Ingredients

- 1/3 cup sourdough discard
- 800g (1.75 lb) cream cheese softened
- 1 1/2 cups granulated sugar
- 6 large eggs
- 1 1/2 cups heavy cream
- 1/3 cup all-purpose flour
- 1 tsp vanilla extract
- 1/4 tsp fine salt



Instructions

1. Preheat oven to 425F (220C). Line a 23cm (9-inch) springform pan with two sheets of parchment, leaving paper hanging above the rim.
2. Beat cream cheese and sugar until smooth and lump-free. Beat in eggs one at a time until fully incorporated.
3. Whisk in cream, flour, vanilla, salt and sourdough discard until completely smooth.
4. Pour into the lined pan. Bake 45-55 min until the top is deeply mahogany-black and the center still has a violent wobble.
5. Cool to room temperature; chill 4 hours minimum. The center will be intentionally molten and the top beautifully burnt.

465
CAL

36g
FAT

26g
CARBS

9g
PROTEIN

0g
FIBER

Sourdough Discard New York Cheesecake

90 min + 6 hr chill - 12 slices

The classic baked NY-style cheesecake — dense, tall and impossibly smooth on a buttery biscuit base.

Ingredients

- Base: 1/3 cup discard, 300g (about 10 oz) graham cracker crumbs, 120g melted butter, 2 tbsp sugar
- Filling: 900g (2 lb) cream cheese, 1 1/4 cups granulated sugar, 4 large eggs + 2 yolks, 1 cup sour cream, 1/3 cup sourdough discard, 2 tsp vanilla, 2 tbsp cornstarch, zest of 1 lemon, pinch salt



Instructions

1. Preheat oven to 350F (175C). Mix base; press into a lined 23cm (9-inch) springform pan; bake 12 min. Cool.
2. Beat cream cheese and sugar until completely smooth. Beat in eggs and yolks one at a time. Add sour cream, sourdough discard, vanilla, cornstarch, lemon zest and salt.
3. Pour into cooled base. Place pan in a water bath (wrap exterior in foil).
4. Bake 75-85 min until edges are set and center wobbles like jelly. Turn oven off; leave cheesecake inside 1 hour with door ajar.
5. Cool to room temperature; refrigerate 6 hours minimum. Run a knife around the edge before releasing the springform.

485
CAL

32g
FAT

38g
CARBS

9g
PROTEIN

0.5g
FIBER

Sourdough Discard Vanilla Chiffon Cake

75 min - 12 slices

Feather-light Japanese-style chiffon cake with a perfect airy crumb — baked tall in a tube pan and cooled upside down.

Ingredients

- Yolk batter: 7 large egg yolks, 1/2 cup granulated sugar, 1/4 cup sourdough discard, 1/2 cup vegetable oil, 3/4 cup whole milk, 2 tsp vanilla, 2 1/4 cups cake flour, 1 1/2 tsp baking powder, 1/2 tsp salt
- Meringue: 7 large egg whites, 1/2 tsp cream of tartar, 1/2 cup granulated sugar



Instructions

1. Preheat oven to 325F (165C). Yolk batter: whisk yolks and sugar pale; whisk in discard, oil, milk and vanilla. Sift over flour, baking powder and salt; fold until smooth.
2. Meringue: beat whites with cream of tartar to soft peaks; gradually add sugar; beat to stiff glossy peaks.
3. Fold meringue into yolk batter in 3 additions — gently, keeping maximum air.
4. Pour into an UNGREASED 25cm (10-inch) tube pan — the batter needs to grip the sides to climb.
5. Bake 50-60 min until springy and deeply golden. IMMEDIATELY invert the pan over a bottle; cool upside-down 2 hours before unmolding with a knife around the edges.

265
CAL

12g
FAT

34g
CARBS

6g
PROTEIN

0.5g
FIBER

Sourdough Discard Angel Food Cake

60 min - 12 slices

Ethereal white cake made from whipped egg whites — fat-free, cloud-soft and utterly pure in its simplicity.

Ingredients

- 12 large egg whites
- 1 1/2 tsp cream of tartar
- 1/4 tsp salt
- 1 1/2 cups granulated sugar divided
- 1 cup cake flour sifted
- 1/4 cup sourdough discard
- 2 tsp vanilla
- 1/2 tsp almond extract



Instructions

1. Preheat oven to 350F (175C). Sift flour with 3/4 cup of the sugar three times.
2. Beat egg whites with cream of tartar and salt to soft peaks. Gradually add remaining 3/4 cup sugar; beat to stiff glossy peaks.
3. Beat in vanilla and almond extract. Fold in sourdough discard carefully.
4. Sift the flour mixture over in 4 additions, folding very gently — deflating the meringue ruins the cake.
5. Spoon into an ungreased 25cm (10-inch) tube pan; run a knife through to remove large air pockets. Bake 35-40 min until cracked and springy. Invert immediately over a bottle; cool 2 hours before unmolding.

175
CAL

0.3g
FAT

38g
CARBS

6g
PROTEIN

0.3g
FIBER

Sourdough Discard Black Forest Cake

90 min - 12 slices

The iconic German Schwarzwald cake — chocolate sponge layers soaked with kirsch, filled with cherries and cream, and decorated with chocolate shavings.

Ingredients

- **Sponge:** 1/3 cup discard, 1 1/2 cups flour, 1/2 cup cocoa, 1 1/2 cups granulated sugar, 1 1/2 tsp baking soda, 1 tsp salt, 2 eggs, 1 cup buttermilk, 1/2 cup oil, 1 cup hot water, 2 tsp vanilla
- **Cherries:** 500g (about 1 lb) pitted sour cherries + 3 tbsp kirsch + 3 tbsp sugar (macerated 2 hours)
- **Cream:** 600ml heavy cream + 1/3 cup powdered sugar + 1 tsp vanilla (whipped)
- **Decoration:** 200g (about 7 oz) dark chocolate shaved, extra cherries, kirsch for brushing



Instructions

1. Preheat oven to 350F (175C). Butter two 23cm (9-inch) round pans.
2. Whisk all dry sponge ingredients; whisk in eggs, buttermilk, oil, vanilla and sourdough discard; finally whisk in hot water. Divide between pans; bake 30-35 min. Cool fully.
3. Slice each cake horizontally. Brush all 4 layers generously with kirsch syrup from the cherries.
4. Stack: bottom layer + cream + cherries; repeat 3 times. Cover the outside with whipped cream.
5. Press chocolate shavings onto sides; pipe cream rosettes on top; crown each rosette with a cherry.

510
CAL

28g
FAT

54g
CARBS

6g
PROTEIN

2g
FIBER

Sourdough Discard Opera Cake

3 hr - 16 slices

A French patisserie masterpiece — thin layers of almond sponge soaked in coffee syrup, alternating with coffee buttercream and chocolate ganache.

Ingredients

- Joconde sponge: 1/4 cup discard, 6 eggs, 6 egg whites, 170g powdered sugar, 170g ground almonds, 55g flour, 30g melted butter, 30g granulated sugar
- Coffee syrup: 1/2 cup strong espresso + 1/3 cup sugar + 2 tsp Kahlua
- Coffee buttercream: 300g (about 10 oz) butter, 250g (about 9 oz) powdered sugar, 3 tsp instant espresso in 2 tsp water
- Chocolate ganache: 200g (about 7 oz) dark chocolate + 200ml cream
- Glaze: 150g dark chocolate + 30g butter



Instructions

- 1.** Joconde: beat eggs, powdered sugar and ground almonds 8 min; fold in flour, melted butter and sourdough discard. Beat whites with granulated sugar to stiff peaks; fold in. Spread thin on 3 lined sheets; bake 5-7 min at 450F (230C). Cool.
- 2.** Cut 3 rectangles 20x30cm. Brush first layer heavily with coffee syrup; spread buttercream; chill.
- 3.** Lay second sponge; soak with syrup; spread ganache; chill. Third sponge; soak; buttercream; chill 1 hour.
- 4.** Pour chocolate glaze over the top; spread thinly with an offset palette; chill until set.
- 5.** Trim edges with a hot knife to reveal clean layers. Slice into 16 thin rectangular pieces; serve at cool room temperature.

425
CAL

28g
FAT

38g
CARBS

6g
PROTEIN

1.5g
FIBER

Sourdough Discard Dobos Torte

2 hr 30 min - 12 slices

The Hungarian masterpiece — five thin vanilla sponge layers with chocolate buttercream, topped with a crunchy caramel disc.

Ingredients

- Sponge: 1/4 cup discard, 6 eggs separated, 3/4 cup granulated sugar, 3/4 cup flour, 1 tsp vanilla, 2 tbsp melted butter
- Chocolate buttercream: 300g (about 10 oz) butter, 300g (about 10 oz) powdered sugar, 3 tbsp cocoa, 200g (about 7 oz) dark chocolate melted, 2 tbsp milk
- Caramel top: 1 cup granulated sugar + 2 tbsp water
- Chopped hazelnuts for decoration



Instructions

1. Preheat oven to 400F (200C). Mark 5 x 20cm (8-inch) circles on parchment.
2. Beat yolks with 1/2 cup sugar pale; beat whites with remaining sugar to stiff peaks. Fold whites into yolks; fold in flour, vanilla, melted butter and discard.
3. Pipe batter into the 5 circles; bake 8-10 min per batch until golden. Cool.
4. Beat all buttercream ingredients smooth. Sandwich 4 layers with buttercream. Reserve the best-looking 5th layer for the caramel top.
5. Caramel: melt sugar and water to an amber caramel. Immediately pour onto the 5th layer; mark 12 wedges with an oiled knife while still warm. Place on top of the cake. Cover sides with remaining buttercream; press chopped hazelnuts around the sides.

470
CAL

28g
FAT

50g
CARBS

5g
PROTEIN

1g
FIBER

Sourdough Discard Victoria Sponge

45 min - 10 slices

The quintessential British afternoon tea cake — two golden sponge layers sandwiched with strawberry jam and vanilla cream, dusted with powdered sugar.

Ingredients

- Cake: 1/3 cup discard, 225g softened butter, 225g granulated sugar, 4 large eggs, 225g self-raising flour, 2 tsp baking powder, 1 tsp vanilla, 2-3 tbsp milk
- Filling: 1 cup good strawberry jam
- Cream: 300ml heavy cream + 2 tbsp powdered sugar + 1 tsp vanilla
- Powdered sugar for dusting



Instructions

1. Preheat oven to 350F (175C). Butter and line two 20cm (8-inch) cake pans.
2. Cream butter and sugar very well until pale and fluffy. Beat in eggs one at a time with a tablespoon of flour each.
3. Fold in remaining flour, baking powder, vanilla and sourdough discard. Add milk to a soft dropping consistency. Divide between tins; level tops.
4. Bake 22-25 min until springy and golden. Cool 10 min in pans; turn out onto a rack.
5. Whip cream with powdered sugar and vanilla to soft peaks. Spread jam on one sponge; pile cream on top; sandwich with second sponge. Dust generously with powdered sugar.

445
CAL

26g
FAT

47g
CARBS

5g
PROTEIN

1g
FIBER

Sourdough Discard Lamingtons

60 min + 2 hr chill - 16 lamingtons

The Australian classic — cubes of fluffy vanilla sponge coated in chocolate icing and rolled in shredded coconut.

Ingredients

- **Sponge:** 1/3 cup discard, 115g softened butter, 1 cup granulated sugar, 2 eggs, 1 1/2 cups self-raising flour, 1/2 cup milk, 1 tsp vanilla
- **Icing:** 4 cups powdered sugar + 1/2 cup cocoa + 2 tbsp softened butter + 2/3 cup boiling water
- **Coating:** 2 cups shredded coconut
- **Optional filling:** whipped cream or raspberry jam



Instructions

- 1.** Preheat oven to 350F (175C). Line a 20cm (8-inch) square pan.
- 2.** Cream butter and sugar; beat in eggs, vanilla and sourdough discard. Fold in flour alternately with milk. Pour into tin; bake 30-35 min. Cool; chill 2 hours (firms the crumb for easier dipping).
- 3.** Slice cooled cake into 16 cubes. Whisk icing ingredients to a pourable consistency.
- 4.** Using two forks, dip each cube in the chocolate icing fully; let excess drip off; roll immediately in shredded coconut to coat.
- 5.** Place on a rack to set 1 hour. Optional: slice each lamington horizontally and fill with whipped cream or jam.

310
CAL

12g
FAT

48g
CARBS

3g
PROTEIN

2g
FIBER

Sourdough Discard Madeleines

30 min + 1 hr chill - 24 madeleines

The shell-shaped French tea cakes with the signature hump — delicate, buttery and best eaten within 4 hours of baking.

Ingredients

- 1/4 cup sourdough discard
- 115g melted butter
- 3/4 cup granulated sugar
- 3 large eggs
- 1 tsp vanilla
- Zest of 1 lemon
- 1 cup all-purpose flour
- 3/4 tsp baking powder
- 1/4 tsp salt
- 2 tbsp honey
- Powdered sugar for dusting



Instructions

- 1.** Whisk eggs, sugar, honey and lemon zest 3 min until pale and doubled. Whisk in vanilla and sourdough discard.
- 2.** Sift over flour, baking powder and salt; fold gently. Fold in melted butter (slightly cooled).
- 3.** Refrigerate the batter at least 1 hour — the cold batter hitting the hot oven creates the signature hump.
- 4.** Preheat oven to 400F (200C). Heavily butter and flour a madeleine tin. Pipe batter to fill each cavity 3/4.
- 5.** Bake 10-12 min until bronzed and domed. Turn out immediately; dust with powdered sugar. Best eaten still warm.

115
CAL

5g
FAT

16g
CARBS

1.8g
PROTEIN

0.2g
FIBER

Sourdough Discard Financiers

35 min - 18 financiers

Classic French brown butter and almond cakes — bar-shaped, crisp-edged and beautifully moist within.

Ingredients

- 1/4 cup sourdough discard
- 170g butter browned until deeply nutty then cooled
- 1 1/4 cups powdered sugar
- 3/4 cup ground almonds
- 1/3 cup all-purpose flour
- 1/4 tsp salt
- 5 large egg whites
- 1 tsp vanilla



Instructions

- 1.** Brown the butter: cook in a pan over medium heat until deep amber and smelling nutty; strain out milk solids; cool.
- 2.** Whisk powdered sugar, ground almonds, flour and salt together. Whisk in egg whites, vanilla and sourdough discard until smooth.
- 3.** Whisk in cooled brown butter until homogeneous.
- 4.** Butter financier molds heavily; fill each 3/4 full. Chill 30 min (or even overnight for deeper flavor).
- 5.** Bake at 400F (200C) 10-12 min until deep golden with crisp edges. Turn out immediately; dust with powdered sugar if desired. Best within 4 hours of baking.

165
CAL

10g
FAT

16g
CARBS

3g
PROTEIN

0.8g
FIBER

Sourdough Discard Molten Chocolate Lava Cakes

25 min - 6 cakes

Individual warm chocolate cakes with a molten, flowing dark chocolate center — the ultimate restaurant-style dessert.

Ingredients

- 1/4 cup sourdough discard
- 200g (about 7 oz) dark chocolate (70%)
- 115g butter
- 3/4 cup powdered sugar
- 2 large eggs + 2 yolks
- 1 tsp vanilla
- 1/4 cup all-purpose flour
- Pinch of salt
- Butter and cocoa for molds
- Powdered sugar and fresh berries to serve



Instructions

1. Preheat oven to 425F (220C). Butter 6 ramekins generously and dust with cocoa.
2. Melt chocolate and butter over bain-marie (water bath) until smooth.
3. Whisk eggs, yolks, powdered sugar and vanilla until pale. Pour in melted chocolate; stir in sourdough discard.
4. Fold in flour and salt. Divide among ramekins.
5. Bake 10-12 min until edges are set but centers still wobble. Rest 1 min; run a knife around each edge; invert onto plates. Dust with powdered sugar; serve immediately with berries and cream.

450
CAL

28g
FAT

42g
CARBS

7g
PROTEIN

2.5g
FIBER

Sourdough Discard Chocolate Fudge Bundt Cake

75 min - 12 slices

A moist, deeply chocolatey Bundt cake with a shiny chocolate ganache glaze that cascades dramatically over the ridges.

Ingredients

- Cake: 1/3 cup discard, 2 cups flour, 3/4 cup cocoa, 2 cups granulated sugar, 2 tsp baking soda, 1 tsp baking powder, 1 tsp salt, 2 eggs, 1 cup buttermilk, 1/2 cup oil, 2 tsp vanilla, 1 cup hot coffee
- Glaze: 200g (about 7 oz) dark chocolate + 150ml cream + 30g butter + 1 tbsp corn syrup



Instructions

1. Preheat oven to 350F (175C). Heavily butter and flour a 25cm (10-inch) Bundt pan.
2. Whisk all dry cake ingredients. Whisk eggs, buttermilk, oil, vanilla and discard; combine with dry. Whisk in hot coffee last (batter will be thin).
3. Pour into Bundt; bake 50-60 min until a skewer comes out with moist crumbs. Cool 15 min in pan; turn out.
4. Glaze: heat cream, butter and corn syrup; pour over chocolate; let sit 1 min; whisk smooth.
5. Pour warm glaze over the cooled Bundt so it cascades down the ridges. Let set 30 min before slicing.

380
CAL

18g
FAT

54g
CARBS

5g
PROTEIN

2.5g
FIBER

Sourdough Discard Marble Bundt Cake

75 min - 12 slices

A tender Bundt cake with striking vanilla and chocolate swirls — elegant and endlessly photogenic.

