

The Art of Sourdough

You Can Be Successful at Sourdough! w/ @waking.up.to.wellness

1. Sourdough is how our ancestors made bread. It begins with just flour and water...and magic happens.
 - a. Absence of chemical yeast (wild yeast is real food, chemical yeast is not)
 - b. It is a soaked grain method which makes the starches pre-digested and the anti-nutrients are neutralized. This will also make the vitamins and minerals more bioavailable.
 - c. The fermentation breaks down the protein gluten making it more digestible.
 - d. The fermentation process creates beneficial gut bacteria similar to a natural probiotic.
 - e. Depending on grains used, sourdough can be considered a high fiber food and is also full of amazing nutrients like folate, manganese, niacin, selenium, thiamin, and iron
2. What's up with gluten? INFLAMMATORY
 - a. Grains are sprayed with glyphosate if not organic which is causing so much gut dysfunction
 - b. So much autoimmune happening and gluten protein can cause more inflammation to these people
 - c. It can be hybridized, GMO-ed, create strains that withstand the elements and this adds to digestive problems
 - d. Fiber and protein are removed (not using the whole grain), add sugar, bleach it
 - e. Put it in warehouses or shelves for long periods of time which make it lose nutrients and grow mold and aflatoxins.
 - f. ***Use organic, unbleached, ancient whole grains, grind your own grains, ferment...these problems are greatly lessened!
3. Ingredient basics:
 - a. Organic flour - I personally like White Kamut (or knows as Khorason Flour), Whole Wheat, Kamut, All Purpose Flour, Whole Wheat Flour
 - i. Favorite places to purchase: Costco for All Purpose Organic White, www.phoenixorganicfeed.com (click on feed prices to see human grains) for Kamut/Spelt/Wheat, www.azurestandard.com code: KelleyMcCormick1 (literally everything, drop pickup), www.centralmilling.com (in UT if you're ever there or they ship) for organic flours
 - b. Water - important to use filtered water as the chemicals in city water (and there are lots!) can kill the natural yeast and live cultures.
 - c. Salt – use a quality salt like sea salt, pink Himalayan, REAL Salt
 - d. Oil – quality oils are coconut, olive, grass-fed butter, avocado. Inflammatory oils are vegetable, canola, sunflower, etc.
 - e. Sugar – always use organic or it's GMO. I like to use local honey which is literally medicinal. Coconut sugar is a good swap for brown sugar and is less glycemic.

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4. Terms:

- a. Sourdough Bread – this is a PROCESS, not just a kind of sour tasting bread. This process uses natural yeast to leaven (rise) the bread.
- b. Starter – this is made of only flour and water. Through the fermentation process it grows good bacteria, yeast, and acids. The starter is added to the recipe to RAISE the dough.
- c. Active Starter – This means the starter is in an active state and is ready to use to make bread rise. You can tell it's ready because it has doubled in size and has lots of gas bubbles in it. It usually takes 3-6 hours for your starter to rise enough to the active state. It must be used before it falls.
- d. Discard Starter – This means the starter is in an inactive state. It is still full of good bacteria, but is flat and more runny and will not rise bread in this state. You can add discard to pancakes, muffins, or other bakes that don't need to rise to add moisture and good bacteria.
- e. Hooch – This is a clear liquid that builds up on top of the starter when all its food has been used up. If used, it'll make the bake more sour. I like to pour it off before I use the discard.

5. Feeding your starter:

- a. When you feed your starter, the more “food” you feed, the longer it will take to process and rise.
- b. My favorite beginning ratio is 1:2:2 (1 part starter, 2 parts flour, 2 parts water)
- c. You'll also have to consider how much starter you'll need to end up with
- d. You'll probably want to discard some starter, start with a ¼ cup-ish, then add ½ c flour, ½ c water. My typical feed is 1/8 c starter, ¾ c flour, just under ¾ c water.
- e. In the winter, the starter will take longer to rise. I like to barely start the oven for 30 seconds, turn off, then put the starter in to rise in there. During the summer, it is usually fine to rise on the counter.

