

Index

- 2.1 Sourdough Starter:
- 2.2 Sourdough Biscuits:
- 3.1 Sourdough English Muffins:
- 3.2 Sourdough Pancakes:
- 3.2 Sourdough Bread:
- 4.1 Sourdough Applesauce Spice Cake
- 4.2 Date Nut Cake:
- 4.3 Sourdough Carrot Cake
- 5.1 Cream Cheese Icing....
- 5.2 Sourdough Streusel- Filled Cake
- 5.3 Streusel....
- 6.1 Sourdough Gingerbread with Lemon Sauce
- 6.2 Lemon Sauce
- 7.1 Sourdough Brownies
- 7.2 Sourdough Oatmeal Cookies
- 8.1 Sourdough Peanut Butter Cookies
- 8.2 Sourdough Sugar Cookies
- 9.1 Sourdough Spice Cookies with Maple Frosting

Any of you craving that fresh Sourdough taste? Well here are a few recipes that might just hit the spot.

Sourdough Starter:

1/2 Teaspoon Yeast

1 1/2 C. Lukewarm water

2 C. Flour

1 Teaspoon Salt

3 Tablespoons White Sugar

In any non- metallic, opaque container with lid, dissolve 1/2 teaspoon of yeast in 1 1/2 C. lukewarm water. Add flour, stir sugar, stir then add salt and stir again.

Allow the mixture to sit in the covered container in a warm place for two or three days, stirring once or twice a day. Starter should be a bubbly white liquid. Thick or thin depends on the cooks inclinations. The night before you use your starter add a cup of warm water and 2 cups flour to your starter and leave in a warm place.

* Any container will work so long as there is no metal touching the starter, this includes the lid. A glass jar will work but should not be clear... A crock is of course the best container to use, but those plastic coffee cans work nicely.

Sourdough Biscuits:

1/2 C. Starter

1 C. Milk

2 C. Flour

3/4 Teaspoon Salt

1 Teaspoon Sugar

1 Teaspoon Baking Powder

1/2 Teaspoon Soda

Mix together starter, milk and 1 C. of flour.

Cover bowl and let stand in a warm place for 4-8 hours. Then add 1 C. flour. salt, sugar, baking powder, and soda.

Mix together and turn out on a floured board. Knead lightly 8-10 times. Roll or pat out dough to about 1/2 to 3/4 inch thickness. Cut out biscuits (a cup, mug, or glass about 3 inches in diameter works) Dip each biscuit in cooking oil or warm bacon grease before placing in the pan. Cover and let rise 30 minutes. Bake in a 375* oven for 30 minutes.

Sourdough English Muffins:

- 1 C. Starter
- 3/4 C. Buttermilk
- 2 3/4 to 3 C. Flour
- 6 Tablespoons Yellow Cornmeal
- 1 Teaspoon Soda
- 1/4 Teaspoon Salt

In large mixing bowl blend starter and buttermilk. Combine flour, 4 tablespoons of the cornmeal, the baking soda, and 1/4 teaspoon salt; add to buttermilk mixture. Stir until well blended. Turn onto lightly floured pastry sheet.

Knead until smooth. Add more flour, if necessary. With rolling pin roll dough to 3/8 inch thickness. Let rest a few minutes.

Using 3 inch cutter, cut into muffins. Sprinkle a sheet of wax paper with 1 teaspoon cornmeal; place muffins atop and sprinkle with remaining cornmeal.

Cover and let rise until very light. about 45 minutes. Bake on medium heat, lightly grease griddle about 30 minutes, turning often. Cool completely, then store in plastic bag or bowl.

Sourdough Pancakes:

- 2 C, Flour
- 2 C. Starter
- 1 C. Milk
- 1/4 C. Sugar
- 1/4 C. Oil
- 1 Tablespoon Baking Powder
- 1 Teaspoon Salt
- 1 Teaspoon Soda

Measure Flour, starter, and milk into large mixing bowl (not metal);

Beat until smooth. Cover loosely with waxed paper and let stand in a warm place (80-85*) at least 18 hours. Add remaining ingredients and stir until smooth. Bake on lightly greased preheated 400* griddle.