Ingredients

- Base batter: 1/3 cup discard, 225g softened butter, 2 cups granulated sugar, 4 eggs, 1 tbsp vanilla, 3 cups cake flour, 1 tbsp baking powder, 1/2 tsp salt, 1 cup whole milk
- Chocolate addition: 1/3 cup cocoa + 3 tbsp hot water + 2 tbsp sugar
- Glaze: 1 cup powdered sugar + 2-3 tbsp milk



Instructions

1. Preheat oven to 350F (175C). Butter and flour a 25cm (10-inch) Bundt pan.
2. Cream butter and sugar; beat in eggs, vanilla and discard. Fold in flour, baking powder and salt alternately with milk.
3. Remove 1/3 of the batter; stir in chocolate addition until smooth.
4. Spoon alternating dollops of vanilla and chocolate batters into the pan. Swirl once with a knife — not too much.
5. Bake 55-65 min until springy. Cool 15 min in pan; turn out. Drizzle glaze over the cooled Bundt.

410
CAL

17g
FAT

60g
CARBS

6g
PROTEIN

1.5g
FIBER

Sourdough Discard Lemon Blueberry Bundt Cake

75 min - 12 slices

A sunny lemon Bundt packed with blueberries and finished with a tangy lemon glaze — bright, fruity and perfectly moist.

Ingredients

- Cake: 1/3 cup discard, 225g softened butter, 2 cups granulated sugar, zest of 3 lemons, 4 eggs, 3 cups cake flour, 2 tsp baking powder, 1/2 tsp baking soda, 1/2 tsp salt, 1 cup buttermilk, 1/3 cup lemon juice, 2 cups fresh blueberries tossed with 2 tbsp flour
- Syrup: 1/3 cup lemon juice + 1/3 cup sugar (simmered)
- Glaze: 2 cups powdered sugar + 4 tbsp lemon juice



Instructions

1. Preheat oven to 350F (175C). Butter and flour a 25cm (10-inch) Bundt pan.
2. Cream butter, sugar and lemon zest. Beat in eggs, discard and lemon juice.
3. Fold in flour, baking powder, baking soda and salt alternately with buttermilk. Fold in floured blueberries gently.
4. Pour into Bundt; bake 55-65 min. Cool 15 min in pan; turn out onto a rack. Immediately brush warm syrup over.
5. Whisk glaze; drizzle over the cooled Bundt; let set 30 min.

395
CAL

14g
FAT

61g
CARBS

5.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Orange Olive Oil Cake

65 min - 10 slices

A Mediterranean single-layer cake made with good olive oil and fresh orange — rustic, fragrant and deliciously moist.

Ingredients

- 1/3 cup sourdough discard
- 1 1/2 cups all-purpose flour
- 1/2 cup ground almonds
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 3 large eggs
- 1 cup granulated sugar
- Zest of 3 oranges
- 3/4 cup fresh orange juice
- 3/4 cup extra virgin olive oil
- 1 tsp vanilla
- Powdered sugar for dusting



Instructions

- 1.** Preheat oven to 350F (175C). Line a 23cm (9-inch) round pan.
- 2.** Whisk flour, ground almonds, baking powder, baking soda and salt.
- 3.** Whisk eggs, sugar and orange zest 3 min until pale. Whisk in orange juice, olive oil, vanilla and sourdough discard.
- 4.** Fold wet into dry until just combined. Pour into pan.
- 5.** Bake 45-55 min until deep golden and a skewer comes out clean. Cool fully. Dust heavily with powdered sugar before slicing.

320
CAL

18g
FAT

34g
CARBS

5g
PROTEIN

1.5g
FIBER

Sourdough Discard Pistachio Cake

65 min - 10 slices

A pale green single-layer cake made with ground pistachios and cardamom — fragrant, delicate and exotic.

Ingredients

- 1/3 cup sourdough discard
- 1 1/2 cups shelled pistachios + extra chopped for topping
- 1 1/4 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp cardamom
- 1/4 tsp salt
- 225g softened butter
- 1 1/4 cups granulated sugar
- 3 large eggs
- 1/2 cup whole milk
- 1 tsp vanilla
- 1 tsp rose water (optional)
- Glaze: 1 cup powdered sugar + 2 tbsp milk + 1/2 tsp rose water



Instructions

- 1.** Preheat oven to 350F (175C). Line a 23cm (9-inch) round pan. Grind pistachios to a fine flour; mix with regular flour, baking powder, cardamom and salt.
- 2.** Cream butter and sugar. Beat in eggs one at a time. Beat in vanilla, rose water (if using) and sourdough discard.
- 3.** Fold in pistachio flour mixture alternately with milk.
- 4.** Pour into pan. Bake 45-55 min until springy and golden. Cool fully.
- 5.** Whisk glaze; drizzle over the cake; scatter chopped pistachios.

405
CAL

22g
FAT

44g
CARBS

7g
PROTEIN

2g
FIBER

Chapter 8

Pies, Tarts & Pastries

About This Chapter — Pies, Tarts & Pastries

Chapter Eight pushes into serious pastry territory. The first book covered foundational pies and tarts.

Sourdough discard is especially effective in butter-laminated doughs. It adds a background complexity that keeps the pastry from tasting purely of butter, without interfering with the lamination itself.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Peach Lattice Pie

90 min + 1 hr chill - 8 slices

Summer's finest pie — juicy ripe peaches with a hint of bourbon and cinnamon under a golden lattice crust.

Ingredients

- Double crust: 1/2 cup discard, 2 1/2 cups flour, 1 tsp salt, 1 tsp sugar, 225g cold butter cubed, 6-8 tbsp ice water
- Filling: 1.2kg (2.6 lb) ripe peaches peeled and sliced, 3/4 cup sugar, 3 tbsp cornstarch, 2 tbsp bourbon (optional), 1 tsp cinnamon, 1/4 tsp nutmeg, 1 tbsp lemon juice, 2 tbsp butter cubed
- Egg wash: 1 egg + 1 tbsp cream + turbinado sugar



Instructions

1. Crust: pulse flour, salt, sugar and cold butter to pea-sized pieces; add sourdough discard and ice water; form 2 discs; chill 1 hour.
2. Preheat oven to 425F (220C). Toss peaches with sugar, cornstarch, bourbon, spices and lemon juice.
3. Roll one disc; line a 23cm (9-inch) pie dish. Pile in peach filling; dot with butter.
4. Roll second disc; cut into strips; weave a lattice over the filling. Trim, crimp edges, brush with egg wash, scatter turbinado sugar.
5. Bake 20 min at 220C; reduce to 180C; bake 45-50 min until filling bubbles thickly and crust is deep golden. Cool 2 hours before slicing.

445
CAL

19g
FAT

65g
CARBS

5g
PROTEIN

3g
FIBER

Sourdough Discard Sweet Cherry Pie

90 min + 1 hr chill - 8 slices

The all-American cherry pie — dark sweet cherries bound in a vanilla-cinnamon filling under a decorative lattice crust.

Ingredients

- Double crust: 1/2 cup discard, 2 1/2 cups flour, 1 tsp salt, 1 tsp sugar, 225g cold butter cubed, 6-8 tbsp ice water
- Filling: 1kg (2.2 lb) pitted sweet cherries, 3/4 cup sugar, 3 tbsp cornstarch, 1 tbsp lemon juice, 1 tsp vanilla, 1/4 tsp almond extract, 1/2 tsp cinnamon, 2 tbsp butter cubed
- Egg wash and turbinado sugar



Instructions

1. Make crust; chill 1 hour.
2. Preheat oven to 425F (220C). Toss cherries with sugar, cornstarch, lemon juice, vanilla, almond extract and cinnamon.
3. Roll one crust; line pie dish. Pile in filling; dot with butter.
4. Roll second crust; cut strips; weave lattice. Crimp; brush with egg wash; scatter turbinado sugar.
5. Bake 20 min at 220C; reduce to 180C; bake 45-55 min until bubbling and deep golden. Cool at least 3 hours to let the filling set.

430
CAL

18g
FAT

62g
CARBS

4.5g
PROTEIN

3g
FIBER

Sourdough Discard Blueberry Hand Pies

60 min + 1 hr chill - 12 pies

Portable blueberry pies with flaky sourdough crust and a crackly sugar top — perfect for picnics and lunch boxes.

Ingredients

- Crust: 1/2 cup discard, 3 cups flour, 1 tsp salt, 2 tbsp sugar, 250g (about 9 oz) cold butter, 6-8 tbsp ice water
- Filling: 500g (about 1 lb) blueberries, 1/2 cup sugar, 3 tbsp cornstarch, zest and juice of 1 lemon, 1/2 tsp cinnamon, 1 tsp vanilla
- Egg wash and coarse sugar



Instructions

1. Make crust as before; chill 1 hour. Cook filling: simmer all filling ingredients 5 min until thick. Cool fully.
2. Roll crust to 3mm; cut 24 rectangles 10x8cm.
3. Place 1 heaped tbsp cooled filling on 12 rectangles; brush edges with egg; top with remaining rectangles; press edges firmly with a fork to seal.
4. Brush tops with egg wash; scatter coarse sugar; cut 3 small steam vents in each.
5. Bake at 400F (200C) 22-25 min until deep golden. Cool 15 min on sheet before transferring.

305
CAL

16g
FAT

38g
CARBS

3g
PROTEIN

1.5g
FIBER

Sourdough Discard Strawberry Rhubarb Pie

90 min + 1 hr chill - 8 slices

The quintessential spring pie — tart rhubarb balanced with ripe strawberries in a flaky double crust.

Ingredients

- Double discard crust
- Filling: 600g (about 1.3 lb) rhubarb sliced 2cm, 400g (14 oz) strawberries halved, 1 cup sugar, 1/3 cup cornstarch, zest of 1 orange, 1 tsp cinnamon, 1/4 tsp ginger, 1 tbsp lemon juice, 2 tbsp butter cubed
- Egg wash and coarse sugar



Instructions

1. Make crust; chill.
2. Preheat oven to 425F (220C). Toss rhubarb, strawberries, sugar, cornstarch, orange zest, spices and lemon juice. Let macerate 15 min.
3. Line a 23cm (9-inch) dish with half the crust. Pile in filling draining off some liquid; dot with butter.
4. Roll second crust; lay over or cut lattice; crimp; brush with egg wash; scatter coarse sugar; cut vents.
5. Bake 20 min at 220C; reduce to 180C; bake 45-55 min until deeply bubbling. Cool 3 hours — strawberry rhubarb filling sets slowly.

440
CAL

18g
FAT

65g
CARBS

5g
PROTEIN

3.5g
FIBER

Sourdough Discard Mississippi Mud Pie

60 min + 4 hr chill - 12 slices

The decadent Southern US pie — chocolate cookie crust, dense chocolate filling and whipped cream topping.

Ingredients

- Base: 1/3 cup discard, 300g (about 10 oz) chocolate cookie crumbs, 120g melted butter
- Filling: 200g (about 7 oz) dark chocolate, 150g butter, 1 1/2 cups sugar, 4 eggs, 1/4 cup cocoa, 1/4 cup flour, 1 tsp vanilla, 1/4 cup sourdough discard
- Topping: 500ml heavy cream + 3 tbsp powdered sugar + 1 tsp vanilla whipped to soft peaks
- Chocolate shavings and cocoa dust



Instructions

1. Preheat oven to 350F (175C). Mix base ingredients; press into a 23cm (9-inch) springform. Bake 10 min. Cool.
2. Melt chocolate and butter. Whisk in sugar; then eggs one at a time; then cocoa, flour, vanilla and sourdough discard.
3. Pour into base. Bake 30-35 min until set with a very slight wobble. Cool to room temperature; chill 4 hours.
4. Pile whipped cream onto the chilled filling.
5. Scatter chocolate shavings; dust with cocoa. Cut with a hot knife into 12 slices.

520
CAL

34g
FAT

52g
CARBS

6g
PROTEIN

3g
FIBER

Sourdough Discard Shepherd's Pie with Discard Crust

90 min - 6 servings

Traditional lamb shepherd's pie with a golden sourdough discard pastry crust replacing the mashed potato top.

Ingredients

- Pastry: 1/2 cup discard, 2 cups flour, 1 tsp salt, 150g cold butter, 4-5 tbsp ice water, 1 egg for wash
- Filling: 1kg (2.2 lb) ground lamb, 2 onions diced, 3 carrots diced, 3 garlic cloves, 2 tbsp tomato paste, 2 tbsp Worcestershire, 2 tbsp flour, 500ml lamb stock, 2 tsp fresh thyme, 2 tsp fresh rosemary, 1 cup frozen peas, salt and pepper



Instructions

1. Make pastry; chill 30 min.
2. Brown lamb in a large pan; add onions and carrots; cook 10 min. Add garlic, tomato paste, Worcestershire and flour; cook 2 min. Add stock and herbs; simmer 20 min until thick. Stir in peas; season well. Cool 15 min.
3. Preheat oven to 400F (200C). Tip filling into a large pie dish.
4. Roll pastry to cover; lay over filling; crimp edges; cut steam vents; brush with egg wash.
5. Bake 35-40 min until the pastry is deep golden and filling bubbles at edges. Rest 10 min before serving.

685
CAL

38g
FAT

48g
CARBS

34g
PROTEIN

4g
FIBER

Sourdough Discard Steak and Ale Pie

3 hr 30 min - 6 servings

The British pub classic — slow-braised beef in dark ale (or stout) under a sourdough discard puff-style crust.

Ingredients

- Pastry: 1/2 cup discard, 2 cups flour, 1 tsp salt, 200g (about 7 oz) cold butter grated, 4-5 tbsp ice water
- Filling: 1kg (2.2 lb) stewing steak cubed, 2 tbsp oil, 3 tbsp flour, 2 onions, 200g (about 7 oz) mushrooms, 3 garlic cloves, 2 tbsp tomato paste, 500ml dark ale (or stout), 300ml beef stock, 2 bay leaves, 2 tsp fresh thyme, 1 tbsp Worcestershire, 1 tsp sugar, salt and pepper
- Egg wash



Instructions

1. Toss beef in seasoned flour; brown in oil in batches; transfer to a casserole.
2. Fry onions and mushrooms until soft; add garlic, tomato paste; deglaze with ale. Add stock, bay, thyme, Worcestershire and sugar; bring to boil; return beef; cover and simmer 2 hours until tender. Cool fully.
3. Make pastry by rubbing grated butter into flour with salt; add discard and water; fold into rough puff by rolling and folding 3 times; chill 30 min.
4. Preheat oven to 400F (200C). Tip cooled filling into a large pie dish. Roll pastry to cover; crimp edges; cut vents; brush with egg wash.
5. Bake 35-40 min until deep golden and puffy. Rest 10 min before serving.

720
CAL

34g
FAT

52g
CARBS

48g
PROTEIN

3g
FIBER

Sourdough Discard Cornish Pasties

90 min + 1 hr chill - 6 pasties

The traditional handheld West Country pasty — beef, potato, onion and rutabaga in a crimped pastry with the iconic D-shape.

Ingredients

- Pastry: 1/2 cup discard, 3 cups flour, 1 1/2 tsp salt, 200g (about 7 oz) cold butter, 6-8 tbsp ice water
- Filling: 500g (about 1 lb) skirt steak diced 1cm, 2 potatoes diced 1cm, 1 small rutabaga diced 1cm, 1 onion diced, 2 tbsp butter cubed, 2 tsp salt, 1 tsp black pepper
- Egg wash



Instructions

1. Make pastry; chill 1 hour.
2. Mix filling ingredients except butter.
3. Roll pastry to 3mm; cut 6 circles 22cm across. Pile filling on one half of each; top with butter cubes; season very generously.
4. Fold pastry over filling to form a semicircle; crimp edges together in a rope pattern along the top edge.
5. Brush with egg wash; cut 2 small steam vents. Bake at 400F (200C) 15 min; reduce to 175C; bake 35-40 min more until deep golden and filling is tender. Rest 10 min before serving.

650
CAL

34g
FAT

58g
CARBS

25g
PROTEIN

4g
FIBER

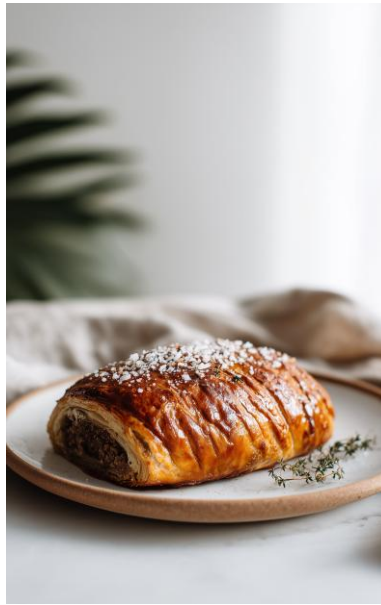
Sourdough Discard Beef Wellington

2 hr + 4 hr chill - 8 servings

The showstopping British centerpiece — fillet steak wrapped in mushroom duxelles, prosciutto and sourdough discard puff pastry.

Ingredients

- Beef: 1.2kg (2.6 lb) center-cut beef fillet, salt, pepper, 2 tbsp oil, 2 tbsp Dijon mustard
- Duxelles: 500g (about 1 lb) chestnut mushrooms, 3 shallots, 3 garlic cloves, 3 tbsp butter, 2 tbsp thyme, splash brandy
- Wrapping: 8 slices prosciutto di Parma
- Pastry: 1/2 cup discard, 3 cups flour, 1 tsp salt, 300g (about 10 oz) cold butter grated, 8 tbsp ice water (rough puff, folded 3 times)
- Egg wash and flaky salt



Instructions

1. Tie the fillet; season; sear in oil on all sides; rest; brush all over with Dijon. Chill.
2. Duxelles: pulse mushrooms, shallots, garlic to a mince; cook in butter with thyme until no liquid remains 20 min. Add brandy; reduce. Cool.
3. Lay clingfilm; overlap prosciutto; spread duxelles; place fillet; roll tightly. Chill 2 hours.
4. Roll pastry to wrap fillet; unwrap clingfilm; place fillet on pastry; fold pastry around; seal underneath; score top; chill 30 min.
5. Brush with egg wash; scatter flaky salt. Bake at 425F (220C) 35-40 min until pastry is deep golden and internal temp reaches 50C for medium rare. Rest 10 min before slicing.

