

Bread Independence

FROM STARTER TO ARTISAN



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SOURDOUGH DROP BISCUIT EGG BREAKFAST

Ingredients:

- 1.5 Cups Discard
- ½ Cup Flour
- 2 Tablespoons Lard/Butter
- ¼ Cup Honey
- 1 Teaspoon Salt
- ½ Teaspoon Baking Soda
- 1 Teaspoon Baking Powder
- 10-12 Eggs
- Cooked Sauce or Bacon
- Veggies Diced
- Cheese



Directions:

1. Preheat oven to 350 degrees with your Cast Iron Skillet 3 tablespoons of butter and remove once melted.
2. Mix together the discard, flour, lard/butter, honey, salt, baking soda & baking powder and stir well with a spoon.
3. Pour the dough mix into your cast iron skillet and place in the oven for 15 minutes. This will create your biscuit.
4. Meanwhile scramble your eggs in a bowl and place your desired veggies with some S&P.
5. After the dough has been baked increase oven to 375 Degrees, and poke a few holes in your biscuit using a fork or spoon this creates pockets for the egg to go into. Place your meat choice on top and pour your scrambled eggs on top. Sprinkle cheese on top and place back in the oven.
6. Bake for 20-25 minutes or until done. The top will be golden and no longer jiggle.
7. Serve warm



S O U R D O U G H D I S C A R D W A F F L E S

Ingredients:

- 2 Cups Starter (discard)
- 1/4 Cup Yogurt or Applesauce
- 3 Tablespoons Brown Sugar
- 1 Tablespoon Melted Butter
- 2 Eggs
- 1 1/2 Teaspoon Vanilla Extract
- 1 Teaspoon Salt
- 1 Teaspoon Baking Soda
- 1/2 Teaspoon Cinnamon



Directions:

1. Mix together all ingredients, make sure to add the baking soda last.
2. Heat a skillet (I use cast iron) on medium heat OR Waffle Maker - pour batter in desired amounts. I do approx 1/2 cup
3. Flip pancakes when you see lots of bubbles coome through. Flipping to early will cause the pancake to stick and become a mess. Cook waffles according to waffle maker instructions._

Note: You may use additional butter in your skillet to help prevent sticking.



S O U R D O U G H N A A N B R E A D

Ingredients:

- ½ cup Sourdough Discard
- 2 ½ Cups All Purpose Flour
- ½ Cup Milk
- ¼ Cup Plain Yogurt
- 1 Tablespoon Olive Oil
- 1 ½ Teaspoons Salt



Directions:

1. Mix together the Starter, Milk, Yogurt and Oil
2. Add in the salt & flour and mix well using your stand mixer with a dough hook for several minutes
3. Cover the bowl and let sit on the counter for 4 hours (or overnight). The dough will be slightly stiff.
4. Remove the dough from the bowl onto a floured surface. Divide into 8 equal (ish) pieces.
5. Flatten to about a 6" diameter circle with either your hands (like I do) or a rolling pin.
6. Preheat your Skillet – Cast Iron works wonderful here! Turn on high and allow to heat up for several minutes.
7. Working with one flattened dough at a time place onto skillet. Cook for approx. 2 minutes and flip, cooking for another 2 minutes (or until you see char marks)
8. Once done remove and place in a towel and cover up. This helps keep them soft and warm until they are all done. Repeat with the remaining dough.



SOURDOUGH CORN TOSTADAS

Ingredients:

- 1 Cup Sourdough starter
- 2 Cups Masa harina
- 1 Teaspoon Salt
- 4 - 6 Tablespoons Water
- 4 Tablespoons Lard

MAKES ABOUT 15



Directions:

- Add all ingredients to a mixing bowl besides the water.
- Slowly pour in the water starting with 4 tablespoons.
- Mix the dough together with a spoon and then eventually your hands until it becomes soft and pliable (think play doh). Add more water 1 tablespoon at a time until you get the right consistency.
- Form into a ball and let it rest for 10-15 minutes.
- Heat your skillet (preferred cast iron) over medium- high heat.
- Using freezer paper- line your tortilla press with a top & bottom (this really helps to not stick)
- Pinch off about 2 tablespoons (approx) and roll into a ball.
- Place the ball in between the two pieces of freezer paper and press down firmly.
- Place onto the heated skillet for about 1-2 minutes or when the tostada starts to turn brown.
- Flip and cook on the other side.
- Once cooked place inside a kitchen towel to keep warm and soft, repeat until the mixture is gone.
- Place these on a cookie sheet and top with your favorite ingredients + cheese and broil for 5 minutes.