Sourdough Bread: (Makes 2 loaves)

- 3 C. Flour
- 1 C. Starter
- 2 C. Warm Water
- 2 Tablespoons Sugar
- 1 Tablespoon Salt
- 1 Teaspoon Soda
- Melted Butter

Measure flour, starter, water, sugar, salt, soda into large mixing bowl (not metal); beat until smooth. If need be add more flour till you have a fairly stiff dough. Turn onto a lightly floured surface and knead until smooth and satiny. About 8-10 minutes. Cover and let rise, About 1 1/2 hours, then knead again and place into greased bread pans. Bake in a 400* oven about 40-50 minutes or until done and golden brown. Brush with melted butter.

Sourdough Recipes

Sourdough Applesauce Spice Cake

1 C. Starter
1 C. Flour
1/2 C. Sugar
1/4 C. Oil
2 Tablespoons Butter
1 Egg
1/2 C. Applesauce
1 Teaspoon Vanilla
1 Teaspoon Cinnamon
1 Teaspoon Baking powder
1/4 Teaspoon Soda
1/4 Teaspoon Salt
1/4 Teaspoon Mace
1/4 Teaspoon Nutmeg
1/4 Teaspoon Allspice

Exactly as listed, beat in all ingredients, adding each ingredient 1 at a time and beating 30 seconds after each addition. Beat 4 minutes after last addition. Pour into greased 9 inch square baking dish/ Let batter "rest" 15 minutes uncovered then bake at 350* F for 35-40 minutes or till wooden tooth pick tests done. Cool 30 minutes and frost with thin vanilla glaze.

Date Nut Cake:

Use applesauce spice batter but stir in 1 C. well chopped dates, moistened first and lightly floured along with 1 C. chopped walnuts or pecans. Bake as otherwise directed in recipe.

Sourdough Carrot Cake:

Cake...

1 1/2 C. Vegetable oil
2 C. Sugar
1 C. Starter
3 Eggs
1 (20 oz) can Crushed pineapple
2 C. Grated carrots
1/2 C. Chopped nuts
2 Teaspoons Vanilla
2 1/2 C. Flour

Cream Cheese Icing....

8 oz Cream cheese
4 Tablespoons (1/2 stick)
margarine
1 LB Powdered sugar
1 Teaspoon Vanilla
1 Tablespoon Milk
1/2 C. Coconut
3 Teaspoons Cinnamon
1/2 Teaspoon Salt
1 Teaspoon Soda

Mix together oil and sugar. Add starter and eggs, one at a time. Fold in pineapple, nuts, vanilla and carrots. Add dry ingredients, blend. Fold in coconut. Bake in greased 8x12x2 inch pan at 350* F for 45 minutes or until done. Cool and frost add chopped nuts if desired.

Sourdough Streusel- Filled Cake

1/2 C. Starter
3/4 C. Sugar
1/2 C. Shortening
1 Egg
1 1/2 C. Flour
1/2 Teaspoon Baking powder
1/2 Teaspoon Salt
1/2 C Milk

Streusel....

1/2 C. Brown sugar
2 Tablespoons Flour
2 Teaspoons Cinnamon
2 Tablespoons Butter, Melted
1/2 C. Chopped nuts
Measure out starter

In separate non- reactive bowl, cream together sugar, shortening, and egg. Add to starter along with milk, flour, baking powder and salt. Mix well.

Spread half of the batter in a greased and floured 9 inch square pan. Sprinkle batter with half of the streusel mixture. Add remaining batter and sprinkle remaining streusel over top. Bake at 375* F for 25 to 30 minutes or until done.

Sourdough Gingerbread with Lemon Sauce

1/4 C. Margarine

1/2 C. Sugar

1 Egg, beaten

1/2 C. Molasses

1 C. starter

1 Teaspoon Cinnamon

1 Teaspoon Ginger

1/4 Teaspoon Ground Cloves

1/4 Teaspoon Nutmeg

1/2 Teaspoon Salt

1/4 Teaspoon Soda

1/2 Teaspoon Baking powder

1 C. Flour

1/2 C. Milk

Cream together margarine, and sugar; add egg and mix well. Add molasses, starter, cinnamon, ginger, cloves, nutmeg, salt, soda, and baking powder. Mix. Add flour and milk and beat well. Bake in a greased and floured 9 inch square baking pan at 350* F for 45 to 55 minutes. Serve with lemon sauce.