680
CAL

36g
FAT

42g
CARBS

42g
PROTEIN

2g
FIBER

Sourdough Discard Spanakopita

75 min - 12 servings

Greek spinach and feta pie with crispy layered pastry — though not filo, the discard pastry creates a beautifully crisp and buttery version.

Ingredients

- Pastry: 1/2 cup discard, 3 cups flour, 1 tsp salt, 200g (about 7 oz) cold butter, 6-8 tbsp ice water
- Filling: 1kg (2.2 lb) spinach wilted and squeezed dry, 500g (about 1 lb) feta crumbled, 200g (about 7 oz) ricotta, 4 scallions, 3 eggs, 2 tbsp dill, 2 tbsp parsley, 1/4 tsp nutmeg, zest of 1 lemon, salt and pepper
- Melted butter for brushing



Instructions

1. Make pastry; chill 30 min.
2. Preheat oven to 375F (190C). Mix all filling ingredients; taste and season well.
3. Divide pastry in half. Roll one half very thin; line a 23x33cm (9x13-inch) pan letting it overhang. Spread filling evenly.
4. Roll second half thin; lay over; trim; fold overhang to seal. Score the top into 12 portions. Brush with melted butter.
5. Bake 40-45 min until deep golden and crisp. Rest 10 min; cut along scores; serve warm or at room temperature.

385
CAL

24g
FAT

28g
CARBS

14g
PROTEIN

2.5g
FIBER

Sourdough Discard Cheese and Onion Pasties

60 min + 1 hr chill - 6 pasties

The vegetarian staple of British bakeries — sharp cheddar and caramelized onion in flaky hand pies.

Ingredients

- Pastry: 1/2 cup sourdough discard, 3 cups flour, 1 1/2 tsp salt, 200g (about 7 oz) cold butter, 6-8 tbsp ice water
- Filling: 2 large onions thinly sliced and caramelized 30 min (in 2 tbsp butter), 2 potatoes cooked and diced, 300g (about 10 oz) sharp cheddar grated, 100g Red Leicester grated, 2 tbsp fresh chives, 1 tsp mustard powder, 1/2 tsp black pepper, pinch nutmeg
- Egg wash



Instructions

1. Make pastry; chill 1 hour. Caramelize onions slowly in butter with a pinch of salt until deep amber.
2. Mix caramelized onions with potatoes, cheese, chives, mustard, pepper and nutmeg.
3. Roll pastry; cut 6 x 22cm circles. Pile filling on one half of each.
4. Fold over; crimp the edge firmly along the top in a rope pattern.
5. Brush with egg wash; cut 2 steam vents. Bake at 400F (200C) 30-35 min until deep golden. Rest 10 min before serving.

510
CAL

28g
FAT

46g
CARBS

16g
PROTEIN

3g
FIBER

Sourdough Discard Spinach Quiche

75 min + 30 min chill - 8 servings

A vegetarian quiche loaded with spinach, feta and caramelized onion in a tangy sourdough discard pastry case.

Ingredients

- Pastry: 1/3 cup discard, 1 3/4 cups flour, 1/2 tsp salt, 115g cold butter, 3-4 tbsp ice water
- Filling: 300g (about 10 oz) baby spinach wilted and squeezed dry, 2 onions caramelized, 200g (about 7 oz) feta crumbled, 4 eggs, 1 cup whole milk, 1 cup heavy cream, 1/4 tsp nutmeg, salt and pepper, 1/4 tsp chili flakes



Instructions

1. Make pastry; chill 30 min. Roll; line a 25cm (10-inch) tart pan; chill 15 min. Blind bake at 375F (190C) 15 min; remove beans; bake 5 min more.
2. Scatter cooked spinach, caramelized onions and feta over the base.
3. Whisk eggs, milk, cream, nutmeg, salt, pepper and chili flakes.
4. Pour the custard carefully over the filling.
5. Bake at 350F (175C) 35-40 min until just set with a slight wobble. Rest 15 min before slicing. Excellent warm or at room temperature.

395
CAL

26g
FAT

24g
CARBS

13g
PROTEIN

1.5g
FIBER

Sourdough Discard Mushroom Quiche

75 min + 30 min chill - 8 servings

A rich woodland-flavored quiche with mixed wild mushrooms, Gruyere and thyme — deeply earthy and savory.

Ingredients

- Pastry: 1/3 cup sourdough discard, 1 3/4 cups flour, 1/2 tsp salt, 115g cold butter, 3-4 tbsp ice water
- Filling: 500g (about 1 lb) mixed mushrooms (chestnut, shiitake, oyster) sliced and sautéed with 2 tbsp butter, 3 garlic cloves and 2 tbsp thyme, 200g (about 7 oz) Gruyere grated, 4 eggs, 1 cup whole milk, 1 cup heavy cream, 1/4 tsp nutmeg, salt and pepper



Instructions

1. Make pastry; blind bake as before.
2. Scatter sautéed mushrooms over the base; scatter Gruyere.
3. Whisk eggs, milk, cream, nutmeg, salt and pepper.
4. Pour the custard over.
5. Bake at 350F (175C) 35-40 min until set with a slight wobble. Rest 15 min before slicing; serve warm with a green salad.

420
CAL

28g
FAT

24g
CARBS

14g
PROTEIN

1.5g
FIBER

Sourdough Discard Salmon Quiche

75 min + 30 min chill - 8 servings

A bistro-style quiche with smoked salmon, fresh dill and crème fraîche — elegant enough for brunch with champagne.

Ingredients

- Pastry: 1/3 cup sourdough discard, 1 3/4 cups flour, 1/2 tsp salt, 115g cold butter, 3-4 tbsp ice water
- Filling: 200g (about 7 oz) hot-smoked salmon flaked, 150g smoked salmon chopped, 4 eggs, 300ml crème fraîche, 150ml whole milk, 3 tbsp fresh dill, 2 tbsp chives, zest of 1 lemon, 1 tbsp capers, 1/4 tsp nutmeg, black pepper



Instructions

1. Make pastry; blind bake as before.
2. Scatter both salmons over the base; scatter capers.
3. Whisk eggs, crème fraîche, milk, dill, chives, lemon zest, nutmeg and pepper (go light on salt — salmon is salty).
4. Pour the custard over.
5. Bake at 350F (175C) 35-40 min until set. Rest 15 min; scatter extra dill; serve warm with a simple green salad.

415
CAL

28g
FAT

22g
CARBS

16g
PROTEIN

1g
FIBER

Sourdough Discard Bakewell Tart

75 min + 30 min chill - 10 slices

The English county classic — shortcrust case filled with raspberry jam and frangipane, topped with flaked almonds and white icing.

Ingredients

- Pastry: 1/3 cup discard, 1 3/4 cups flour, 1/2 cup powdered sugar, 115g cold butter, 1 egg yolk, 2 tbsp ice water
- Filling: 1/2 cup raspberry jam
- Frangipane: 150g butter, 150g granulated sugar, 3 eggs, 150g ground almonds, 2 tbsp flour, 1 tsp almond extract
- Topping: 1/2 cup flaked almonds
- Icing: 1 cup powdered sugar + 2 tbsp water, glace cherries



Instructions

1. Make pastry; chill 30 min. Roll; line a 23cm (9-inch) tart pan. Blind bake at 375F (190C) 15 min.
2. Spread jam over the partly baked base.
3. Make frangipane: beat butter and sugar; add eggs; fold in ground almonds, flour and almond extract. Spread over the jam.
4. Scatter flaked almonds over; bake at 350F (175C) 30-35 min until deep golden and set.
5. Cool; whisk icing; drizzle across the top; top with halved glace cherries.

440
CAL

26g
FAT

44g
CARBS

7g
PROTEIN

2g
FIBER

Sourdough Discard Treacle Tart

60 min + 30 min chill - 10 slices

Harry Potter's favorite British dessert — a sticky sweet filling of light corn syrup, breadcrumbs and lemon in a buttery pastry case.

Ingredients

- Pastry: 1/3 cup discard, 1 3/4 cups flour, 1/2 cup powdered sugar, 115g cold butter, 1 egg yolk, 2 tbsp ice water
- Filling: 500g (about 1 lb) light corn syrup, 200g (about 7 oz) fresh white breadcrumbs, zest and juice of 2 lemons, 2 eggs beaten, 2 tbsp heavy cream, pinch of salt
- Cream for serving



Instructions

1. Make pastry; chill 30 min. Roll; line a 23cm (9-inch) tart pan reserving trimmings for lattice. Chill 15 min.
2. Warm light corn syrup gently; stir in breadcrumbs, lemon zest and juice, eggs, cream and salt.
3. Pour into the pastry case.
4. Roll trimmings; cut strips; weave a lattice over the top.
5. Bake at 350F (175C) 35-40 min until the filling is set and pastry is deep golden. Rest 20 min; serve warm with cream.

485
CAL

14g
FAT

86g
CARBS

6g
PROTEIN

1.5g
FIBER

Sourdough Discard Canadian Butter Tarts

45 min + 30 min chill - 12 tarts

The iconic Canadian dessert — buttery pastry filled with a gooey brown sugar, butter and maple filling that's perfectly runny in the center.

Ingredients

- Pastry: 1/3 cup discard, 2 cups flour, 1/2 tsp salt, 170g cold butter, 1 egg, 3 tbsp ice water
- Filling: 115g butter melted, 1 1/2 cups brown sugar, 1/4 cup maple syrup, 1/4 cup sourdough discard, 2 eggs beaten, 2 tsp vanilla, 1 tbsp vinegar, pinch salt, 1/2 cup raisins or pecans (optional)



Instructions

1. Make pastry; chill 30 min. Roll; cut 12 rounds; line a 12-cup muffin tin.
2. Whisk all filling ingredients until smooth.
3. Divide raisins or pecans (if using) among tart cases. Pour filling into each 2/3 full — the filling bubbles up.
4. Bake at 400F (200C) 15 min; reduce to 175C; bake 10-15 min more until tops are bubbly with slightly wobbly centers.
5. Cool 10 min in pan; carefully remove. The centers should be runny, the edges set. Best served slightly warm.

335
CAL

16g
FAT

46g
CARBS

3g
PROTEIN

0.5g
FIBER

Chapter 9

Donuts & Fried Treats

About This Chapter — Donuts & Fried Treats

Chapter Nine is dedicated to the fryer.

Fried foods and sourdough discard are natural allies. Discard in doughs creates a tender interior that contrasts beautifully with the crisp fried exterior. In batter-dipped foods (tempura, fried chicken, onion rings, corn fritters), the discard contributes to a shatteringly crisp coating that stays crisp much longer than flour-only batters.

Oil temperature matters more than any other variable in frying. Every recipe specifies the right temperature and fry time.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Maple Bacon Donuts

45 min + 1 hr rise - 12 donuts

Yeasted donuts glazed with maple syrup and crowned with crispy bacon — the ultimate sweet-savory brunch indulgence.

Ingredients

- Dough: 3/4 cup discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter
- Maple glaze: 2 cups powdered sugar + 1/3 cup maple syrup + 2 tbsp milk + 1/2 tsp vanilla
- Topping: 200g (about 7 oz) streaky bacon fried crispy and chopped
- Oil for frying (350F/180C)



Instructions

1. Mix all dough ingredients; knead 10 min; rise 1 hour.
2. Roll to 2cm; cut 12 donut shapes with a donut cutter. Prove 30 min.
3. Fry in 350F (180C) oil 90 sec per side until deep golden. Drain on rack.
4. Whisk maple glaze; dip cooled donuts.
5. Scatter crispy bacon over the wet glaze; serve within 1 hour.

380
CAL

16g
FAT

52g
CARBS

8g
PROTEIN

1g
FIBER

Sourdough Discard Boston Cream Donuts

60 min + 1 hr rise - 12 donuts

Filled yeast donuts with vanilla pastry cream and a shiny chocolate glaze — the beloved American classic.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter (do not cut center hole after rolling)
- Pastry cream: 2 cups milk, 1/2 cup sugar, 4 yolks, 1/4 cup cornstarch, 1 tsp vanilla, 2 tbsp butter
- Chocolate glaze: 200g (about 7 oz) dark chocolate + 100ml cream + 1 tbsp butter + 1 tbsp light corn syrup



Instructions

1. Make dough; rise 1 hour. Cut into 12 rounds (no hole); prove 30 min.
2. Make pastry cream; chill.
3. Fry rounds in 350F (180C) oil 90 sec per side until golden. Drain.
4. Pipe chilled pastry cream into each cooled donut through a small hole in the side.
5. Dip tops in warm chocolate glaze; let set on a rack.

335
CAL

13g
FAT

48g
CARBS

7g
PROTEIN

1g
FIBER

Sourdough Discard Lemon Curd Filled Donuts

60 min + 1 hr rise - 12 donuts

Yeasted donuts filled with tangy lemon curd and rolled in fine sugar — bright, tart and pillowy.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter (do not cut center hole after rolling)
- Lemon curd: 4 yolks + 1 egg, 2/3 cup sugar, 2/3 cup lemon juice, zest of 3 lemons, 115g butter cubed
- Coating: 1 cup granulated sugar + zest of 1 lemon mixed



Instructions

1. Make dough; rise. Cut 12 rounds; prove 30 min.
2. Lemon curd: whisk yolks, egg, sugar and lemon juice over a bain-marie (water bath) 8-10 min until thick; whisk in butter in pieces; strain. Chill.
3. Fry in 350F (180C) oil 90 sec per side. Drain.
4. Roll hot donuts in lemon sugar until fully coated.
5. Pipe chilled lemon curd generously into each donut through a small hole.

345
CAL

12g
FAT

54g
CARBS

7g
PROTEIN

1g
FIBER

Sourdough Discard Raspberry Jelly Donuts

60 min + 1 hr rise - 12 donuts

Classic jelly donuts filled with bright raspberry jam and rolled in granulated sugar.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter
- Filling: 1 1/2 cups raspberry jam (use seedless for easier piping)
- Coating: 1 cup granulated sugar



Instructions

1. Make dough; rise. Cut 12 rounds; prove 30 min.
2. Fry in 350F (180C) oil 90 sec per side. Drain on rack.
3. While warm, roll each donut in granulated sugar until well coated.
4. Pipe raspberry jam generously into the center of each donut using a small piping tip.
5. Serve fresh — these are best within 2 hours of frying.

330
CAL

8g
FAT

58g
CARBS

6g
PROTEIN

1g
FIBER

Sourdough Discard Apple Cider Donuts

40 min - 16 cake donuts

The autumnal bakery favorite — cake donuts made with concentrated apple cider and tossed in cinnamon sugar.

Ingredients

- 2 cups apple cider reduced to 1/2 cup over medium heat, cooled
- 1/2 cup sourdough discard, 3 cups flour, 3 tsp baking powder, 1 tsp baking soda, 1 tsp cinnamon, 1/2 tsp nutmeg, 1/2 tsp salt, 2 eggs, 1 cup buttermilk, 1/4 cup oil, 3/4 cup sugar, 1 tsp vanilla
- Coating: 1 cup granulated sugar + 2 tsp cinnamon mixed
- Oil for frying



Instructions

1. Whisk all dry ingredients. Whisk eggs, buttermilk, oil, sugar, vanilla, reduced cider and discard.
2. Combine wet and dry into a thick batter. Chill 20 min.
3. Roll to 1.5cm on floured surface; cut donut shapes. Let rest 10 min.
4. Fry in 350F (175C) oil 60 sec per side until deep golden.
5. Drain briefly on paper; immediately toss in cinnamon sugar. Best within 2 hours.

205
CAL

7g
FAT

32g
CARBS

3g
PROTEIN

1g
FIBER

Sourdough Discard Pistachio Donuts

40 min + 1 hr rise - 12 donuts

Pale green pistachio-glazed yeasted donuts sprinkled with chopped pistachios — floral, nutty and elegant.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter
- Pistachio glaze: 1 cup powdered sugar + 3 tbsp pistachio paste + 3 tbsp milk + 1/4 tsp almond extract + green food gel
- Topping: 1 cup pistachios roughly chopped + rose petals (optional)
- Oil for frying



Instructions

1. Make dough; rise. Cut 12 donut shapes; prove 30 min.
2. Fry in 350F (180C) oil 90 sec per side; drain.
3. Whisk all pistachio glaze ingredients until smooth.
4. Dip cooled donut tops in the pistachio glaze.
5. Immediately scatter chopped pistachios and rose petals over the wet glaze.

395
CAL

16g
FAT

54g
CARBS

8g
PROTEIN

2g
FIBER

Sourdough Discard Coffee Glazed Donuts

45 min + 1 hr rise - 12 donuts

Yeast donuts dipped in a bold espresso glaze and dusted with cocoa — the perfect morning companion.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter
- Coffee glaze: 2 cups powdered sugar + 4 tbsp strong espresso + 1 tbsp melted butter + 1 tsp vanilla
- Dusting: 2 tbsp cocoa powder + 1 tbsp powdered sugar
- Oil for frying



Instructions

1. Make dough; rise; cut and prove donuts 30 min.
2. Fry in 350F (180C) oil 90 sec per side. Drain.
3. Whisk all coffee glaze ingredients.
4. Dip donut tops in coffee glaze; let drip off excess on a rack.
5. Dust lightly with cocoa-sugar mixture while glaze is still wet.