6. Favorite bread making/sourdough kitchen tools: My Amazon Storefront:

https://www.amazon.com/shop/waking.up.to.wellness?ref_cm_sw_r_cp_ud_aipsfshop_aipsfwaking.up.to.wellness_QC1W9C812EPSZXM7Y297

- a. Necessary: glass jar for starter, stir stick, baking pans (I like glass and cast iron)
- b. Not necessary but more favorites: dutch oven, bosch mixer, kitchen scale, temp reader/timer, shower caps, scraper, loaf bags, banneton, unbleached parchment paper, dough whisk, lame, cooling rack.

7. Big key is finding the “time frame” that works for you. I like to pull starter out of fridge first thing in the morning. Feed when it's room temp. Let it grow until doubled (which is usually like 2ish). Mix dough, then set on the counter until I go to bed. Put in refrigerator before bed for long ferment. The day I want to use the dough, take it out of the fridge to come to room temperature in the morning. Shape and form, then set for second rise (afternoon-ish). Bake around 7-ish. Leave on a rack to cool until I go to bed. Cover/wrap before bed.

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MY FAVORITE RECIPES

Sandwich Bread (makes 2 loaves) (@waking.up.to.wellness)

2 ½ c water

1 c active starter

2 T honey

1 T salt

¼ c coconut oil, melted

¼ c butter, melted

4 c all-purpose flour

3 c kamut flour

Mix all ingredients in mixer (or by hand) and then add in flour, one cup at a time.

Leave covered in a bowl until doubled (or put in fridge for long ferment).

Divide into 2 loaves and put in loaf pans. Cover and allow to rise again until doubled. You can brush with an egg wash if you want a shiny top. Bake at 375 for 45 minutes or until internal temp reaches 180.

Round Crusty Bread (Artisan) (@heathershomedead_ watch the highlight) Makes 2 rounds

250 grams active starter

740 grams water

Mix until milky

500 grams kamut flour

500 grams all-purpose flour

Mix together by hand, will be very shaggy

Cover and let sit for 1 ½ hours.

Add 30 grams salt

Wet hands and squish salt in. Pull and stretch for a couple of minutes. Cover and come back in 2 hours. Stretch and fold again. Cover and let sit again for 2 hours. Repeat process. Let sit until doubled. Remove from bowl and cut into 2.

“Laminate” the dough. Fold into thirds and roll up into a ball. Let sit on the counter for 20 mins then shape again. Flour the banneton. Shape again and lift into baskets. Cover and let rise. Turn out of baskets and use lame to decorate. Place in dutch oven for 20 mins with lid on at 425. Remove lid for another 20 mins or until internal temp is 190-200.

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Sourdough Bagels (@waking.up.to.wellness)

1 c active starter

2 c water

4 T honey

3 t salt

6 ½ - 8 c all-purpose flour (start with 6 ½ add slowly. If using kamut, you'll need even less)

In the boiling water: 2 T honey, 1 t baking soda

Mix first 4 ingredients in mixer (or by hand). Add flour 1 cup at a time. Knead for 5-10 mins, longer if by hand. Leave to double in size or put in the fridge for a long ferment.

Divide the dough into equal pieces (roughly 3.5 oz each). Roll into a tight ball. Cover and let dough rest for 10-15 mins. (this will be approximately 15 bagels)

Poke a hole through dough ball and slight stretch the opening to about 2 inches wide. "Hool-a-hoop" them around your finger to get an even circle. Cover and let rise for about 45 mins. Dough will rise minimally and they'll just get a little puffy.

Preheat oven to 425. Bring large pot of water to boil and add honey and baking soda. Get any desired topping ready (bagel seasoning, poppy seeds, sesame seeds)

Add 2-3 bagels to boiling water. Let boil on each side for 30 seconds (thin crust) to 1 min (thicker crust). With a slotted spoon, remove and place on the baking sheet. Sprinkle the toppings on here.

Bake bagels for 20-25 mins, let cool for 10 mins.