Lemon Sauce

1/2 C. Sugar

1 Tablespoon Cornstarch

1 C. Water

1 Tablespoon Margarine

1 Tablespoon Lemon Juice

1 1/2 Teaspoons Grated Lemon Peel

Mix sugar and cornstarch. Gradually stir in 1 C. water. Cook over medium heat, stirring constantly until mixture becomes thick. Remove from heat and stir in butter, lemon juice and peel. Serve hot over sourdough gingerbread

Sourdough Brownies

4 (1 oz) Squares sweet baking Chocolate

1/2 C. Hot Water

1 Teaspoon Soda

1 C. Margarine

2 C. Sugar

2 Eggs

2 Teaspoons Vanilla

1 C. Chopped nuts

1 1/2 C. Flour

1/2 Teaspoon Salt

1 1/2 C. Starter

Place chocolate in Small saucepan and add hot water; bring to boil, stirring.

Add soda and mix well. Mixture will be foamy. Set aside until lukewarm.

In a large bowl, cream together margarine, sugar until fluffy. Add eggs and mix thoroughly. Add vanilla and cooled chocolate mixture and add nuts. Gradually add flour and salt. Add starter. Beat. Grease and flour 9x13 inch pan and pour batter into it. Place pan in warm spot for 30 minutes/ Preheat oven to 350°F Bake for 35-40 Minutes.

Sourdough Oatmeal Cookies

2 C. Starter

1 1/2 C. Brown Sugar

1/2 C. Shortening

1/2 C. Butter

3 C. Rolled Oats

1 Teaspoon Cinnamon

1/2 Teaspoon Ground Cloves

1/2 Teaspoon Allspice

1 Teaspoon Soda

2 C. Flour

Cream shortening, butter and sugar. Add starter and rolled oats. Add spices and soda, flour to starter mixture. Mix well and chill in refrigerator.

Roll out on floured board. Cut with cookie cutter. Bake on greased cookie sheet at 375°F for about 12 minutes. Cool and put together in pairs with any tart Jam, preserves, or jelly filling.

Yields 36 single or 18 sandwich cookies.

Sourdough Peanut Butter Cookies

1 C. Starter
1 C. Peanut butter
1 C. Butter
1 C. Brown sugar
2 C. Flour
1 Teaspoon Baking powder
1 Teaspoon Soda
1 Teaspoon Vanilla
2 Eggs
1/2 Teaspoon Salt

Mix peanut butter, butter, brown sugar and flour. Add remaining ingredients; form into small balls and press down with fork Bake at 350°F for 12 to 15 minutes on a un-greased cookie sheet.

Yields 36 cookies

Sourdough Sugar Cookies

1 C. Starter
1 C. Sugar
1/2 C. Shortening
2 Tablespoons Cream
2 Eggs
1 Teaspoon vanilla
2 C. Flour
2 Teaspoons Baking powder
Pinch of salt

Mix sugar, shortening, and cream. Add eggs, vanilla, salt and starter. Fold in flour and baking powder. Roll on lightly floured board; cut with knife into 1/4 inch slices. Sprinkle with sugar. Bake at 350°F 10 to 12 minutes.

Sourdough Spice Cookies with Maple Frosting

1/4 C. Shortening

1/2 c. Brown sugar

1 Egg

1/2 C. Molasses

1/2 C. Starter

1/2 Teaspoon Nutmeg

1/2 Teaspoon Cloves

1/2 Teaspoon Cinnamon

1 Teaspoon Soda

1 Tablespoon Hot water

2 C. Flour

1/2 Teaspoon Salt

1/2 Teaspoon Ginger

Mix together shortening, brown sugar, egg, molasses, and starter. To this add soda dissolved in 1 Tablespoon hot water, Add flour, salt, ginger, cloves, cinnamon, and nutmeg. Drop by teaspoons onto lightly greased cookie sheet and bake 10 minutes in a 350°F oven. When cooled frost with maple frosting.

Maple Frosting

Blend thoroughly 1 C. Powdered sugar, 1/4 Teaspoon maple flavoring and 2 Tablespoons cream or milk.