350
CAL

10g
FAT

58g
CARBS

7g
PROTEIN

1g
FIBER

Sourdough Discard Strawberry Frosted Donuts

45 min + 1 hr rise - 12 donuts

The iconic pink frosted donuts of cartoon fame — pillowy yeasted donuts with strawberry frosting and rainbow sprinkles.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter
- Strawberry frosting: 1/2 cup strawberry puree reduced to 3 tbsp, cooled + 2 cups powdered sugar + 2 tbsp softened butter + 1/2 tsp vanilla + pink food gel
- Topping: rainbow sprinkles
- Oil for frying



Instructions

1. Make dough; rise; cut 12 donut shapes; prove 30 min.
2. Fry at 350F (180C) 90 sec per side. Drain.
3. Beat all frosting ingredients until smooth and pink.
4. Dip tops of cooled donuts in frosting.
5. Scatter rainbow sprinkles generously over the wet frosting. Let set 15 min.

360
CAL

10g
FAT

62g
CARBS

7g
PROTEIN

1g
FIBER

Sourdough Discard Blueberry Cake Donuts

35 min - 14 cake donuts

Dense, moist cake donuts studded with blueberries and coated in a vanilla glaze — for those who prefer cake over yeast.

Ingredients

- 1/2 cup discard, 2 1/2 cups flour, 2 tsp baking powder, 1/2 tsp baking soda, 1/2 tsp salt, 1/2 tsp nutmeg, 2 eggs, 3/4 cup sugar, 1/2 cup buttermilk, 1/4 cup oil, 1 tsp vanilla, 1 cup blueberries tossed with 1 tbsp flour
- Glaze: 2 cups powdered sugar + 3-4 tbsp milk + 1 tsp vanilla
- Oil for frying



Instructions

1. Whisk dry ingredients. Whisk eggs, sugar, buttermilk, oil, vanilla and discard; combine with dry. Fold in floured blueberries.
2. Chill 20 min. Roll to 2cm on floured surface; cut donut shapes.
3. Fry in 350F (175C) oil 60-90 sec per side until deep golden.
4. Drain on rack; cool slightly.
5. Whisk glaze; dip tops; let set 10 min before serving.

240
CAL

8g
FAT

38g
CARBS

4g
PROTEIN

1g
FIBER

Sourdough Discard Longjohns (Cream-Filled)

60 min + 1 hr rise - 10 longjohns

Long rectangular yeast donuts split and filled with vanilla cream, topped with chocolate icing — diner classic.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter
- Cream filling: 300ml heavy cream + 1/2 cup powdered sugar + 1 tsp vanilla whipped to stiff peaks
- Chocolate icing: 200g (about 7 oz) dark chocolate + 100ml cream
- Oil for frying



Instructions

1. Make dough; rise. Roll to 2cm; cut into 10 rectangles 12x5cm. Prove 30 min.
2. Fry at 350F (180C) 90 sec per side. Drain; cool.
3. Whip cream with powdered sugar and vanilla to stiff peaks. Slice each longjohn horizontally; pipe cream along the bottom half; sandwich.
4. Melt chocolate and cream to a smooth icing.
5. Dip the top of each longjohn in chocolate icing; let set 15 min.

445
CAL

24g
FAT

50g
CARBS

7g
PROTEIN

1.5g
FIBER

Sourdough Discard Bomboloni

55 min + 1 hr rise - 16 bomboloni

Italian filled donuts — round, golden and filled with Nutella, custard or cream pâtissière. Rolled in granulated sugar.

Ingredients

- Dough: 3/4 cup sourdough discard, 3 cups all-purpose flour, 2 tsp instant yeast, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 eggs, 60g softened butter (do not cut center hole after rolling)
- Fillings: 1 cup Nutella OR 1 1/2 cups pastry cream OR 1 cup jam
- Coating: 1 1/2 cups granulated sugar
- Oil for frying



Instructions

1. Make dough; rise; cut 16 small rounds (no hole); prove 30 min.
2. Fry at 350F (180C) 90 sec per side; drain.
3. While still warm, roll each bomboloni generously in granulated sugar.
4. Let cool slightly. Make a small hole in the side of each; pipe filling of choice generously inside.
5. Best eaten within 2 hours of filling — the warm donut and cool filling contrast is essential.

265
CAL

10g
FAT

40g
CARBS

5g
PROTEIN

1g
FIBER

Sourdough Discard Malasadas

55 min + 1 hr rise - 18 malasadas

Portuguese donuts with no hole — pillow-shaped, rolled in sugar, served hot. Hawaiian staple from Portuguese heritage.

Ingredients

- 1 cup sourdough discard, 3 cups flour, 2 tsp instant yeast, 1/3 cup sugar, 1/2 tsp salt, 1/2 cup warm whole milk, 1/4 cup water, 3 eggs, 60g softened butter, 1 tsp vanilla
- Coating: 1 1/2 cups granulated sugar + 1 tsp cinnamon (optional)
- Oil for frying



Instructions

1. Mix all dough ingredients; knead 8 min to a very soft dough. Cover; rise 1 hour.
2. Punch down; divide into 18 small portions; shape into balls; flatten slightly. Prove 30 min.
3. Fry at 350F (180C) 90 sec per side until deep golden and puffed.
4. Drain briefly on paper.
5. While still warm, roll each malasada in plain or cinnamon sugar. Serve immediately — these are designed to be hot and fresh.

195
CAL

6g
FAT

32g
CARBS

4g
PROTEIN

1g
FIBER

Sourdough Discard Paczki

70 min + 2 hr rise - 12 paczki

Polish filled donuts traditional for Fat Thursday — richly enriched dough, rose-scented, filled with rose hip jam and glazed.

Ingredients

- Dough: 1 cup discard, 3 cups flour, 2 tsp yeast, 1/3 cup sugar, 1/2 tsp salt, 2 tbsp rum, 1/2 cup warm milk, 4 yolks, 1 whole egg, 90g softened butter, 1 tsp vanilla
- Filling: 1 cup rose hip jam (or plum, or rose petal preserve)
- Glaze: 2 cups powdered sugar + 4 tbsp milk + 1 tsp rose water
- Decoration: candied orange peel strips



Instructions

1. Mix dough; knead 10 min; rise 1.5 hours.
2. Divide into 12; shape into smooth balls; prove 45 min.
3. Fry in 350F (180C) oil 90 sec per side; drain.
4. Pipe rose hip jam into the side of each using a long nozzle.
5. Whisk glaze; dip tops; top each with a sliver of candied orange peel. Serve traditionally with strong coffee.

355
CAL

13g
FAT

52g
CARBS

7g
PROTEIN

1.5g
FIBER

Sourdough Discard Zeppole

35 min - 30 zeppole

Italian carnival fritters made from choux pastry — crispy outside, hollow and tender inside, dusted with powdered sugar.

Ingredients

- 1/4 cup sourdough discard, 1 cup water, 115g butter, 1/2 tsp salt, 1 tsp sugar, 1 cup flour, 4 large eggs
- Coating: 1 cup powdered sugar for dusting
- Optional: 1 cup pastry cream for filling
- Oil for frying



Instructions

- 1.** Boil water, butter, salt and sugar. Add flour all at once; stir vigorously into a ball; cook 1 min. Cool 5 min.
- 2.** Beat in eggs one at a time, then sourdough discard until glossy.
- 3.** Pipe small 4cm mounds directly into 350F (180C) oil; fry in batches 3-4 min turning until deep golden and puffed.
- 4.** Drain on paper towels.
- 5.** Dust heavily with powdered sugar. Optional: split and fill with pastry cream. Serve hot.

95
CAL

5g
FAT

10g
CARBS

2g
PROTEIN

0.3g
FIBER

Sourdough Discard Loukoumades

45 min + 1 hr rise - 40 loukoumades

Greek honey puffs — bite-sized fried balls drenched in warm honey syrup, scattered with walnuts and cinnamon.

Ingredients

- 1 cup sourdough discard, 2 cups flour, 1 tsp yeast, 1/2 tsp salt, 1 tsp sugar, 1 1/4 cups warm water
- Syrup: 1 cup honey + 1/4 cup water + 1 cinnamon stick + 1 strip lemon peel (simmered 5 min)
- Topping: 1/2 cup walnuts finely chopped, cinnamon
- Oil for frying



Instructions

1. Whisk all dough ingredients into a thick, sticky batter. Cover; rise 1 hour until bubbly.
2. Simmer syrup ingredients; keep warm.
3. Using two wet teaspoons or a small ice cream scoop, drop small balls of batter into 350F (180C) oil; fry 3-4 min until deep golden all over.
4. Drain briefly.
5. Drop fried loukoumades directly into warm honey syrup; coat well. Pile on a platter; scatter walnuts and cinnamon; serve hot.

75
CAL

3g
FAT

12g
CARBS

1g
PROTEIN

0.3g
FIBER

Sourdough Discard Funnel Cake

20 min - 4 large cakes

The American carnival classic — batter poured through a funnel into hot oil in a chaotic lattice, dusted with powdered sugar.

Ingredients

- 3/4 cup sourdough discard, 1 1/4 cups flour, 1 tsp baking powder, 1/4 tsp salt, 2 tbsp sugar, 2 large eggs, 3/4 cup whole milk, 1 tsp vanilla
- Coating: 1/2 cup powdered sugar for dusting
- Optional: strawberry sauce, whipped cream, chocolate sauce
- Oil for frying



Instructions

1. Whisk all batter ingredients to a smooth pourable batter.
2. Heat oil to 350F (180C) in a wide skillet.
3. Pour batter into a funnel (cover the hole with your finger). Over the hot oil, release in a spiral pattern, crossing over itself.
4. Fry 60-90 sec per side until deep golden and crispy.
5. Drain; dust heavily with powdered sugar. Top with strawberry sauce or whipped cream if desired. Serve immediately.

360
CAL

12g
FAT

54g
CARBS

9g
PROTEIN

2g
FIBER

Sourdough Discard Fried Elephant Ears

20 min + 30 min rise - 8 cakes

Flat sheet-sized fried dough coated in cinnamon sugar — the state-fair version of an elephant ear (not the pastry).

Ingredients

- 1 cup discard, 2 cups flour, 1 tsp yeast, 1 tbsp sugar, 1/2 tsp salt, 3/4 cup warm milk, 2 tbsp softened butter
- Coating: 1 cup granulated sugar + 2 tsp cinnamon
- Oil for frying



Instructions

1. Mix all dough; knead 5 min; rise 30 min.
2. Divide into 8; roll each very thin into an 20cm (8-inch) round.
3. Fry in 350F (180C) oil 45-60 sec per side until puffed and deep golden.
4. Drain briefly.
5. While hot, dust both sides heavily with cinnamon sugar. Serve hot.

265
CAL

7g
FAT

46g
CARBS

5g
PROTEIN

1.5g
FIBER

Chapter 10

Savory Snacks & Appetizers

About This Chapter — Savory Snacks & Appetizers

In savory snacks, sourdough discard functions as a flavor amplifier. In stuffed mushrooms the breadcrumb filling gains depth. In falafel-style fritters the batter binds better and crisps harder. In croquettes the bechamel gains structural confidence.

Most recipes scale up or down easily. Most make-ahead at least partly (fillings, doughs, batters) and finish in the oven or fryer when your guests arrive.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Mini Sausage Rolls

45 min - 24 mini rolls

Bite-sized sausage rolls in a tender sourdough discard rough puff — party perfection with an unbeatable flaky shatter.

Ingredients

- Pastry: 1 cup sourdough discard, 2 1/2 cups flour, 250g (about 9 oz) cold butter grated, 1 tsp salt, 8 tbsp ice water
- Filling: 500g (about 1 lb) pork sausage meat
- 1 small onion finely grated
- 2 garlic cloves minced
- 1 tsp fresh thyme leaves
- 1 tsp fresh sage chopped
- 1/2 tsp ground fennel
- 1 tsp Dijon mustard
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- Egg wash: 1 egg beaten with 1 tbsp milk
- Finish: 2 tbsp sesame and poppy seeds mixed



Instructions

1. Pastry: toss grated cold butter into flour and salt; drizzle discard and water over; fold 4 times to a shaggy dough. Wrap; chill 1 hour.
2. Filling: mix sausage, grated onion, garlic, herbs, fennel, mustard, salt and pepper until uniform.
3. Roll pastry to 40x30cm; cut lengthways into 4 long strips. Pipe filling down the center of each strip.
4. Brush one long edge with egg wash; roll tightly to seal seam-down. Slice each log into 6 mini rolls.
5. Place seam-down on lined sheets; brush with egg wash; scatter seeds; score twice. Bake at 400F (200C) 22-25 min until deep golden and crisp.

160
CAL

11g
FAT

10g
CARBS

5g
PROTEIN

0.5g
FIBER

Sourdough Discard Pigs in Blankets

30 min + 1 hr rise - 24 pieces

Cocktail-size sausages wrapped in a soft, buttery sourdough discard pastry blanket — the ultimate holiday appetizer.

Ingredients

- 3/4 cup sourdough discard
- 2 cups all-purpose flour
- 1 tsp instant yeast
- 1 tbsp sugar
- 3/4 tsp fine salt
- 1/2 cup warm whole milk
- 1 large egg
- 3 tbsp softened butter
- 24 cocktail sausages (or 12 regular sausages, halved)
- Egg wash: 1 egg + 1 tbsp milk
- Finish: flaky sea salt
- To serve: English mustard, honey mustard, ketchup



Instructions

1. Mix flour, yeast, sugar and salt. Add discard, warm milk, egg and butter; knead 8 min. Cover; rise 1 hour.
2. Punch down; divide into 24 equal pieces. Roll each into a 10x4cm strip.
3. Wrap a sausage in each strip starting at one end and rolling diagonally; place seam-down on a lined sheet.
4. Cover; prove 30 min. Preheat oven to 375F (190C). Brush with egg wash; scatter flaky salt.
5. Bake 18-20 min until deep golden and the sausages are cooked through. Serve warm with an array of mustards and ketchup.

145
CAL

8g
FAT

12g
CARBS

5g
PROTEIN

0.5g
FIBER

Sourdough Discard Stuffed Mushrooms

30 min - 24 mushrooms

Baby portobellos stuffed with a garlicky sourdough discard crumb, Parmesan and herbs — elegant finger food in minutes.

Ingredients

- 1/3 cup sourdough discard
- 24 baby portobello mushrooms (5cm caps), stems removed and finely chopped
- 3 tbsp olive oil
- 4 garlic cloves minced
- 1 small shallot finely diced
- 100g cream cheese softened
- 60g Parmesan finely grated
- 1 cup panko breadcrumbs
- 2 tbsp fresh parsley
- 2 tbsp fresh chives
- 1 tsp lemon zest
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- Extra olive oil for drizzling



Instructions

1. Preheat oven to 375F (190C). Arrange mushroom caps open-side-up on a lined sheet.
2. Fry chopped mushroom stems, shallot and garlic in olive oil 5 min until soft and any liquid has evaporated.
3. In a bowl combine the fried mixture with cream cheese, sourdough discard, half the Parmesan, panko, herbs, lemon zest, salt and pepper.
4. Mound filling generously into each cap; press gently. Scatter remaining Parmesan over the tops.
5. Drizzle with olive oil. Bake 18-20 min until the tops are deep golden and the mushrooms are tender. Serve immediately.

70
CAL

4g
FAT

5g
CARBS

3g
PROTEIN

0.5g
FIBER

Sourdough Discard Mini Meat Pies

60 min - 12 pies

Aussie-style mini meat pies with a sourdough discard shortcrust base and golden puff top — hand-sized pub classics.

Ingredients

- Shortcrust: 1/2 cup sourdough discard, 2 cups flour, 150g cold butter, 1/2 tsp salt, 3-4 tbsp ice water
- Puff top: 1 sheet all-butter puff pastry (or discard rough puff from sausage rolls)
- Filling: 500g (about 1 lb) ground beef
- 1 onion diced
- 2 garlic cloves minced
- 1 carrot grated
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1 cup beef stock
- 1 tbsp cornstarch + 2 tbsp water
- 1 tsp fresh thyme
- Salt, pepper
- Egg wash: 1 egg beaten



Instructions

1. Filling: brown beef in a pan 6 min; add onion, garlic, carrot; cook 5 min. Stir in tomato paste; cook 2 min. Add Worcestershire, stock, thyme; simmer 10 min. Thicken with cornstarch slurry; cool completely.
2. Shortcrust: pulse flour, salt and cold butter until crumbly; add discard and water; bring together; chill 30 min.
3. Preheat oven to 400F (200C). Roll shortcrust thin; cut 12 rounds to line a 12-cup muffin tin, pressing up the sides.
4. Fill each shell with cooled filling. Cut 12 rounds from puff pastry; lay over each pie; pinch to seal; brush with egg wash; cut a small steam hole.
5. Bake 22-26 min until deep golden and the puff tops are crisp. Cool 5 min in pan before lifting out carefully.

295
CAL

17g
FAT

23g
CARBS

11g
PROTEIN

1.5g
FIBER

Sourdough Discard Cheese Croquettes

45 min + 2 hr chill - 20 croquettes

Crispy, golden croquettes with a molten cheese center — sourdough discard in the bechamel deepens the savory flavor.

Ingredients

- 1/3 cup sourdough discard
- 60g butter
- 1/2 cup all-purpose flour
- 2 cups warm whole milk
- Pinch of nutmeg
- 1/2 tsp fine salt
- 200g (about 7 oz) sharp cheddar finely grated
- 100g Manchego finely grated
- 2 tbsp fresh chives
- Crumb coating: 1/2 cup flour, 2 eggs beaten, 2 cups panko
- Oil for deep frying



Instructions

1. Melt butter in a saucepan; whisk in flour; cook 2 min. Gradually whisk in milk; simmer 5 min stirring constantly until very thick. Off heat, stir in sourdough discard, nutmeg, salt, both cheeses and chives.
2. Pour the mixture into a shallow dish; cover with plastic wrap pressed directly on the surface; chill 2 hours until firm.
3. Scoop heaped tablespoons; roll into small log shapes with floured hands.
4. Set up three bowls: flour, beaten egg, panko. Dredge each croquette in flour, then egg, then panko pressing to coat.
5. Heat oil to 350F (180C); fry in batches 2-3 min until deeply golden. Drain on paper towels. Serve immediately with aioli or romesco.

