

# SOUR DOUGH



## SOURDOUGH STARTER

In large glass or earthenware bowl, combine 2 cups all-purpose flour and 1 package active dry yeast; stir in 2 cups warm water until well blended and smooth. Cover bowl with waxed paper; let stand in warm place 48 hours, stirring occasionally. Starter will rise and form bubbles, then separate (if it does not, throw out and start over). Stir well before using. Makes about 2½ cups.

## REPLENISHING YOUR STARTER

If you would like to make sourdough regularly, remaining starter should be replenished and used at least once a week. To replenish: Combine 1 cup all-purpose flour and 1 cup warm water until smooth; add to remaining sourdough starter (at least 1 cup). Leave mixture at room temperature a few hours until it begins to bubble before refrigerating. Refrigerate replenished starter in loosely covered glass container.

## ✓ SOURDOUGH ENGLISH MUFFINS

You can bake your own sourdough English muffins while you prepare breakfast for your family or guests. Serve hot from the griddle, or split and toast them.

½ cup starter	2 ¾ cups unsifted regular	¾ tsp. salt
1 cup milk	all-purpose flour	½ tsp. soda
	1 tbsp. sugar	About 3 tbsp. corn meal

In a large mixing bowl, combine starter, milk, and 2 cups of the flour; mix together with a large spoon, press saran wrap over surface of dough to cover, and set aside at room temperature for about 8 hours or overnight. Mix ½ cup of the flour, the sugar, salt, and soda; sprinkle over dough; thoroughly mix in. Turn this very stiff dough out onto a board floured with the remaining ½ cup flour; knead for 2 to 3 minutes or until no longer sticky--add flour if necessary. Roll dough out to ¾-inch thickness. Use a 3-inch cutter to cut out 12 muffins. Place muffins 1 inch apart on a cooky pan or waxed paper which has been sprinkled with corn meal. Sprinkle more corn meal over top. Cover with a cloth or waxed paper; set aside in a warm place to rise--about 45 minutes. Bake on a lightly greased griddle set at 275°, or in a frying pan over medium heat, for 8 to 10 minutes per side, turn once. Serve warm from the griddle, or split and toast. Makes 12 muffins.

## SOURDOUGH LIMPA MUFFINS

This version of sourdough muffins is hearty and moist, and because the muffins are not too sweet, they are good with dinner as well as breakfast.

1½ cups unsifted regular	1 tsp. salt	½ cup salad oil
all-purpose flour	1 tsp. soda	2 tsp. grated orange peel
½ cup rye flour	1 egg, slightly beaten	¾ cup starter
½ cup brown sugar, firmly packed	½ cup cultured buttermilk	

In a bowl, mix together flours, brown sugar, salt, and soda. Make a well in the center. Blend egg, milk, and oil together; stir in orange peel and starter. Pour this mixture all at once into the flour well. Stir just to moisten ingredients, with about 12 to 15 full circular strokes that scrape the bottom of the bowl; batter will still look lumpy. Grease muffin cups or line with baking cup liners; fill about 2/3 full, and bake in a moderately hot oven (375°) for 30 to 35 minutes. Makes 12 to 15 muffins.

## SOURDOUGH BISCUITS

1 cup starter	½ tsp. baking soda	1 cup flour (plus)
2 tsp. baking powder	1/3 cup oil	½ tsp. salt

Blend starter, egg and oil in a bowl, add remaining ingredients and mix well. Dough is quite soft so add flour to enable you to knead lightly. Press out to ½ - ¾" thickness. Cut with cutter. Bake on cookie sheet at 425° for 15 - 20 minutes.

## SOURDOUGH CORN BREAD

Mix together 1 cup starter, 1½ cups milk, 2 tbsp. sugar and 2 eggs, beaten. Stir in 1½ cups cornmeal, ½ cup melted butter, ½ tsp. soda and ½ tsp. salt. Turn into a greased 9-inch square pan and bake at 450° for 25 to 30 minutes. Serve hot with butter and maple syrup with tiny sausages for breakfast.



## SOURDOUGH SCONES

For a breakfast treat, set the dough the night before, then shape and bake these scones in the morning. Or follow the refrigerator method outlined below, which leaves only the baking for morning.