S O U R D O U G H D I S C A R D T O R T I L L A S

Ingredients:

- 2/3 cup starter (discard)
- 2 Cups flour (more for dusting)
- 2 Large Teaspoons Baking Powder
- 1/2 Teaspoon Salt
- 1/4 Cup Water



Directions:

1. Add your dry ingredients to a bowl
2. Mix in your sourdough discard until combined, using your hands
3. Cover with a towel and let sit for as long as you can or overnight.
4. Form into approx 6 balls of dough and roll out using a rolling pin. You may need a little extra flour on the counter to prevent sticking.
5. Preheat cast iron skillet (or another skillet) to medium-high and place a tortilla on the skillet for approx 2 minutes each side. Watch carefully for burning. Place in a towel until ready to use.

Want cheesy flat bread? Melt 2 tablespoons butter, mix in 1 tsp garlic salt and brush onto the already cooked tortillas, sprinkle Parmesan cheese and broil for 2-4 minutes.



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S O U R D O U G H D I S C A R D M U F F I N S

Ingredients:

- 1 Cup softened Butter
- 3/4 Cup Sugar
- 4 Eggs
- 2 Teaspoons Vanilla extract
- 1 1/2 cup plain yogurt
- 1 Cup sourdough starter (discard)
- 2 Cups flour
- 1/2 Teaspoon Baking Soda
- 1 Teaspoon Baking Powder
- 2.5 Cups blueberries (or your chosen fruit fresh or frozen)



Directions:

1. Preheat oven to 400 F
2. Crease muffin tins or liners
3. Cream together butter, sugar, eggs and vanilla. Add in yogurt and starter. Stir until fully combined
4. Add in flour, baking soda, baking powder and mix until just combined. Do not over mix.
5. Fold in blueberries
6. Fill prepared muffin tins
7. Bake muffins for 20-25 minutes or until done. Check by using a toothpick and if it comes out clean they are done.

Notes: I use an ice cream scooper to help fill the muffin tins. Makes approx 24 muffins



SOURDOUGH PIE CRUST

Ingredients:

- 1 & 3/4 Cups Flour
- 1 1/2 Teaspoon Sugar
- 1 Teaspoon Salt
- 3/4 Cup Lard (or butter)
- 1 Cup Sourdough Discard



Directions:

1. In a bowl mix the flour, sugar & salt
2. Place spoonfuls of the lard (or diced butter) into your flour mixture. Using a pastry cutter cut the butter or lard into the flour mixture until fully combined.
3. Pour in the one cup discard and mix well.
4. Cover and let it ferment overnight.
5. Proceed with your favorite pie recipe or [Chicken Pot pie recipe](#).

To Use:

Lightly flour a work surface and take the ball of dough and divide into two. Working with one section at a time using your palms to smash out, finish by rolling out with a rolling pin to the correct size of your pan. Place one crust on the bottom, fill with desired ingredients and place the 2nd crust on top. Crimp the edges, cut slits and bake accordingly.



SOURDOUGH DISCARD CRACKERS

Ingredients:

- 2 cups sourdough discard
- 2 tablespoons melted butter
- 1 teaspoon garlic powder
- 2 teaspoons salt



Directions:

1. Mix together the melted butter, garlic powder and salt and pour into the measured out sourdough discard. Mix well.
2. Place parchment paper onto a baking sheet
3. Evenly spread out your mixture onto the parchment paper
4. Preheat oven to 325 degrees F
5. Place into oven and make 30-45 minutes.

Notes:

- Depending on how thick you made your crackers. I suggest thinner the better. Watch carefully. Score with a pizza cutter after 15 minutes if you choose. Enjoy the same day with soup or as a snack.

