



Kitchen Revival

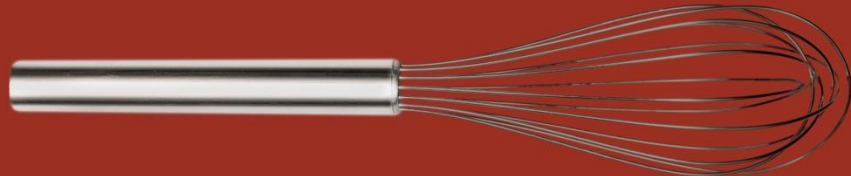
LEARNING OLD
FASHIONED SKILLS
IN A MODERN WAY

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SOURDOUGH RECIPES

Everyday



**LAURA
LAWRENCE**

FOOD PROOD



Thank you for downloading this free ebook with my favorite Sourdough Recipes!! Since learning Sourdough several years ago I've been able to incorporate this into my every day life along with teaching many others to do the same. It's so exciting to offer a healthy bread option, plus there's so many options to use sourdough in. And a big thing – it's all so delicious! I hope you enjoy these recipes as much as I have. If you have questions on how to start Sourdough or need help please visit www.foodprood.com and click on Sourdough!

~Laura Lawrence

Northern Michigan Homesteader

Recipes are Listed in Alphabetical Order

- ✓ Bagels
- ✓ Breadsticks
- ✓ Cinnamon Raisin Bread
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- ✓ English Muffins
- ✓ French Toast
- ✓ Honey Butter Rolls
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- ✓ Pasta Noodles
- ✓ Pie Crust
- ✓ Pizza
- ✓ Sandwich Bread
- ✓ Tortillas
- ✓ Zucchini Bread

Sourdough Bagels

DELICIOUS – FUN TO MAKE



INGREDIENTS

½ Cup Active Sourdough Starter
1 Cup Water
2 Tablespoons Honey (or sugar)
2 Teaspoons Salt
4 Cups Flour

Water Bath:
6 Cups Water
1 Tablespoon Sugar

DIRECTIONS

1. In a bowl of a stand mixer (I use a KitchenAid) stir together the starter, water, honey and salt with a spatula. Add in the flour slowly and bring the ingredients together as best as possible. Place the dough hook on the mixer and mix on lowest speed for 6 minutes (or 10 by hand). This dough will be very stiff. Cover and let rest overnight or 8-12 hours.
2. Line a baking sheet with parchment paper. Turn the dough out onto a clean surface and divide into 8 equal pieces. Shape each piece into a ball and flatten to create a bagel shape. Use your thumb or finger to create the hole in the center. Place all bagels on the parchment paper and allow to rise approx. 1 hour – maybe up to 2.
3. Bring to a boil the water and sugar mixture. Once to a boil turn on your oven to 425 degrees F to preheat. Boil the bagels – about 3 at a time – for 2 minutes on each side. Using a slotted spoon drain each bagel and place back onto the parchment paper.
4. After slightly cooling you can then sprinkle salt on them or dip them in a seasoning.
5. Place in the preheated oven for 20-25 minutes or until golden brown.



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Makes 8

Recipe Adapted From Little Spoon Farm

Breadsticks

SOURDOUGH - BUTTERY - DELICIOUS



INGREDIENTS

½ Cup Active Sourdough Starter

¾ Cup Water

1 Tablespoon Sugar

1 Teaspoon Salt

¼ Cup Melted Butter

2 ½ Cups Flour

2 Tablespoons Melted Butter

3 Teaspoons Garlic Salt



DIRECTIONS

1. Add sourdough starter, water, sugar, salt and butter to a stand mixer and using the dough hook mix slightly.

2. Slowly add in the flour and mix until the dough begins to pull away from the bottom and sides of the mixer. You may need to add a little more flour depending on your hydration level of the starter. Do not add too much flour. Knead on low for approx. 6-8 minutes.

3. You can leave the dough in the bowl and cover with a towel or saran wrap overnight. 8-12 hours.

4. The next morning turn out your dough onto a floured surface and roll to a 12x7 inch rectangle.

5. Using a bench scraper cut into 12 or 24 pieces, depending on your preference of length.

6. Transfer to a parchment lined baking pan, leaving space in between each breadstick.

7. Allow to rise for approx. 2 hours.

8. Preheat oven to 400 degrees F, while preheating mix up the 2 tablespoons butter & 3 teaspoons garlic salt and have it melt while it's preheating.