175
CAL

11g
FAT

12g
CARBS

7g
PROTEIN

0.5g
FIBER

Sourdough Discard Sausage Balls

35 min - 40 balls

Southern-style sausage balls with cheese and sourdough discard replacing Bisquick — salty, savory and disappearingly good.

Ingredients

- 3/4 cup sourdough discard
- 500g (about 1 lb) pork sausage meat (room temperature)
- 300g (about 10 oz) sharp cheddar grated (room temperature)
- 1 1/4 cups all-purpose flour
- 1 tbsp baking powder
- 1/2 tsp fine salt
- 1 tsp smoked paprika
- 1/2 tsp cayenne
- 1/2 tsp garlic powder
- 1/4 cup whole milk
- 2 tbsp fresh chives chopped
- To serve: honey mustard dipping sauce



Instructions

1. Preheat oven to 375F (190C). Line two baking sheets with parchment.
2. Combine flour, baking powder, salt, paprika, cayenne and garlic powder in a bowl.
3. In a separate large bowl, thoroughly mix sausage meat, grated cheddar and sourdough discard with your hands — the warmth helps the cheese bind.
4. Add the flour mixture and milk; mix gently but thoroughly until no dry streaks remain. Fold in chives.
5. Roll into 40 walnut-size balls; space 3cm apart on sheets. Bake 20-22 min until deep golden and cooked through. Serve warm with honey mustard.

125
CAL

9g
FAT

5g
CARBS

5g
PROTEIN

0.3g
FIBER

Sourdough Discard Shrimp Toast

25 min - 24 triangles

Golden Chinese-style shrimp toast with sesame seeds — sourdough discard bread makes the crispest base imaginable.

Ingredients

- 8 slices sourdough discard bread (crusts removed)
- Shrimp paste: 400g (14 oz) raw peeled shrimp (deveined)
- 1 egg white
- 2 scallions
- 1 tsp grated ginger
- 1 tsp sesame oil
- 1 tbsp cornstarch
- 1 tsp soy sauce
- 1/2 tsp white pepper
- Pinch of sugar
- Coating: 1 cup white sesame seeds
- 1/2 cup black sesame seeds (optional)
- Oil for shallow frying
- Sweet chili sauce to serve



Instructions

1. Blitz shrimp, egg white, scallions, ginger, sesame oil, cornstarch, soy sauce, white pepper and sugar in a food processor to a smooth paste.
2. Spread the paste thickly on one side of each bread slice, pressing firmly.
3. Mix sesame seeds on a plate; press each coated slice, paste-side-down, to coat heavily with sesame.
4. Cut each slice diagonally into 3 triangles. Heat 1.5cm oil to 350F (180C).
5. Fry triangles paste-side-down first, 90 sec; flip; fry 60 sec until golden and the shrimp is cooked. Drain on paper towels. Serve immediately with sweet chili sauce.

95
CAL

4.5g
FAT

8g
CARBS

5g
PROTEIN

1g
FIBER

Sourdough Discard Chicken Satay Skewers with Peanut Sauce

30 min + 1 hr marinate - 16 skewers

Tender, charred chicken thigh satays served with a rich sourdough discard-thickened peanut sauce — Southeast Asian flavors at their boldest.

Ingredients

- Chicken: 600g (about 1.3 lb) chicken thigh cut into strips
- Marinade: 3 tbsp soy sauce, 2 tbsp honey, 2 tbsp peanut oil, 1 tbsp lime juice, 2 tsp turmeric, 1 tsp cumin, 1 tsp coriander, 3 garlic cloves minced, 1 tbsp ginger grated
- Peanut sauce: 1/3 cup sourdough discard, 1/2 cup smooth peanut butter, 1/2 cup coconut milk, 2 tbsp soy sauce, 2 tbsp lime juice, 2 tbsp brown sugar, 1 tbsp sriracha, 2 garlic cloves minced, salt
- 16 bamboo skewers soaked 30 min
- To serve: cilantro, crushed peanuts, lime wedges



Instructions

1. Marinate chicken in marinade ingredients at least 1 hour (or overnight) in the fridge.
2. Thread marinated chicken onto soaked bamboo skewers, about 40g of meat per skewer.
3. Peanut sauce: whisk all sauce ingredients including sourdough discard in a small pan over low heat until smooth and thickened, 4 min. Adjust seasoning.
4. Heat a grill pan or barbecue to high; cook skewers 3-4 min per side until deeply charred and cooked through.
5. Pile skewers onto a platter; pour peanut sauce into a bowl alongside. Scatter with cilantro, crushed peanuts and lime wedges.

245
CAL

15g
FAT

10g
CARBS

18g
PROTEIN

1g
FIBER

Sourdough Discard Deviled Eggs with Crispy Discard Crumble

25 min - 24 halves

Classic deviled eggs elevated with a crispy, herby sourdough discard crumble topping — textural genius on a party platter.

Ingredients

- 12 large eggs hard-boiled and peeled
- Filling: 1/2 cup mayonnaise, 2 tbsp Dijon mustard, 1 tbsp apple cider vinegar, 1 tsp smoked paprika, 1/4 tsp cayenne, salt, pepper
- Crumble: 1/2 cup sourdough discard, 1/2 cup panko, 2 tbsp olive oil, 1 tsp smoked paprika, 1/2 tsp garlic powder, 1/2 tsp fine salt, 1 tbsp fresh parsley
- Garnish: fresh chives, extra smoked paprika



Instructions

1. Preheat oven to 350F (180C). Mix crumble ingredients to a crumbly paste; spread on a lined sheet; bake 12-15 min stirring twice until deep golden and crisp. Cool.
2. Halve eggs lengthways; pop yolks into a bowl.
3. Mash yolks with mayonnaise, Dijon, vinegar, smoked paprika, cayenne, salt and pepper until completely smooth.
4. Transfer filling to a piping bag fitted with a star tip; pipe into each egg white half.
5. Top each deviled egg with a spoonful of crispy sourdough discard crumble. Finish with chives and an extra pinch of smoked paprika.

90
CAL

7g
FAT

3g
CARBS

4g
PROTEIN

0.2g
FIBER

Sourdough Discard Mini Corn Dogs

30 min - 24 mini corn dogs

Cocktail sausages dipped in a sweet sourdough discard cornmeal batter and deep fried — carnival food on a stick.

Ingredients

- 24 cocktail sausages
- 24 short wooden skewers or sticks
- Batter: 3/4 cup sourdough discard, 1 cup yellow cornmeal, 1 cup all-purpose flour, 1/4 cup sugar, 1 tbsp baking powder, 1 tsp fine salt, 1 egg, 1 cup buttermilk, 2 tbsp melted butter
- 1/4 cup flour for dusting sausages
- Oil for deep frying
- To serve: ketchup, yellow mustard, honey mustard



Instructions

1. Heat oil to 350F (180C) in a deep heavy pot.
2. Batter: whisk cornmeal, flour, sugar, baking powder and salt. Whisk egg, buttermilk, butter and discard; stir into dry to a thick smooth batter.
3. Pat each sausage dry; skewer lengthways; dust lightly with flour.
4. Pour batter into a tall narrow glass. Dip each sausage into the batter, coating fully; gently lower into the hot oil.
5. Fry in batches of 4-6 for 3-4 min until deep golden and crisp. Drain on paper towels. Serve immediately with an assortment of dipping sauces.

115
CAL

5g
FAT

14g
CARBS

3g
PROTEIN

0.5g
FIBER

Sourdough Discard Cocktail Wieners in Pastry

30 min - 30 pieces

Classic party wieners wrapped in sourdough discard puff — the retro bite-size appetizer everyone fights over.

Ingredients

- 30 cocktail wieners or mini smoked sausages
- Pastry: 1 cup sourdough discard, 2 cups flour, 225g cold butter grated, 1/2 tsp salt, 6 tbsp ice water
- Egg wash: 1 egg + 1 tbsp milk
- Finish: everything bagel seasoning or poppy seeds
- To serve: whole grain mustard, honey mustard, ketchup



Instructions

1. Rough puff: toss grated butter into flour and salt; add discard and water; fold 4 times; chill 1 hour.
2. Preheat oven to 400F (200C). Roll pastry thin into a 30x40cm rectangle; cut into 30 triangles roughly 10x6cm.
3. Pat wieners dry; place one on the wide end of each triangle; roll up tightly to the point. Place seam-down on lined sheets.
4. Brush with egg wash; scatter with everything bagel seasoning or poppy seeds.
5. Bake 18-20 min until deep golden and the pastry is puffed and crisp. Serve warm with an array of mustards and ketchup.

105
CAL

8g
FAT

6g
CARBS

3g
PROTEIN

0.3g
FIBER

Sourdough Discard Spanakopita Triangles

50 min - 30 triangles

Crispy filo-like sourdough discard pastry triangles stuffed with spinach, feta and dill — a Greek classic in bite-size form.

Ingredients

- Pastry: 1 cup sourdough discard, 2 1/2 cups flour, 1 tsp salt, 100g melted butter, 1/2 cup warm water, 3 tbsp olive oil
- Filling: 500g (about 1 lb) baby spinach, wilted and squeezed dry, roughly chopped
- 300g (about 10 oz) feta crumbled
- 100g ricotta
- 3 scallions sliced
- 3 tbsp fresh dill
- 2 tbsp fresh parsley
- 2 tbsp fresh mint
- 1 egg beaten
- 1/2 tsp nutmeg
- Black pepper
- Extra melted butter and olive oil for brushing
- Sesame seeds to finish



Instructions

1. Pastry: combine flour, salt, melted butter, olive oil, discard and warm water; knead 5 min; divide into 10 balls; rest 30 min covered. Roll each paper-thin and brush with oil between rolls to make sheet-like pastry.
2. Mix filling: squeezed spinach, feta, ricotta, scallions, all herbs, egg, nutmeg and plenty of pepper.
3. Cut each thin pastry sheet into long strips 10cm wide. Place a tablespoon of filling at one end; fold the corner over to form a triangle; fold along the length maintaining the triangle shape.
4. Brush triangles with melted butter; scatter with sesame seeds.
5. Bake at 350F (180C) 20-25 min until deep golden and crisp on all sides. Rest 5 min before serving.

110
CAL

6g
FAT

10g
CARBS

4g
PROTEIN

0.8g
FIBER

Sourdough Discard Bacon-Wrapped Dates

30 min - 24 pieces

Medjool dates stuffed with a sourdough discard and goat cheese filling, wrapped in crispy bacon and glazed with balsamic.

Ingredients

- 24 large Medjool dates pitted
- Filling: 1/4 cup sourdough discard, 200g (about 7 oz) soft goat cheese, 1 tbsp fresh thyme, 1/2 tsp black pepper, 1 tbsp honey
- 24 streaky bacon strips halved lengthways
- Balsamic glaze: 1/2 cup balsamic vinegar + 2 tbsp honey reduced by half
- 24 cocktail sticks
- Flaky sea salt to finish
- Fresh thyme leaves to garnish



Instructions

1. Preheat oven to 400F (200C). Line a baking sheet with parchment.
2. Beat goat cheese with sourdough discard, thyme, pepper and honey until smooth. Transfer to a piping bag.
3. Slit each pitted date open; pipe a generous amount of filling inside.
4. Wrap each stuffed date with a half strip of bacon; secure with a cocktail stick. Arrange seam-down on the sheet.
5. Bake 18-22 min until the bacon is crisp all around. Drizzle with the warm balsamic glaze; scatter flaky salt and fresh thyme. Serve warm.

105
CAL

5g
FAT

12g
CARBS

3.5g
PROTEIN

1.2g
FIBER

Sourdough Discard Stuffed Piquillo Peppers

35 min - 16 peppers

Spanish piquillo peppers stuffed with a creamy goat cheese and sourdough discard filling — tapas bar sophistication.

Ingredients

- 16 piquillo peppers (jarred)
- Filling: 1/4 cup sourdough discard, 250g (about 9 oz) soft goat cheese, 100g cream cheese softened, 2 tbsp fresh chives, 1 tbsp fresh parsley
- 1 garlic clove very finely minced
- Zest of 1 lemon
- 1/2 tsp smoked paprika
- 1/4 tsp fine salt
- Black pepper
- To serve: drizzle of good olive oil, extra smoked paprika, toasted pine nuts, crusty bread



Instructions

1. Drain the piquillo peppers well on paper towels.
2. Beat goat cheese and cream cheese together until smooth; beat in sourdough discard, herbs, garlic, lemon zest, smoked paprika, salt and pepper.
3. Transfer the filling to a piping bag fitted with a plain tip.
4. Pipe the filling carefully into each piquillo pepper through the stem opening.
5. Arrange filled peppers on a platter; drizzle with olive oil; dust with smoked paprika; scatter toasted pine nuts. Serve with crusty bread.

85
CAL

6g
FAT

3g
CARBS

4g
PROTEIN

0.5g
FIBER

Sourdough Discard Zucchini Parmesan Fritters

30 min - 20 fritters

Crispy zucchini fritters loaded with Parmesan and herbs — the sourdough discard binder is the secret to the golden crust.

Ingredients

- 1/2 cup sourdough discard
- 4 medium zucchinis grated (about 800g (1.75 lb))
- 1 tsp fine salt for draining
- 2 large eggs
- 1/2 cup all-purpose flour
- 100g Parmesan finely grated
- 3 scallions finely sliced
- 2 garlic cloves minced
- 3 tbsp fresh basil chopped
- 2 tbsp fresh mint chopped
- 1/2 tsp black pepper
- Olive oil for shallow frying
- To serve: Greek yogurt + lemon + mint dip



Instructions

1. Toss grated zucchini with 1 tsp salt; rest 15 min in a colander; squeeze very dry in a clean tea towel — a critical step.
2. In a bowl, whisk eggs, sourdough discard, flour, Parmesan, scallions, garlic, herbs and pepper. Fold in the dry-pressed zucchini.
3. Heat 5mm of olive oil in a wide skillet over medium heat.
4. Drop heaped tablespoons of batter; flatten slightly; fry in batches 2-3 min per side until deep golden and crisp.
5. Drain on paper towels. Serve warm with a cooling Greek yogurt, lemon and mint dip.

75
CAL

4g
FAT

6g
CARBS

3.5g
PROTEIN

1g
FIBER

Sourdough Discard Gougères

45 min - 40 gougères

Classic French cheese puffs — airy choux pastry laced with Gruyère and sourdough discard. The ultimate elegant cocktail bite.

Ingredients

- 1/3 cup sourdough discard
- 1 cup whole milk
- 1/2 cup water
- 140g unsalted butter cubed
- 1 tsp fine salt
- 1/2 tsp black pepper
- Pinch of nutmeg
- 1 1/2 cups all-purpose flour
- 5 large eggs at room temperature
- 150g Gruyère finely grated (plus 1/3 cup for topping)
- 60g Parmesan finely grated
- 2 tbsp fresh chives finely chopped
- 1/2 tsp Dijon mustard
- Egg wash: 1 egg + 1 tbsp milk + pinch of salt



Instructions

1. Preheat oven to 400F (200C). Line two baking sheets with parchment.
2. Bring milk, water, butter, salt, pepper and nutmeg to a rolling boil in a heavy saucepan. Off heat, add all the flour at once; stir vigorously with a wooden spoon to a smooth paste. Return to medium heat; beat constantly 2 min until the paste pulls away from the sides and a film forms on the bottom.
3. Transfer to a stand mixer; beat on low 1 min to cool slightly. Add eggs one at a time, fully incorporating each before adding the next. Beat in sourdough discard, Gruyère, Parmesan, chives and Dijon.
4. Pipe 3cm mounds onto the sheets with a plain tip, 4cm apart. Brush each gently with egg wash; sprinkle reserved Gruyère over the tops.
5. Bake 22-25 min until deeply golden, puffed and hollow-sounding. Do not open the oven during the first 20 min — they will collapse. Serve warm.

75
CAL

5g
FAT

4g
CARBS

3g
PROTEIN

0.2g
FIBER

Sourdough Discard Caprese Skewers on Discard Toast Bites

20 min - 24 bites

Tiny sourdough discard toast rounds skewered with mozzarella, tomato and basil — everything you love about Caprese, portable.

Ingredients

- 1 sourdough discard loaf sliced into 1cm pieces and cut into 24 rounds with a 3cm cutter
- 3 tbsp olive oil for toasting
- 1 garlic clove halved
- 24 cherry tomatoes
- 24 mini mozzarella balls (bocconcini)
- 24 fresh basil leaves
- 24 small cocktail skewers
- Balsamic glaze to drizzle
- Extra virgin olive oil
- Flaky sea salt and black pepper



Instructions

1. Preheat oven to 400F (200C). Brush both sides of bread rounds with olive oil; arrange on a sheet.
2. Toast 6-8 min until golden and crisp; rub each warm toast with the cut garlic clove.
3. Thread each skewer: 1 cherry tomato, 1 basil leaf, 1 mozzarella ball.
4. Spear the loaded end of each skewer into a toast round so they stand like tiny tapas.
5. Drizzle with balsamic glaze and extra virgin olive oil; scatter flaky salt and black pepper. Serve immediately.

70
CAL

3.5g
FAT

7g
CARBS

3g
PROTEIN

0.5g
FIBER

Chapter 11

Pasta, Dumplings & Wrappers

About This Chapter — Pasta, Dumplings & Wrappers

Chapter Eleven takes the pasta and dumpling category much further than book one.