Sourdough Discard Homemade Crackers (@waking.up.to.wellness)

1 c discard

3 T melted butter

2 t Everything But The Bagel Seasoning

Mix the 3 ingredients, spread thin on parchment paper. Shake a little more seasoning on top. Bake at 325 for 10 mins. Pull out and score into squares with a pizza cutter. Bake for approximately 30 mins more. Be sure they're browned so they're not too chewy.

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Hamburger Buns (@waking.up.to.wellness)

¾ c active starter

¾ c water

½ milk (any milk works fine)

¼ c soften butter

2 T honey

1 egg

1 t salt

3 ½ -5 c flour (start with 3 1/ and add slowly)

Optional toppings: sesame seeds, etc.

Combine all ingredients except for flour in the mixer. Add flour 1 c at a time. Knead for 10 mins (more if by hand). Let dough rise until doubled or put in the fridge for long ferment. Divide the dough into 12 pieces (might be a little more or a little less, about 3 oz each) and roll into tight balls. Place on parchment lined baking sheet. With fingers, press down on each ball to slightly flatten into a disc. Place on parchment lined baking sheet. Cover and let rise until doubled. Preheat oven to 350. Beat a second egg separately, and gently brush tops of the buns with the egg wash. Sprinkle with toppings if using. Bake for 16-18 mins or until golden.

Sourdough Pretzel Bites (www.farmhouseonboone.com)

½ c sourdough starter, active and bubbly

1 c water

2 T honey

1 ½ t salt

3 c all-purpose flour

For water bath: 2 T baking soda, 2 T brown sugar

For egg wash: 1 egg yolk, 1 T water, coarse sea salt

Add first 5 ingredients to mixer (or mix by hand). Mix the dough for 10 mins (or longer if by hand). Cover the bowl and let dough rest in a warm place for 8-12 hours. Divide dough into 6 equal parts. Roll each piece into a 15-inch rope. Cut into equal portions and place on a baking sheet with parchment paper. Cover and let rise for about an hour. Preheat oven to 425. Add water to a large pot, bring to a boil, and add the baking soda and brown sugar. Place approx. 8 bites in the water and let boil for 20 seconds. Remove with a slotted spoon and shake off excess water. Place back on baking sheet. Brush egg wash onto each bite and sprinkle coarse salt. Bake 15-20 mins or until golden brown.

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Sourdough Blueberry Muffins with Crump Topping (www.littlespoonfarm.com)

2 c. all-purpose flour
1 c sugar (I used ½ white sugar ½ coconut sugar)
2 t baking powder
½ t baking soda
½ t salt
1 T corn starch
Zest of ½ lemon
8 T melted butter
2 large eggs
½ c sourdough discard
3 T plain Greek yogurt/sour cream/kefir
1 t vanilla extract
1 c blueberries (fresh or frozen)

Topping: 3 T melted butter, ½ c sugar, ½ c all-purpose flour

Mix all ingredients together except for blueberries. It will be thick. Cover and let sit for 8-12 hours. Bring to room temp and fold in blueberries. Divide into 12 muffins and sprinkle the top with the crumble mix. Press gently into the batter. Bake @ 350 for 30-34 mins or until toothpick inserted comes out clean. Let muffins cool and ENJOY.

Sourdough Baguettes (@waking.up.to.wellness)

100g active sourdough starter (approx. ½ c)
240ml filtered water (approx. 8.4 fl oz)
1.25 t sea salt
400g all-purpose flour (approx. 3.2 cups)

Mix starter water and salt. Add flour and mix until fully incorporated, knead for 8 min. Cover and set aside until doubled in size (4-8 hours, or do a long ferment). Bring to room temp, then separate into 2 long skinny pieces. Place in baguette pan or on regular cookie sheet and cut slits with lame or knife. Heat oven to MAX temp and place a pan of hot water at the bottom of the oven (this makes the crispy outside). Bring down to 400, place in oven, and bake for 30 mins, or until golden brown. Let cool before slicing into.