9. Brush over all the breadsticks saving some to apply again after baking.

10. Bake at 400 degrees F for 8-10 minutes. Brush again with the melted butter. Enjoy!

SOURDOUGH

CINNAMON RAISIN BREAD

PART 1



INGREDIENTS

½ cup sourdough active starter
1½ Cups Water
4 Cups Flour
2 Teaspoons Salt

1 Cup raisins

5 Tablespoons Butter
(melted or room temp)
½ Cup Brown Sugar
2.5 Teaspoons Cinnamon
1 Teaspoon Vanilla Extract
Pinch of Nutmeg



www.foodprood.com sides.

DIRECTIONS

The Night Before

Mix the dough the night before using a blender or by hand. Add in the starter, water and flour. You may want to try 3.5 cups to see how thick it is and then increase up to 4 cups. Add in the salt and mix well. Let this sit overnight covered.

The next morning do a set of Stretch & Folds – While the dough is still in the bowl pick up one side with one hand and pull it up and over itself. Turn the bowl and repeat this action on all 4 sides. Set aside.

Prepare the Raisins by adding the raisins to a small pot of water and bring to a summer, turn the burner off and let rest for 30 minutes. Mix together the Butter, Cinnamon, Vanilla and Brown Sugar and set aside.

After 30 minutes drain the Raisins fully and add to the dough. It may seem awkward or difficult but it'll work out, just keep stirring using a spatula. After fully incorporated, flour a work surface and place the dough onto that surface. Using your hands spread out to about a 12" x 10" rectangle. Spread the butter mixture leaving about 1 inch clean on all

SOURDOUGH

CINNAMON RAISIN BREAD

PART 2



INGREDIENTS

½ cup sourdough active starter
1 ½ Cups Water
4 Cups Flour
2 Teaspoons Salt

1 Cup raisins

5 Tablespoons Butter (melted or room temp)
½ Cup Brown Sugar
2.5 Teaspoons Cinnamon
1 Teaspoon Vanilla Extract
Pinch of Nutmeg



www.foodprood.com completely. Now slice & enjoy!

DIRECTIONS

Take the right side of the dough and fold it towards the center, take the left side of the dough and fold it to the center. Now do the same to the top and bottom of the dough. It'll end up in a much smaller rectangle. Flip it over to seam side down. Pull the dough towards you while turning it to create a taut skin on the outside.

Flour your banneton bowl and place your loaf seam side up. Cover with plastic wrap and let it rise until it has filled the bowl.

Preheat oven to 450 degrees F with a dutch oven inside (lid off). Once it has been preheated fully remove the dutch oven and place on your stove top. Carefully turn the dough out onto a piece of parchment paper (the bottom part that was in the banneton bowl will now be facing up) and using a razor make 3 very shallow slits across the top of the dough. Using the parchment paper sling it into the heated up dutch oven and place the cover on.

Bake covered for 30 minutes and then uncovered for 15-20 minutes. Remove from dutch oven using the parchment paper and let cool on a cooling rack

Sourdough Cinnamon Rolls

A DELICIOUS SPECIAL TREAT!

DIRECTIONS

1. Measure out the flour and using a knife cut the butter into pieces and using a dough cutter and the butter to the flour. If you do not have a dough cutter, cut the butter pieces smaller and use a large fork to help incorporate the butter into the flour.

2. Next add in the sourdough starter, buttermilk, honey (or sugar) and salt. Mix together with a spatula, large spoon or your hands. Cover and let sit overnight.

3. The next morning mix together the baking soda & baking powder and sprinkle over the top of the dough and using your hands or large spoon mix.

4. Mix together the brown sugar and cinnamon to be used as the filling

5. Melt the 4 tablespoons of the butter directly in your cast iron pan

6. Roll out the dough by generously flouring your work surface and turn out the dough onto it. You may need more flour for the top in order to spread it out by using your hands or rolling pin to a 12x22 rectangle.

7. Using a pastry brush use the melted butter to spread out on the dough leaving a half inch of bare space along every edge. Sprinkle the sugar and cinnamon mix and tightly roll up the dough into a log shape.