In pasta doughs, sourdough discard replaces a portion of liquid and contributes tenderness, color and a very subtle tang. Cooked pasta made with discard has a slightly more yellow color and a more complex, less flour-forward flavor.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Tagliatelle Bolognese

3 hr + 30 min rest - 6 servings

Silky sourdough discard tagliatelle coated in a slow-simmered, deeply savory ragu Bolognese — the ultimate Italian pasta.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 large eggs + 1 yolk, 1 tsp salt
- Ragu: 3 tbsp olive oil, 50g pancetta diced
- 1 onion finely diced
- 1 carrot finely diced
- 1 celery stalk finely diced
- 3 garlic cloves minced
- 500g (about 1 lb) ground beef (20% fat)
- 250g (about 9 oz) ground pork
- 1/2 cup dry red wine
- 1/2 cup whole milk
- 2 tbsp tomato paste
- 400g (14 oz) canned crushed tomatoes
- 1 cup beef stock
- 2 bay leaves
- Pinch of nutmeg
- Salt, pepper
- Parmesan to finish



Instructions

1. Pasta: mound flour; well in center; add eggs, yolk, discard and salt; mix gradually; knead 8-10 min to a silky dough; wrap and rest 30 min.
2. Ragu: fry pancetta in oil 3 min; add onion, carrot, celery and garlic; cook 8 min until softened. Add beef and pork; brown well over high heat 8 min.
3. Add tomato paste; cook 2 min. Pour in wine; simmer 3 min until almost evaporated. Stir in milk; simmer 2 min. Add crushed tomatoes, stock, bay leaves and nutmeg.
4. Simmer very gently, partly covered, 2-2.5 hours stirring occasionally. Season generously.
5. Roll pasta to setting 5; cut into tagliatelle. Cook in boiling salted water 2-3 min; drain reserving a cup of pasta water. Toss pasta with the ragu, loosening with pasta water. Serve with plenty of Parmesan and black pepper.

640
CAL

28g
FAT

62g
CARBS

32g
PROTEIN

3.5g
FIBER

Sourdough Discard Fettuccine Alfredo

40 min + 30 min rest - 4 servings

Golden sourdough discard fettuccine coated in a silky Parmesan butter emulsion — Alfredo in its original, uncompromising form.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 large eggs, 1 tsp salt
- Sauce: 200g (about 7 oz) unsalted butter cubed
- 200g (about 7 oz) Parmesan very finely grated
- 1/2 cup pasta cooking water reserved
- Generous black pepper
- Pinch of salt
- Optional: grating of fresh nutmeg
- To serve: extra Parmesan, fresh black pepper, flat-leaf parsley



Instructions

1. Pasta: mix and knead 8 min; rest 30 min; roll to setting 5; cut into fettuccine.
2. Set a very large bowl over boiling pasta water to warm; add butter to the bowl and let it melt slowly.
3. Cook pasta in well-salted boiling water 2-3 min until al dente. Reserve 1 cup pasta water.
4. Drain pasta; immediately transfer to the warm butter bowl along with 1/4 cup hot pasta water.
5. Scatter half the Parmesan while tossing vigorously; add remaining cheese gradually, tossing continuously and adding pasta water tablespoon by tablespoon until a glossy, clinging emulsion forms. Finish with black pepper. Serve immediately in warm bowls.

720
CAL

42g
FAT

56g
CARBS

26g
PROTEIN

2g
FIBER

Sourdough Discard Pappardelle with Slow-Cooked Ragu

3.5 hr + 30 min rest - 6 servings

Wide sourdough discard pappardelle ribbons wrapped around a deeply rich, wine-braised beef and short rib ragu.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 eggs + 1 yolk, 1 tsp salt
- Ragu: 1.2kg (2.6 lb) beef short ribs bone-in
- 500g (about 1 lb) beef chuck cubed
- 3 tbsp olive oil
- 1 onion diced
- 2 carrots diced
- 2 celery diced
- 4 garlic cloves minced
- 1 1/2 cups full-bodied red wine
- 2 tbsp tomato paste
- 400g (14 oz) crushed tomatoes
- 3 cups beef stock
- 2 bay leaves
- 3 sprigs rosemary, 5 thyme
- Parmesan rind
- Salt, pepper
- Gremolata: lemon zest, parsley, garlic



Instructions

- 1. Ragu:** season short ribs and chuck; brown in olive oil in batches 8 min per side. Remove. Fry vegetables 10 min; add garlic and tomato paste; cook 2 min.
- 2.** Pour in wine; reduce by half. Add tomatoes, stock, herbs, Parmesan rind and browned meat. Bring to a simmer; cover; oven at 325F (160C) for 3 hours until meltingly tender.
- 3.** Pull beef apart with two forks; discard bones and aromatics; skim excess fat; reduce the sauce if needed until thick and clinging.
- 4. Pasta:** make, rest 30 min, roll to setting 5; cut into 2.5cm ribbons by hand.
- 5.** Cook pappardelle 2-3 min in boiling salted water; toss generously with warm ragu and pasta water. Shower with Parmesan, gremolata and black pepper.

780

CAL

38g

FAT

58g

CARBS

48g

PROTEIN

3.5g

FIBER

Sourdough Discard Spaghetti Aglio e Olio

30 min + 30 min rest - 4 servings

Simplicity itself—sourdough discard spaghetti with a garlic and chili infused olive oil, parsley and a generous showering of Parmesan.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 large eggs, 1 tsp salt
- Sauce: 1/2 cup extra virgin olive oil
- 10 garlic cloves thinly sliced
- 2 tsp chili flakes
- 1/4 cup pasta cooking water reserved
- 1/2 cup fresh parsley finely chopped
- 60g Parmesan grated
- Salt, freshly cracked black pepper
- Finish: extra Parmesan, more olive oil and parsley



Instructions

1. Pasta: mix and knead 8 min; rest 30 min; roll to setting 5; cut into spaghetti.
2. Cook pasta in well-salted boiling water 2-3 min until al dente. Meanwhile, gently heat olive oil in a wide skillet.
3. Add sliced garlic to the warm oil; cook very gently over low heat until pale gold, not brown — 4-5 min. Add chili flakes; swirl for 20 sec.
4. Reserve 1 cup pasta water. Add drained pasta to the garlic oil along with 1/2 cup pasta water; toss energetically 1 min until glossy and clinging.
5. Add parsley and Parmesan; toss to emulsify. Serve immediately in warm bowls with more Parmesan, olive oil and parsley.

540
CAL

24g
FAT

62g
CARBS

18g
PROTEIN

3g
FIBER

Sourdough Discard Orecchiette with Sausage and Broccoli Rabe

50 min + 30 min rest - 4 servings

Little 'ears' of sourdough discard pasta tossed with spicy sausage crumbles and bitter broccoli rabe — a Puglian classic.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups semolina flour, 1 cup 00 flour, 1 tsp salt, 3/4 cup warm water
- Sauce: 4 tbsp olive oil
- 500g (about 1 lb) Italian sausage removed from casings
- 1 bunch broccoli rabe (cima di rapa)
- 6 garlic cloves sliced
- 1 tsp chili flakes
- 1/2 cup dry white wine
- Zest of 1 lemon
- 60g Pecorino Romano grated
- Salt, pepper
- Breadcrumb topping: 1/2 cup panko toasted in olive oil with garlic



Instructions

1. Pasta: mix semolina, 00 flour, salt; add discard and warm water; knead 10 min to a firm dough; rest 30 min. Roll into long ropes 1cm thick; cut 1cm pieces; drag each piece with a thumb over a textured surface to form an 'ear' shape.
2. Blanch broccoli rabe in boiling water 2 min; shock in ice water; chop roughly.
3. Brown sausage in olive oil 6 min crumbling well; add garlic and chili flakes; cook 1 min. Add wine; simmer 2 min.
4. Cook orecchiette in boiling salted water 3-4 min. Reserve 1 cup pasta water. Add drained pasta, broccoli rabe and 1/2 cup pasta water to the sausage; toss 1 min until glossy.
5. Stir in lemon zest and Pecorino; adjust seasoning. Serve topped with toasted garlic breadcrumbs and extra Pecorino.

680
CAL

30g
FAT

72g
CARBS

28g
PROTEIN

5g
FIBER

Sourdough Discard Cannelloni with Spinach and Ricotta

75 min + 30 min rest - 6 servings

Sourdough discard pasta sheets rolled around a creamy spinach-ricotta filling, blanketed in tomato and bechamel — Italian comfort.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 large eggs, 1 tsp salt
- Filling: 500g (about 1 lb) fresh spinach wilted and squeezed dry
- 500g (about 1 lb) ricotta
- 2 eggs
- 100g Parmesan grated
- Nutmeg, salt, pepper
- Tomato: 2 tbsp olive oil, 3 garlic cloves, 800g (1.75 lb) crushed tomatoes, 1 tsp sugar, salt, basil leaves
- Bechamel: 40g butter, 40g flour, 500ml whole milk, nutmeg, salt
- To finish: 100g grated mozzarella, extra Parmesan



Instructions

1. Pasta: make dough; rest 30 min; roll to setting 6; cut into 12x15cm rectangles; blanch briefly in boiling water then shock in ice water; lay on a damp cloth.
2. Filling: mix spinach, ricotta, eggs, Parmesan, grated nutmeg, salt and pepper until homogenous.
3. Tomato sauce: fry garlic in olive oil; add tomatoes and sugar; simmer 15 min; stir in basil.
4. Bechamel: melt butter; whisk in flour; cook 1 min; gradually whisk in milk; simmer 3 min to thicken; season with nutmeg and salt.
5. Spread half the tomato sauce in a baking dish. Roll each pasta sheet around 3 tbsp filling; arrange seam-down. Top with remaining tomato, then bechamel, then mozzarella and Parmesan. Bake at 375F (190C) 25-30 min until bubbling and golden.

520
CAL

26g
FAT

44g
CARBS

28g
PROTEIN

3g
FIBER

Sourdough Discard Tortellini with Butter and Sage

90 min + 30 min rest - 4 servings

Tiny stuffed tortellini in sourdough discard pasta, swimming in a nutty brown butter with crispy sage leaves.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 eggs + 1 yolk, 1 tsp salt
- Filling: 100g prosciutto
- 100g mortadella
- 200g (about 7 oz) ground pork
- 100g Parmesan grated
- 1 egg
- Pinch of nutmeg, pepper
- 1 tbsp olive oil
- Sauce: 120g butter
- 30 fresh sage leaves
- More Parmesan and black pepper for serving



Instructions

- 1. Filling:** cook ground pork in olive oil 6 min; cool. Blitz with prosciutto, mortadella, egg, Parmesan, nutmeg and pepper in a food processor to a smooth, glossy paste.
- 2. Pasta:** mix and knead 10 min; rest 30 min; roll to setting 6 (very thin). Cut into 4cm squares; place a pea-size nugget of filling in the center.
- 3.** Fold each square into a triangle sealing tightly; wrap around your index finger bringing the two outer corners together; press to seal firmly.
- 4.** Melt butter in a wide skillet over medium heat; add sage leaves; cook 3-4 min until the butter is deep amber and the sage is crisp.
- 5.** Cook tortellini in boiling salted water 3-4 min until they float and feel tender. Reserve 1/2 cup pasta water. Drain; toss into the brown butter with a splash of pasta water. Finish with Parmesan and black pepper.

720
CAL

42g
FAT

54g
CARBS

30g
PROTEIN

2g
FIBER

Sourdough Discard Agnolotti del Plin with Brown Butter

90 min + 30 min rest - 4 servings

Piedmontese pinched agnolotti with a tender roasted meat filling, served in brown butter with rosemary and Parmesan.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 4 egg yolks + 2 whole eggs, 1 tsp salt
- Filling: 300g (about 10 oz) braised beef shin or short rib, finely chopped
- 100g roasted pork
- 1 cup wilted cooking greens chopped
- 1 egg
- 60g Parmesan grated
- Pinch of nutmeg, salt, pepper
- Sauce: 120g butter
- 4 sprigs rosemary
- 1/4 cup braising liquid from the beef (if you have it)
- Parmesan and black pepper to finish



Instructions

- 1. Filling:** combine chopped meats, greens, egg, Parmesan, nutmeg, salt and pepper; pulse briefly to a coarse but spreadable paste. Chill 30 min.
- 2. Pasta:** make and knead 10 min; rest 30 min; roll to setting 7 — very thin. Cut into long strips 8cm wide.
- 3.** Pipe a thin line of filling along one strip 2cm from the bottom edge; brush above with water; fold the top over and press firmly to seal.
- 4.** Pinch the roll every 2cm to form the plin (little pinches); cut between pinches with a fluted wheel to make tiny packets.
- 5.** Cook in boiling salted water 2-3 min. Meanwhile brown butter with rosemary 3 min. Toss drained agnolotti with brown butter and braising liquid. Finish with Parmesan and pepper.

680
CAL

36g
FAT

52g
CARBS

34g
PROTEIN

2g
FIBER

Sourdough Discard Mushroom Ravioli

90 min + 30 min rest - 4 servings

Delicate sourdough discard ravioli filled with a rich wild mushroom duxelles, finished with garlicky thyme butter.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 eggs + 1 yolk, 1 tsp salt
- Filling: 500g (about 1 lb) mixed wild mushrooms (porcini, chanterelle, chestnut)
- 2 shallots finely diced
- 3 garlic cloves minced
- 3 tbsp butter
- 2 tbsp olive oil
- 2 tbsp fresh thyme
- 1/2 cup dry white wine
- 1/3 cup mascarpone
- 60g Parmesan grated
- 1 egg yolk
- Salt, pepper
- Sauce: 80g butter, 3 garlic cloves, thyme, lemon zest, Parmesan



Instructions

- 1. Filling:** fry mushrooms in hot butter and olive oil over high heat 6 min until deep gold; add shallots and garlic; cook 3 min. Add thyme and wine; simmer to dry. Cool; chop finely. Mix with mascarpone, Parmesan, egg yolk, salt and pepper.
- 2. Pasta:** make, rest 30 min, roll to setting 6 into long sheets.
- 3.** Pipe teaspoons of filling in rows on one sheet 5cm apart; brush between with water; lay a second sheet over; press firmly around each mound excluding air.
- 4.** Cut into square ravioli with a fluted wheel; press edges to seal firmly. Arrange on a semolina-dusted tray.
- 5.** Cook ravioli 3 min in boiling salted water. Meanwhile melt butter with sliced garlic; add thyme and lemon zest; cook 2 min. Add drained ravioli; toss gently. Serve with Parmesan and black pepper.

680
CAL

34g
FAT

60g
CARBS

22g
PROTEIN

3.5g
FIBER

Sourdough Discard Lobster Ravioli

90 min + 30 min rest - 4 servings

Luxurious sourdough discard ravioli stuffed with fresh lobster and mascarpone, finished with a saffron cream sauce.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 eggs + 1 yolk, 1 tsp salt
- Filling: 300g (about 10 oz) cooked lobster meat finely chopped
- 150g mascarpone
- 50g Parmesan grated
- 1 egg yolk
- 2 tbsp fresh chives
- 1 tsp tarragon
- Zest of 1/2 lemon
- Salt, pepper
- Saffron sauce: 1 shallot diced, 2 tbsp butter, 1/4 cup white wine, 1 cup heavy cream, pinch of saffron, pinch of cayenne, 1 tbsp lemon juice, salt
- To finish: extra lobster claw meat, chervil or dill



Instructions

1. Filling: gently fold lobster, mascarpone, Parmesan, egg yolk, chives, tarragon, lemon zest, salt and pepper — do not over-work; keep the lobster in chunks.
2. Pasta: make and rest 30 min; roll to setting 6.
3. Cut into 8cm rounds; mound 1 tbsp filling on half the rounds; brush edges with water; top with remaining rounds; seal firmly pressing out air; crimp with a fork.
4. Sauce: soften shallot in butter; add wine; simmer 2 min. Add cream and saffron; simmer 3 min to thicken. Add cayenne and lemon juice; season.
5. Cook ravioli 3 min in boiling salted water. Serve in a pool of saffron cream; top with extra lobster claw meat; garnish with chervil or dill.

720

CAL

42g

FAT

52g

CARBS

30g

PROTEIN

2g

FIBER

Sourdough Discard Pumpkin Ravioli with Amaretti

90 min + 30 min rest - 4 servings

Northern Italian pumpkin ravioli with crushed amaretti in the filling — a sweet-savory autumnal masterpiece.

Ingredients

- Pasta: 1/2 cup sourdough discard, 2 cups 00 flour, 3 eggs + 1 yolk, 1 tsp salt
- Filling: 500g (about 1 lb) pumpkin puree (roasted from fresh), drained well
- 60g crushed amaretti biscuits
- 60g Parmesan grated
- 1 egg yolk
- 1 tbsp mostarda di frutta finely chopped (optional)
- Pinch of nutmeg
- 1 tbsp brown sugar
- Salt, pepper
- Sauce: 100g butter, 20 sage leaves, 1/4 cup crushed amaretti
- Extra Parmesan



Instructions

- 1. Filling:** mix pumpkin puree, crushed amaretti, Parmesan, egg yolk, mostarda, nutmeg, brown sugar, salt and pepper. Chill 30 min.
- 2. Pasta:** make and rest 30 min; roll to setting 6 into long sheets.
- 3.** Pipe teaspoons of filling in rows on one sheet 5cm apart; brush between with water; top with second sheet; press around each mound; cut into squares with a fluted wheel.
- 4.** Brown butter with sage leaves in a wide skillet 3-4 min until butter is amber and sage crisps.
- 5.** Cook ravioli 3 min in boiling salted water. Toss gently in brown butter sage; plate; scatter extra crushed amaretti and Parmesan over.

640
CAL

30g
FAT

68g
CARBS

20g
PROTEIN

4g
FIBER

Sourdough Discard Wonton Wrappers

30 min + 30 min rest - 60 wrappers

Thin, pliable wonton wrappers made with sourdough discard — use them for soup wontons, fried wontons or crab rangoon.