½ cup starter	3 tbsp. melted butter	½ tsp. soda
¾ cup milk	¼ cup sugar	3 tbsp. dried currants
2½ cups unsifted regular all-purpose flour	¾ tsp. salt	Melted butter

In a large bowl mix the starter, milk, and 1½ cups of the flour. Cover with a cloth; leave at room temperature for about 8 hours or overnight. Pour the 3 tablespoons butter over top; mix in. In another bowl, mix together ½ cup of remaining flour, the sugar, salt, and soda; sprinkle over first mixture with the currants; blend thoroughly. Knead dough lightly on a board floured with the remaining ½ cup flour until it loses stickiness. Roll into a 9-inch square. Cut into nine 3-inch squares; dip each on both sides in melted butter and arrange in a 9-inch baking pan. Loosely cover pan; let rise in a warm place until nearly doubled, about 45 minutes. Bake in a moderately hot oven (375°) for about 25 - 30 minutes. Makes 9 scones.

REFRIGERATOR SCONES: Make as directed above, but start process early the day before. Shape scones that evening, let rise for 30 minutes; refrigerate up to 12 hours. Before baking, let scones rise again in a warm place for 30 minutes or until nearly doubled in size.

## ✓ SOURDOUGH BREAD SHORT METHOD

2:00  
4:00  
4:40  
In a large mixing bowl, soften 1 package dry yeast in 1½ cups warm water. Blend in 1 cup starter batter, add 4 cups sifted all-purpose flour, 2 teaspoons each salt and sugar. Beat 3 or 4 minutes. Cover; let rise in warm place till double (about 1½ hours). Mix ½ tsp. soda with 1 cup sifted flour; stir into sourdough. Add enough additional flour to make a stiff dough. Turn out on lightly floured surface; knead 8 to 10 minutes. Divide dough in 2 portions; cover and let rest 10 minutes. Shape in 2 round or oval loaves. Place on lightly greased baking sheets. With a sharp knife, make diagonal gashes across top of dough. Let rise till double (about 1½ hours). Just before baking brush surface with water. Place shallow pan of water on bottom rack of oven. Bake at 400°F. for 40 to 50 minutes or till crust is brown.

## SOUR RYE BREAD

This recipe is not made with starter, but has its own souring method.

2 env. active dry yeast	½ cup molasses	1 tbsp. cumin seed, lightly crushed
8 cups whole-rye flour	1 tbsp. salt	3½ to 4 cups all-purpose flour

Late in evening of first day pour 3½ cups warm water (115° to 120°F.) into large mixing bowl. Sprinkle yeast on top and stir to dissolve. Gradually stir in rye flour. Cover dough with a wet clean towel (to prevent skin from forming) and let rise at room temperature overnight. Early next morning punch dough down, add next 3 ingredients and about 1 cup all-purpose flour and mix well. Gradually stir in more flour until a stiff dough is formed. Turn out on floured board and knead until smooth and elastic and dough no longer sticks to hands or board. Divide in 3 equal pieces and shape each in a smooth loaf about 12" long. Put on greased large baking sheet and let rise in warm place free from drafts 35 to 40 minutes, or until a few cracks develop in tops of loaves. Bake in preheated 350°F. oven, brushing once with hot water toward end of baking time, 1 hour, or until bread is done. Brush again with hot water, put on rack to cool, then cover with several towels. Can be frozen. Makes 3 loaves.

## SOURDOUGH BREAD LONG METHOD

1 cup Sourdough Starter	2 tbsp. sugar	1 tsp. baking soda
6 to 8 cups all-purpose flour	1 tbsp. salt	3 tbsp. butter or margarine, melted

AT LEAST 3 DAYS BEFORE SERVING: Prepare sourdough starter.  
DAY BEFORE SERVING: In large bowl with mixer at medium speed, beat 3 cups all-purpose flour, sourdough starter, sugar, salt, baking soda and 2 cups warm water until well combined; cover surface of dough with plastic wrap; let rise at room temperature, away from draft, at least 18 hours. (if you start at 3 p.m., you begin next step about 9 a.m. the next day).  
ON SERVING DAY: With wooden spoon, gradually beat in enough additional flour (3½ to 4 cups) to batter to make a soft dough. Turn dough onto lightly floured board and knead until smooth and elastic, 8 to 10 minutes. Cut dough in half; shape into 2 flat round loaves, about 7 inches in diameter; place on well-greased cookie sheets; cover with towels and let rise in warm place (80° to 85°F.), away from draft, until doubled, about 2 to 3 hours. Preheat oven to 400°F. Brush loaves with water; with a sharp knife, cut 3 to 5 crisscross slashes across top of each loaf. Bake 45 to 50 minutes until golden and loaves sound hollow when lightly tapped with fingers. Remove to racks; brush each loaf with melted butter or margarine. Cool. Makes 2 loaves. It is more dense in texture than loaf made with commercial yeast.