

# HISTORY OF SOURDOUGH

*The history of "Sourdough" is an old one. It is usually associated with "the Old West" and Gold Prospectors". It is the oldest form of leavened bread. Prospectors were able to use sourdough starters to create different flavors of baked goods and vary their plain diet. Some prospectors were known to take their starters to bed with them, to keep the yeast warm and alive. In some cases, the sourdough starter is passed on from generation-to-generation. Imagine keeping the starter alive for all these years! Enjoy!*

## SOURDOUGH STARTER INSTRUCTIONS

2 cups flour  
2 cups warm water  
Dry culture from your starter package

Use a wooden or plastic spoon to stir the mixture until smooth. (Metal does not work) Cover the container with plastic wrap and a towel and place it in a warm area for 36-48 hours. Gently stir several times a day. Your starter should give off a light yeasty aroma. Cover your container (after 2 days) and let it rest in the refrigerator. To use your starter, simply remove the amount called for in the recipe and add to the other ingredients.

## SOURDOUGH FRENCH BREAD

1 Tblsp. yeast      2 cups Starter  
1 cup warm water      1 tsp. Salt  
2 tsp. sugar      3 to 4 cups Flour

Dissolve yeast in warm water. Add starter, salt, and sugar in a glass bowl and mix well. Add the dissolved yeast. Stir in 3 cups of flour. Add more flour as you knead to make a smooth elastic dough. Coat the dough lightly with oil. Place in a bowl and cover in a warm spot. Let rise until double. (About 45 minutes to 1 hour) Punch down. Cover and let rise until double again. Bake at 475 degrees for 13 minutes or until done.

## SOURDOUGH HONEY WHOLE WHEAT BREAD

1 pkg. active dry yeast      1/2 cup honey  
1 cup warm water      1 1/2 Tblsp. butter (melted)  
1 tsp. salt      4 cups whole-wheat flour  
2/3 cup sourdough starter

Dissolve yeast in 1-cup warm water. Mix yeast, starter, honey, salt and butter with 3 cups flour. Add more flour as needed to make elastic dough. Cover and let rise until double in size. (About 45 minutes to 1 hour) Punch down and place in a greased bread pan and let double again. Cook at 400 degrees F. for 35 - 40 minutes. It should sound hollow when thumped. Enjoy!

## TO REPLENISH STARTER

After using a portion of the starter, replenish with equal amounts of flour and warm water. For example, if you used 1 cup of starter, add 1-cup flour and 1-cup warm water to your starter. Stir well with a wooden spoon, cover and let stand in a warm place until bubbly, 3-5 hours. Refrigerate after 3-5 hours.

## SOURDOUGH PANCAKES

1-cup starter      1 tbls sugar  
1/2 teaspoon salt      1/2 tsp soda  
1 tbls oil or butter

Mix starter and oil/butter in a bowl. Add sugar, salt and soda. Mix well. Pour into a hot, lightly oiled griddle. Turn the pancakes when they are covered with bubbles and are fluffy.

## SOURDOUGH WAFFLES

2 cups sourdough starter      1-1/2 cups flour  
2 eggs      1 1/2 tsp salt  
2 tsp baking powder      8 tbs butter-melted (or 1/4 lb)  
2/3-cup milk      1/8-cup sugar

Mix the starter, milk, melted butter and eggs together. In a separate bowl, mix all the dry ingredients and add wet ingredients. Lumps are OK. Let sit for 15 minutes. Cook the waffles and Enjoy!

## SOURDOUGH DINNER ROLL

1 pkg. active dry yeast      2 cups flour  
1/2 cup warm water      4 tbl spoon oil  
1 cup sourdough starter      pinch of salt  
1 Tblsp sugar

In a large bowl combine yeast and warm water. Add sourdough starter, flour, salt and oil. Mix well. Let rise (about 30 minutes) Shape into 16 rolls. Place on a greased pan and let stand 30 - 40 minutes to rise again. Bake at 350 degrees F for 20 minutes or until brown. (Depending on your oven)



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