Ingredients

- 1/2 cup sourdough discard
- 3 cups all-purpose flour
- 1 tsp fine salt
- 1 tsp baking powder
- 2 large eggs
- 1/3 cup warm water
- 1 tbsp vegetable oil
- Cornstarch for dusting



Instructions

1. Mix flour, salt and baking powder in a large bowl.
2. Whisk eggs, sourdough discard, warm water and oil together.
3. Pour wet into dry; stir to a shaggy dough; knead 8 min until smooth and elastic. Wrap tightly; rest 30 min.
4. Divide dough into 4 portions (keep the rest covered). Roll each portion through a pasta machine from setting 1 down to setting 7 or 8 — paper-thin.
5. Cut into 8cm squares with a sharp knife. Dust with cornstarch; stack with parchment between layers. Use immediately or refrigerate up to 2 days, or freeze up to 1 month.

35
CAL

0.5g
FAT

6g
CARBS

1g
PROTEIN

0.2g
FIBER

Sourdough Discard Wonton Soup

50 min - 4 servings

Silky sourdough discard wonton parcels filled with pork and shrimp, floating in a clear ginger-chicken broth.

Ingredients

- 30 sourdough discard wonton wrappers (previous recipe)
- Filling: 250g (about 9 oz) ground pork
- 150g raw shrimp finely chopped
- 2 scallions finely sliced
- 1 tbsp ginger grated
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp Shaoxing wine
- 1/2 tsp white pepper
- 1 tsp sugar
- 1 egg white
- Broth: 8 cups high-quality chicken stock
- 4 slices ginger
- 2 cloves garlic smashed
- 2 tbsp soy sauce
- 1 tsp sesame oil
- Garnish: 6 baby bok choy halved, scallions, cilantro, chili oil



Instructions

- 1. Filling:** mix pork, shrimp, scallions, ginger, soy, sesame oil, Shaoxing wine, white pepper, sugar and egg white until sticky and homogenous.
- 2.** Place 1 tsp filling in the center of each wrapper; wet the edges; fold diagonally into a triangle sealing out all air; bring the two corners together with a dab of water to form the classic tortellini shape.
- 3.** Simmer stock with ginger and garlic 10 min; strain; add soy sauce and sesame oil. Blanch bok choy in the broth 2 min; remove.
- 4.** Bring the broth back to a gentle simmer; add wontons; cook 4-5 min until they float and are translucent.
- 5.** Divide wontons and bok choy among bowls; ladle broth over; garnish with scallions, cilantro and a spoonful of chili oil. Serve immediately.

380
CAL

10g
FAT

38g
CARBS

28g
PROTEIN

2g
FIBER

Sourdough Discard Shumai

50 min + 30 min rest - 30 shumai

Open-topped steamed Cantonese dumplings with a sourdough discard wrapper, stuffed with pork, shrimp and mushroom.

Ingredients

- 30 sourdough discard wonton wrappers cut into 9cm circles
- Filling: 300g (about 10 oz) ground pork (30% fat)
- 200g (about 7 oz) raw shrimp roughly chopped
- 5 dried shiitake soaked and finely diced
- 3 water chestnuts finely diced
- 2 scallions finely sliced
- 1 tbsp ginger grated
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp Shaoxing wine
- 1 tsp sesame oil
- 1 tsp sugar
- 1/2 tsp white pepper
- 1 tbsp cornstarch
- 1 egg white
- Topping: tobiko (fish roe) or finely diced carrot
- Dipping sauce: black vinegar + ginger + chili oil



Instructions

1. Filling: mix pork, shrimp, shiitake, water chestnuts, scallions, ginger, all sauces, sesame oil, sugar, white pepper, cornstarch and egg white vigorously until sticky — slap it against the bowl 10 times.
2. Lay a wonton wrapper circle in the crook of your thumb and forefinger forming a cup. Drop 1 heaped tbsp filling in; gently press down. The sides should pleat naturally; do not seal the top.
3. Tap each shumai on the counter to flatten the base; top with a little tobiko or diced carrot.
4. Line a bamboo steamer with parchment or cabbage leaves; arrange shumai leaving 1cm between each. Steam over boiling water 10-12 min.
5. Serve immediately in the steamer with black vinegar, ginger and chili oil dipping sauce on the side.

65
CAL

3g
FAT

5g
CARBS

5g
PROTEIN

0.2g
FIBER

Sourdough Discard Xiao Long Bao (Soup Dumplings)

2 hr + overnight aspic - 30 dumplings

The Shanghai masterpiece — sourdough discard wrappers encasing pork and a burst of savory soup from chilled aspic.

Ingredients

- Aspic: 300g (about 10 oz) pork skin and bones, 4 slices ginger, 2 scallions, 1 tbsp Shaoxing wine, 6 cups water, salt
- Wrappers: 1/2 cup sourdough discard, 3 cups all-purpose flour, 1/2 tsp salt, 1 cup boiling water, 2 tbsp cold water
- Filling: 400g (14 oz) ground pork (30% fat)
- 2 tbsp soy sauce
- 1 tbsp Shaoxing wine
- 1 tsp sesame oil
- 1 tsp sugar
- 1 tsp ginger grated
- 2 tbsp scallion minced
- 1/2 tsp white pepper
- 1 cup diced aspic (from above, chilled firm)
- Dipping: ginger shreds + black vinegar



Instructions

1. Day before: simmer pork skin, bones, ginger, scallions and wine in water 3 hours; strain; salt; refrigerate overnight until firmly gelled. Dice the aspic small.
2. Wrappers: stir boiling water into flour and salt with chopsticks; add cold water and discard; knead 10 min to a smooth dough; rest 30 min.
3. Filling: mix pork, soy, wine, sesame oil, sugar, ginger, scallion and white pepper with 2 tbsp water added gradually — slap vigorously 5 min until sticky. Fold in chilled aspic gently.
4. Divide dough into 30 pieces; roll each into a 9cm round thinner at the edges. Place 1 tbsp filling in center; pleat 18-20 times bringing all folds to a twisted point on top.
5. Line bamboo steamer with cabbage leaves. Steam dumplings 8-10 min over boiling water. Serve on a spoon so the soup doesn't escape, with ginger-vinegar dipping sauce.

85

CAL

3g

FAT

10g

CARBS

5g

PROTEIN

0.3g

FIBER

Sourdough Discard Har Gow (Shrimp Dumplings)

60 min + 30 min rest - 30 dumplings

Classic dim sum crystal shrimp dumplings with a thin translucent sourdough discard wrapper and a plump shrimp filling.

Ingredients

- Wrappers: 1/3 cup sourdough discard, 1 1/2 cups wheat starch, 1/2 cup tapioca starch, 1/2 tsp salt, 1 1/4 cups boiling water, 1 tbs vegetable oil
- Filling: 400g (14 oz) raw peeled shrimp (half finely chopped, half kept whole)
- 2 tbs bamboo shoots finely diced
- 1 tbs lard or oil
- 1 tsp ginger grated
- 1 tsp cornstarch
- 1 tsp sesame oil
- 1 tsp Shaoxing wine
- 1 tsp sugar
- 1/2 tsp white pepper
- 1 tsp soy sauce
- 1/2 tsp fine salt
- Dipping: soy + black vinegar + chili oil



Instructions

- 1. Wrappers:** mix wheat starch, tapioca starch and salt; pour boiling water over whisking rapidly. Cover 2 min to rest. Add oil and sourdough discard; knead on a greased surface 3 min until smooth. Keep warm in plastic wrap.
- 2. Filling:** mix chopped and whole shrimp with bamboo shoots, lard, ginger, cornstarch, sesame oil, wine, sugar, white pepper, soy sauce and salt. Chill 15 min.
- 3.** Roll small balls of dough; flatten with the side of a cleaver greased with oil into 8cm translucent rounds. Work one at a time — keep others covered.
- 4.** Place 1 tsp filling in center; fold into a half-moon and pleat one edge 6-8 times while pressing to seal. The shape should be curved with a smooth back.
- 5.** Steam in a bamboo basket lined with parchment 6 min over high heat. Serve immediately — they turn translucent when cooked. Dip in soy-vinegar-chili.

55
CAL

1.5g
FAT

7g
CARBS

3.5g
PROTEIN

0.2g
FIBER

Sourdough Discard Manti (Turkish Dumplings)

90 min + 30 min rest - 6 servings

Tiny Turkish dumplings with a lamb filling, bathed in garlic yogurt and drizzled with chili butter — Anatolian comfort food.

Ingredients

- Pasta: 1/2 cup sourdough discard, 3 cups all-purpose flour, 1 tsp salt, 2 large eggs, 1/2 cup warm water
- Filling: 400g (14 oz) ground lamb
- 1 small onion grated
- 1/4 cup fresh parsley chopped
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- Sauce: 500g (about 1 lb) Greek yogurt
- 4 garlic cloves crushed
- 1 tsp salt
- Chili butter: 80g butter
- 2 tbsp tomato paste
- 1 tbsp Turkish pul biber (Aleppo chili)
- 1 tsp dried mint
- Garnish: sumac, fresh mint, extra chili butter



Instructions

1. Pasta: make and knead 10 min; rest 30 min; roll to setting 7 — paper-thin; cut into 3cm squares.
2. Filling: mix lamb, grated onion, parsley, cumin, paprika, salt and pepper.
3. Place a pea-size piece of filling in the center of each square; bring the four corners together over the filling and pinch at the top to form tiny pyramids.
4. Garlic yogurt: whisk yogurt with crushed garlic and salt. Chili butter: melt butter; stir in tomato paste, pul biber and dried mint until sizzling.
5. Boil manti in well-salted water 8-10 min until tender. Drain; plate generously; smother with garlic yogurt; drizzle with sizzling chili butter; scatter sumac and fresh mint. Serve immediately.

540
CAL

24g
FAT

55g
CARBS

26g
PROTEIN

2.5g
FIBER

Chapter 12

Seasonal & Holiday

About This Chapter — Seasonal & Holiday

Several cultural traditions appear here for the first time in the series. Hanukkah Latkes, Sufganiyot and Rugelach. Lunar New Year Nian Gao. Ramadan Date Maamoul. Diwali Gulab Jamun. Cinco de Mayo Churro Cookies. The Americanised Christmas Eve Cioppino Bread Bowls.

Holiday baking rewards patience and preparation more than any other kind. Many recipes here can be made days ahead — the gingerbread house cookies, the rugelach, the maamoul, the nian gao — and improve dramatically with a rest.

As always, every recipe uses sourdough discard at 100% hydration — equal parts flour and water by weight. Nutritional values are per serving. Every recipe has been written to match the format of the original volume so the two books sit together naturally on your shelf. Open your jar. Let's bake.

Sourdough Discard Valentine's Red Velvet Heart Cookies

30 min + 1 hr chill - 24 cookies

Crimson heart-shaped red velvet cookies with a cream cheese filling — the perfect Valentine's Day treat for your sweetheart.

Ingredients

- 1/2 cup sourdough discard
- 1/2 cup softened butter
- 3/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla
- 1 tbsp red food gel
- 1 tbsp cocoa powder
- 1 tsp white vinegar
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/4 tsp fine salt
- Cream cheese filling: 100g cream cheese + 60g butter + 1 1/2 cups powdered sugar + 1 tsp vanilla
- Heart sprinkles to decorate



Instructions

1. Beat butter and sugar until fluffy; beat in egg, vanilla, red food gel, cocoa, vinegar and sourdough discard.
2. Fold in flour, baking powder and salt to a soft dough; divide in half; wrap; chill 1 hour.
3. Preheat oven to 350F (180C). Roll each piece to 5mm between parchment; cut with heart cutters; re-roll scraps.
4. Bake on lined sheets 8-10 min until set but still soft; cool on sheets 5 min before transferring.
5. Beat cream cheese filling until smooth; sandwich between pairs of cookies. Finish edges by rolling in heart sprinkles.

180
CAL

8g
FAT

25g
CARBS

2g
PROTEIN

0.5g
FIBER

Sourdough Discard Valentine Chocolate Strawberry Tart

60 min + 2 hr chill - 10 slices

A stunning Valentine's tart with a chocolate sourdough discard crust, silky ganache filling and fresh strawberry roses on top.

Ingredients

- Crust: 1/3 cup sourdough discard, 1 1/4 cups flour, 1/3 cup cocoa, 1/3 cup powdered sugar, 125g cold butter, 1/4 tsp salt, 1 egg yolk, 2 tbsp ice water
- Ganache: 300g (about 10 oz) dark chocolate chopped
- 300ml heavy cream
- 2 tbsp butter
- 1 tsp vanilla
- Pinch of salt
- Topping: 400g (14 oz) strawberries hulled and arranged as roses
- Gold leaf or edible rose petals
- Melted white chocolate for drizzle



Instructions

1. Pulse flour, cocoa, powdered sugar, salt and cold butter until crumbly; add egg yolk, sourdough discard and water to bring together; press into a 23cm (9-inch) tart pan; chill 30 min.
2. Preheat oven to 350F (180C). Blind bake crust 15 min; remove beans; bake 8 min more. Cool completely.
3. Heat cream just to a simmer; pour over chopped chocolate; wait 2 min; whisk to a glossy ganache. Whisk in butter, vanilla and salt.
4. Pour ganache into cooled crust; tap gently to level. Chill at least 2 hours until set.
5. Arrange strawberries in concentric rose shapes starting from outside. Drizzle white chocolate in thin lines; finish with gold leaf or rose petals.

420
CAL

28g
FAT

38g
CARBS

5g
PROTEIN

3g
FIBER

Sourdough Discard Easter Hot Cross Scones

30 min - 12 scones

All the flavor of hot cross buns in scone form — buttery, spiced and studded with fruit, ready in a fraction of the time.

Ingredients

- 3/4 cup sourdough discard
- 3 cups all-purpose flour
- 1/3 cup granulated sugar
- 4 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp fine salt
- 2 tsp pumpkin pie spice
- 1 tsp cinnamon
- Zest of 1 orange
- 120g cold butter cubed
- 3/4 cup buttermilk
- 1 large egg
- 1 cup mixed dried fruit
- Cross paste: 1/3 cup flour + 3 tbsp water
- Glaze: 3 tbsp apricot jam + 1 tbsp water



Instructions

1. Preheat oven to 400F (200C). Whisk flour, sugar, baking powder, baking soda, salt, spices and zest; rub cold butter in to breadcrumbs.
2. Whisk buttermilk, egg and sourdough discard; add to dry with mixed fruit; stir to a shaggy dough.
3. Pat to 3cm thick on a floured surface; cut 12 rounds with a 6cm cutter without twisting. Arrange on a lined sheet.
4. Pipe cross paste over each scone.
5. Bake 16-18 min until deep golden. Brush immediately with warm apricot glaze. Serve split with butter and jam.

255
CAL

10g
FAT

38g
CARBS

5g
PROTEIN

1.5g
FIBER

Sourdough Discard Mother's Day Lemon Lavender Cake

70 min - 12 slices

An elegant three-layer cake infused with lemon and lavender — a floral tribute fit for Mother's Day.

Ingredients

- Cake: 1/2 cup sourdough discard, 3 cups cake flour, 2 tsp baking powder, 1/2 tsp baking soda, 1/2 tsp salt, 2 tsp dried culinary lavender + 2 tsp
- 225g softened butter
- 2 cups granulated sugar
- Zest of 3 lemons
- 4 large eggs
- 1 1/4 cups buttermilk
- 1/4 cup lemon juice
- Lemon curd: 1 cup prepared lemon curd
- Frosting: 300g (about 10 oz) cream cheese, 150g butter, 3 cups powdered sugar, 2 tbsp lemon juice, 1 tbsp lavender honey
- Decoration: candied lemon slices, fresh lavender sprigs, edible flowers



Instructions

1. Preheat oven to 350F (175C). Butter three 20cm (8-inch) pans. Grind 2 tsp lavender with 2 tbsp of the sugar in a mortar. Rub zest into remaining sugar.
2. Whisk flour, baking powder, baking soda, salt and remaining 2 tsp whole lavender. Beat butter and both sugars (lavender sugar and lemon sugar) fluffy; beat in eggs one by one.
3. Alternate adding flour and buttermilk (with lemon juice whisked in) in three additions. Fold in sourdough discard last.
4. Divide among pans; bake 25-28 min. Cool completely.
5. Stack layers with lemon curd between; frost with cream cheese lavender frosting; decorate with candied lemon slices, fresh lavender and edible flowers.

560

CAL

24g

FAT

80g

CARBS

6g

PROTEIN

1g

FIBER

Sourdough Discard Memorial Day BBQ Dinner Rolls

35 min + 2 hr rise - 16 rolls

Fluffy, buttery sourdough discard rolls perfect for piling high with pulled pork, brisket or hot dogs at your Memorial Day cookout.

Ingredients

- 1 cup sourdough discard
- 4 cups bread flour
- 2 tsp instant yeast
- 1/4 cup brown sugar
- 1 1/2 tsp fine salt
- 1 1/4 cups warm whole milk
- 1 large egg
- 60g softened butter
- Egg wash: 1 egg + 1 tbsp milk
- Topping: 3 tbsp melted butter + 1 tsp flaky salt + everything bagel seasoning or sesame seeds



Instructions

1. Mix flour, yeast, brown sugar and salt. Add sourdough discard, warm milk, egg and butter; knead 10 min until smooth and elastic.
2. Cover and rise 1.5 hours until doubled.
3. Punch down; divide into 16 equal portions; roll each into smooth tight balls. Arrange in a buttered 23x33cm (9x13-inch) pan.
4. Cover and prove 45 min until touching and puffed. Brush with egg wash.
5. Bake at 375F (190C) 20-22 min until deep golden. Brush immediately with melted butter; scatter flaky salt and seeds. Serve warm alongside BBQ.

185
CAL

4g
FAT

32g
CARBS

6g
PROTEIN

1g
FIBER

Sourdough Discard 4th of July Red, White and Blue Cheesecake Bars

70 min + 4 hr chill - 16 bars

Patriotic cheesecake bars with a sourdough discard graham crust, vanilla cheesecake, fresh strawberries and blueberries in flag design.

Ingredients

- Crust: 1/3 cup sourdough discard, 2 cups graham cracker crumbs, 100g melted butter, 3 tbsp brown sugar
- Cheesecake: 500g (about 1 lb) cream cheese softened
- 3/4 cup granulated sugar
- 1/3 cup sourdough discard
- 2 large eggs
- 1 tsp vanilla
- 1/4 cup sour cream
- Topping: 300g (about 10 oz) strawberries sliced
- 200g (about 7 oz) fresh blueberries
- 1/4 cup seedless raspberry jam warmed
- Whipped cream stars from a piping bag



Instructions

1. Preheat oven to 350F (175C). Line a 23x23cm (9x9-inch) pan. Mix crust ingredients; press firmly into pan; bake 10 min; cool.
2. Beat cream cheese and sugar until smooth; beat in sourdough discard, eggs one by one, vanilla and sour cream.
3. Pour over crust; bake 35-40 min until set but still slightly jiggly in the center. Cool to room temperature; chill 4 hours.
4. Lift from pan; cut into 16 bars. Arrange 3 bars as 'stripes' alternating strawberries (glazed with warm jam) and whipped cream.
5. Arrange blueberries on the remaining bars as the 'star field'. Finish by piping small whipped cream stars over the blueberries.

340
CAL

22g
FAT

30g
CARBS

5g
PROTEIN

1.5g
FIBER

Sourdough Discard Halloween Mummy Cookies

35 min + 1 hr chill - 24 cookies

Fun, Halloween mummy-shaped chocolate cookies wrapped in white chocolate 'bandages' with spooky candy eyes.

Ingredients

- 1/3 cup sourdough discard
- 1/2 cup softened butter
- 3/4 cup granulated sugar
- 1 large egg
- 1 tsp vanilla
- 1 3/4 cups all-purpose flour
- 1/2 cup cocoa powder
- 1 tsp baking powder
- 1/4 tsp fine salt
- Decoration: 300g (about 10 oz) white chocolate melted
- 48 candy eyeballs (2 per cookie)
- Black edible marker (optional)



Instructions

1. Beat butter and sugar until fluffy; beat in egg, vanilla and sourdough discard.
2. Fold in flour, cocoa, baking powder and salt to a soft dough; wrap; chill 1 hour.
3. Preheat oven to 350F (180C). Roll chilled dough to 5mm; cut into mummy/gingerbread shapes. Bake on lined sheets 10-12 min; cool completely.
4. Place melted white chocolate in a piping bag fitted with a small plain tip (or a ziplock with the corner snipped).
5. Pipe white chocolate in crisscrossing wavy 'bandage' stripes across each cookie leaving a small gap for eyes. Stick 2 candy eyeballs in the gap while the chocolate is still wet. Set 20 min until firm.

185
CAL

8g
FAT

27g
CARBS

2.5g
PROTEIN

1g
FIBER

Sourdough Discard Halloween Pumpkin Shaped Rolls

40 min + 2 hr rise - 12 rolls

Soft, pumpkin-shaped rolls made with sourdough discard and real pumpkin — the prettiest bread basket centerpiece for Halloween dinner.

Ingredients

- 3/4 cup sourdough discard
- 3/4 cup pumpkin puree
- 3 1/2 cups all-purpose flour
- 1 1/2 tsp instant yeast
- 1/4 cup brown sugar
- 1 tsp fine salt
- 1 tsp cinnamon
- 1/4 cup warm whole milk
- 1 large egg
- 50g softened butter
- Kitchen twine (food-safe)
- Egg wash: 1 egg + 1 tbsp milk
- Pecan halves for stems



Instructions

1. Mix flour, yeast, brown sugar, salt and cinnamon. Add sourdough discard, pumpkin puree, warm milk, egg and butter; knead 8 min until smooth. Cover; rise 1.5 hours.
2. Divide into 12 balls; shape smooth. Cut 12 pieces of kitchen twine about 40cm each; loop each around a ball like tying a parcel 6 times, creating 8 segments. Tie loose enough to allow expansion.
3. Place each tied ball on a lined baking sheet; cover; prove 45 min.
4. Brush with egg wash. Press a pecan half into the center of each roll for a stem.
5. Bake at 375F (190C) 18-20 min until deep orange-golden. Cool 5 min; carefully snip and remove the kitchen twine to reveal perfectly pumpkin-shaped rolls.

220
CAL

4g
FAT

40g
CARBS

6.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Thanksgiving Cornbread

40 min - 12 servings

A tall, golden cornbread with a tight crumb and slightly sweet crust — perfect for stuffing or serving alongside turkey with butter.

Ingredients

- 3/4 cup sourdough discard
- 1 1/2 cups fine yellow cornmeal
- 1 1/4 cups all-purpose flour
- 1/3 cup granulated sugar
- 1 tsp baking powder
- 3/4 tsp fine salt
- 1/4 tsp baking soda
- 2 large eggs
- 1 1/4 cups buttermilk
- 1/3 cup melted butter
- 1/4 cup honey
- Extra butter for the pan



Instructions

1. Preheat oven to 400F (200C). Place a 25cm (10-inch) cast iron skillet in the oven with 2 tbsp butter to heat for 10 min.
2. Whisk cornmeal, flour, sugar, baking powder, salt and baking soda together.
3. Whisk eggs, buttermilk, melted butter, honey and sourdough discard until smooth.
4. Pour wet into dry; stir until just combined — do not over-mix.
5. Carefully pour the batter into the hot skillet — it should sizzle. Bake 22-25 min until deep golden and a skewer comes out clean. Cool 5 min; cut into wedges; serve warm with butter and honey.

260
CAL

9g
FAT

40g
CARBS

5g
PROTEIN

1.5g
FIBER

Sourdough Discard Thanksgiving Sweet Potato Biscuits

40 min - 12 biscuits

Tender, orange-hued biscuits made with roasted sweet potato and sourdough discard — the dinner roll upgrade Thanksgiving deserves.

Ingredients

- 3/4 cup sourdough discard
- 1 cup roasted sweet potato puree cooled
- 3 cups all-purpose flour
- 2 tbsp brown sugar
- 1 tbsp baking powder
- 1/2 tsp baking soda
- 1 tsp fine salt
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 150g cold butter grated
- 1/2 cup cold buttermilk
- Topping: 3 tbsp melted butter + 2 tbsp maple syrup + flaky salt



Instructions

1. Preheat oven to 425F (220C). Whisk flour, brown sugar, baking powder, baking soda, salt, cinnamon and nutmeg.
2. Toss grated cold butter into the flour; stir quickly to coat every shred.
3. Whisk sweet potato, buttermilk and sourdough discard; add to dry; stir with a fork until just combined.
4. Turn onto a floured surface; pat into a rectangle 3cm thick; fold in thirds like a letter; pat to 3cm; fold again. This creates flaky layers.
5. Cut 12 rounds with a 7cm cutter without twisting. Arrange on a lined sheet. Brush with maple butter; bake 16-18 min until deep golden. Brush again with maple butter; scatter flaky salt.

240
CAL

11g
FAT

32g
CARBS

4.5g
PROTEIN

1.5g
FIBER

Sourdough Discard Thanksgiving Apple Crisp

60 min - 8 servings

A buttery, oaty sourdough discard crisp topping over cinnamon-spiced apples — the easier, humbler alternative to pie.

Ingredients

- Filling: 1.5kg (3.3 lb) mixed apples peeled and sliced (Braeburn, Granny Smith, Honeycrisp)
- 3/4 cup brown sugar
- 2 tbsp cornstarch
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 2 tbsp lemon juice
- Topping: 1/3 cup sourdough discard, 1 cup rolled oats, 1 cup all-purpose flour, 3/4 cup brown sugar, 1 tsp cinnamon, 1/2 tsp salt, 175g cold butter cubed, 1/2 cup pecans chopped
- Vanilla ice cream to serve



Instructions

1. Preheat oven to 350F (180C). Butter a 23x33cm (9x13-inch) baking dish.
2. Toss sliced apples with brown sugar, cornstarch, cinnamon, nutmeg and lemon juice. Tip into the dish.
3. Topping: rub flour, brown sugar, cinnamon, salt and cold butter to crumbly pea-sized clumps. Stir in oats, pecans and sourdough discard until the mixture forms rough nuggets.
4. Scatter topping generously over the apples without patting down.
5. Bake 45-50 min until the topping is deep golden, the apples are bubbling thickly around the edges and a knife slides easily through the apples. Rest 15 min; serve warm with vanilla ice cream.

490
CAL

22g
FAT

72g
CARBS

5g
PROTEIN

6g
FIBER

Sourdough Discard Thanksgiving Pecan Sticky Buns

50 min + 2.5 hr rise - 12 buns

Thanksgiving-morning sticky buns with a sourdough discard dough, a pecan and brown sugar glaze, and a cinnamon swirl.

Ingredients

- Dough: 1 cup sourdough discard, 3 1/2 cups all-purpose flour, 1 1/2 tsp instant yeast, 1/4 cup sugar, 1 tsp salt, 3/4 cup warm whole milk, 1 egg, 60g softened butter
- Sticky topping: 100g butter, 1 cup brown sugar, 1/3 cup heavy cream, 1/4 cup maple syrup, 1/4 tsp salt, 1 1/2 cups pecan halves
- Cinnamon filling: 1/3 cup softened butter, 2/3 cup brown sugar, 2 tsp cinnamon



Instructions

1. Dough: mix dry; add sourdough discard, milk, egg and butter; knead 10 min. Cover; rise 1 hour.
2. Sticky topping: melt butter; whisk in brown sugar, cream, maple syrup and salt; simmer 2 min. Pour into a buttered 23x33cm (9x13-inch) pan; scatter pecan halves.
3. Roll dough to 30x45cm; spread softened butter over; scatter cinnamon sugar evenly. Roll tightly from the long side; cut 12 pieces.
4. Place cut-side-up over the sticky pecan topping; cover; prove 45 min.
5. Bake at 350F (175C) 30-35 min until deep golden. Rest 3 min; invert onto a large serving platter so the sticky topping drips down over the buns. Serve warm.

490
CAL

24g
FAT

64g
CARBS

7g
PROTEIN

2.5g
FIBER

Sourdough Discard Christmas Gingerbread House Cookies

60 min + overnight chill - 1 house or 24 cookies

Sturdy, beautifully spiced gingerbread cookies for building houses or decorating — sourdough discard makes them deeply flavored.

Ingredients

- 1/3 cup sourdough discard
- 3/4 cup butter softened
- 3/4 cup dark brown sugar
- 2/3 cup molasses
- 1 large egg
- 4 cups all-purpose flour
- 1 tbsp ginger
- 2 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1/2 tsp cloves
- 1/4 tsp black pepper
- 1 tsp baking soda
- 1/2 tsp salt
- Royal icing: 3 cups powdered sugar + 2 egg whites + 1 tsp lemon juice
- Sweets for decorating



Instructions

1. Beat butter and brown sugar fluffy; beat in molasses, egg and sourdough discard.
2. Whisk flour, all spices, baking soda and salt; fold into the wet to a firm dough; wrap; chill overnight for deepest flavor.
3. Preheat oven to 350F (175C). Roll to 4mm thick between parchment; cut house pieces (walls, roof, side panels) or decorative cookies.
4. Bake house pieces 12-14 min, smaller cookies 8-10 min. Cool completely flat on sheets — essential for straight walls.
5. Assemble house with thick royal icing as glue; let dry 2 hours on a stable base. Decorate with royal icing piping and candies; serve as a centerpiece through the holidays.

145
CAL

4g
FAT

25g
CARBS

1.5g
PROTEIN

0.5g
FIBER

Sourdough Discard Christmas Linzer Cookies

50 min + 1 hr chill - 24 sandwich cookies

Tender sourdough discard almond linzer cookies sandwiched around raspberry jam, with pretty cutout windows and a snowfall of powdered sugar.

Ingredients

- 1/2 cup sourdough discard
- 225g softened butter
- 3/4 cup granulated sugar
- 1 tsp vanilla
- Zest of 1 lemon
- 2 large egg yolks
- 2 1/2 cups all-purpose flour
- 1 cup ground almonds
- 1 tsp cinnamon
- 1/4 tsp fine salt
- Filling: 3/4 cup seedless raspberry jam
- To finish: powdered sugar for heavy dusting



Instructions

1. Beat butter and granulated sugar fluffy; beat in vanilla, lemon zest, egg yolks and sourdough discard.
2. Whisk flour, ground almonds, cinnamon and salt together; fold into wet to a firm dough; divide in half; wrap; chill 1 hour.
3. Preheat oven to 350F (175C). Roll one piece at a time to 4mm. Cut 48 rounds with a 6cm cutter. Cut small hearts, stars or circles out of the center of half the rounds.
4. Bake rounds on lined sheets 10-12 min until pale golden at edges; cool completely on sheets.
5. Spread jam generously on the solid bottoms; dust the tops (with cutout windows) with powdered sugar; sandwich together so the jam shows through the windows. Serve immediately for best presentation.

175
CAL

10g
FAT

19g
CARBS

2.5g
PROTEIN

1g
FIBER

Sourdough Discard Christmas Eve Cioppino Bread Bowls

60 min + 2 hr rise - 6 bowls

Italian-American San Francisco tradition — hearty sourdough discard bread bowls filled with a tomato-fennel seafood stew for Christmas Eve.

Ingredients

- Bread bowls: 1 cup sourdough discard, 4 cups bread flour, 2 tsp instant yeast, 1 1/2 tsp salt, 1 tbsp olive oil, 1 1/4 cups warm water
- Cioppino: 3 tbsp olive oil
- 1 fennel bulb sliced
- 1 onion diced
- 4 garlic cloves minced
- 1 tsp chili flakes
- 1 cup white wine
- 800g (1.75 lb) crushed tomatoes
- 4 cups fish stock
- 1 bay leaf, 1 tsp oregano
- 500g (about 1 lb) mussels scrubbed
- 500g (about 1 lb) clams scrubbed
- 500g (about 1 lb) large shrimp
- 500g (about 1 lb) firm white fish (cod, halibut) cubed
- Fresh parsley, lemon



Instructions

1. Bread: mix flour, yeast and salt; add sourdough discard, oil and water; knead 10 min. Rise 1 hour. Divide into 6 round loaves; prove 45 min. Bake at 425F (220C) 25 min until deep golden and hollow-sounding. Cool. Cut tops off; hollow out to create bowls.
2. Cioppino: fry fennel and onion in olive oil 8 min. Add garlic and chili flakes; cook 1 min. Pour in wine; reduce 2 min.
3. Add tomatoes, fish stock, bay leaf and oregano; simmer 15 min.
4. Add clams and mussels first; cover 2 min. Add shrimp and fish; simmer gently 4-5 min until shellfish open and fish is flaky. Discard any shells that didn't open.
5. Ladle generously into hollowed bread bowls; shower with parsley; serve with lemon wedges and the reserved bread 'lids' for dunking.

720

CAL

18g

FAT

82g

CARBS

56g

PROTEIN

5g

FIBER

Sourdough Discard New Year's Champagne Cupcakes

45 min - 12 cupcakes

Sparkling vanilla cupcakes made with real Champagne and topped with a Champagne buttercream and edible gold glitter — toast-worthy.

Ingredients

- Cupcakes: 1/3 cup sourdough discard, 1 3/4 cups cake flour, 1 1/2 tsp baking powder, 1/4 tsp salt, 115g softened butter, 1 cup granulated sugar, 2 large egg whites, 1 large egg, 1 tsp vanilla, 1/2 cup Champagne
- Buttercream: 225g butter softened, 3 cups powdered sugar, 1/4 cup Champagne reduced to 2 tbsp, 1 tsp vanilla, pinch of salt
- Decoration: edible gold glitter, gold sugar pearls, tiny sparklers



Instructions

1. Preheat oven to 350F (175C). Line a 12-cup muffin tin with pretty gold liners.
2. Whisk flour, baking powder and salt. Beat butter and sugar fluffy; beat in egg whites, whole egg, vanilla and sourdough discard.
3. Alternate adding flour mixture and Champagne in three additions ending with flour — do not over-mix.
4. Divide among cups; bake 18-20 min until a skewer comes out clean. Cool completely.
5. Buttercream: beat butter until pale; gradually add powdered sugar; beat in reduced Champagne, vanilla and salt. Pipe generously onto cupcakes; dust with gold glitter; top with gold pearls. Insert a sparkler just before serving.

430
CAL

20g
FAT

58g
CARBS

3g
PROTEIN

0.5g
FIBER

Sourdough Discard Lunar New Year Nian Gao

90 min - 12 servings

Chinese sticky rice cake for the Lunar New Year, symbolizing prosperity — a sourdough discard twist on a traditional sweet.

Ingredients

- 1/3 cup sourdough discard
- 3 cups glutinous rice flour
- 1/2 cup regular rice flour
- 1 1/4 cups dark brown sugar
- 2 1/2 cups water
- 1/2 cup coconut milk
- 1 tsp vanilla
- 1/4 tsp fine salt
- 2 tbsp vegetable oil + more for the pan
- Topping: toasted sesame seeds
- To serve: optional pan-fried slices in egg batter



Instructions

1. Preheat oven to 350F (175C). Oil a 23cm (9-inch) round pan generously.
2. Bring water and brown sugar to a simmer, stirring until completely dissolved. Cool to warm.
3. Whisk both rice flours, salt and sourdough discard in a large bowl. Gradually whisk in the sugar syrup, coconut milk, vanilla and oil until completely smooth and lump-free.
4. Pour into the oiled pan; scatter sesame seeds over the top.
5. Bake 60-70 min until deep amber, glossy and a skewer comes out mostly clean (slightly sticky is ok). Cool completely in the pan — this is critical — then chill overnight. Cut into slices to serve; optionally pan-fry slices in egg for a crispy contrast.

330
CAL

6g
FAT

64g
CARBS

4g
PROTEIN

1g
FIBER