8. Using a 2 foot section of floss you can slide under the log the floss and bring up each side, criss cross the floss and pull- this trick will create a great "cut" into the log to create each of our rolls. Repeat this to create 12 rolls. Arrange each roll into your buttered cast iron skillet, leaving equal space to rise. Allow to rise 30-60 minutes.

9. Preheat oven to 375 Degrees F and place the cast iron pan that's filled with the cinnamon rolls into the oven. Bake 30-40 minutes until tops are golden brown. Remove from oven and place the frosting glaze on top.

10. While baking you can make the Frosting Glaze. Combine all ingredients in a stand mixer except the heavy whipping cream. Stir lightly, then start adding slowly the heavy whipping cream whipping until you reach a desired consistency.



INGREDIENTS

The night before:

- 8 Tablespoons (1 stick) of cold butter
- 2 ½ cups Flour
- 1/3 Cup sourdough discard
- 1 Cup buttermilk
- 2 Tablespoons Honey or Sugar
- 1 Teaspoon Salt

The next morning:

- 1 Teaspoon baking powder
- ½ Teaspoon baking soda
- 3/4 cup light brown sugar
- 2 teaspoons ground cinnamon
- 4 Tablespoons butter

Frosting Glaze:

- 1 Cup Soft Butter
- ¼ Tsp Salt
- 3 Cups powdered Sugar
- 3 Tablespoons heavy cream
- 1 Teaspoon Vanilla Extract



Sourdough English Muffins

TURN THESE INTO EGG & CHEESE MUFFINS



DIRECTIONS

1. The night before mix all the ingredients together (not the cornmeal) with your hands until well combined. Cover and let rest for 30-60 minutes. Knead by hand or use a stand mixer and knead using the dough hook for 5 minutes on low speed. Cover and let sit to ferment on the counter overnight.
2. Roll the dough out onto a lightly floured surface and press the dough out until 1" thickness using your hands.
3. Using a 3" biscuit cutter cut out as many as you can typically 8-10 and place them onto a parchment lined baking sheet that has been sprinkled with cornmeal. Cover and let rise (I place mine uncovered in my oven turned off). Let rise for approx. one hour.
4. Preheat your skillet (preferred cast iron) over LOW heat. Place 3-4 muffins into the skillet spaced apart, COVER and COOK the first side for 4 minutes. Flip the muffins over COVER and COOK for another 4 minutes.

INGREDIENTS

- ½ Cup Active Sourdough starter
- 1 Tablespoon honey or sugar
- 1 Cup milk
- 3 Cups flour
- 1 Teaspoon salt
- ¼ Cup Cornmeal (for sprinkling)

Egg & Cheese Muffin

Scramble 10-12 eggs with ¼ cup milk and place into a preheated skillet (cast iron) and flip over to cook evenly (this may need to be done in sections). Once done place cheese slices on top and allow to melt. Using the 3" biscuit cutter cut the egg into portions. After slicing the English muffins, layer the egg in the middle. You could also add ham or sausage! They are best fresh but can be frozen for later.



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French Toast

SOURDOUGH - OR ANY BREAD



INGREDIENTS

2 Tablespoons Butter
(Here's the key to
deliciousness)
4 Eggs
1/4 Cup Milk
2 Teaspoons Cinnamon
10 Slices of Toast
Cast Iron

DIRECTIONS

1. Whisk up the 4 eggs and 1/4 cup milk into a shallow bowl
2. Melt the butter on medium high on your cast iron (preferred)
3. Using your fingers to place one at a time a slice of bread and flip to coat both sides. Place on the hot skillet, repeat with the remaining bread to fill your skillet.
4. Sprinkle with cinnamon. Flip after approx 3 minutes. After another 3 minutes it will be done, remove and place on a plate and repeat until all slices are done.
5. Top with maple syrup or any other toppings you love!



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Sourdough Honey Butter Rolls

EASY INGREDIENTS- WORKS GREAT



INGREDIENTS

3 Cups Flour
½ Cup Sourdough Starter (can be unfed)
4 Tablespoons butter melted
7/8 Cup milk (preferably raw, could substitute almond/coconut)
1 ½ Teaspoon salt
¼ Cup Honey

Next Day Ingredient:

4 Tablespoons butter melted (directly into your cast iron pan if applicable)

DIRECTIONS

The Night Before

--Mix up the sourdough bun ingredients together by hand or a mixer. Knead the dough in the bowl until smooth and soft. It may be sticky, don't worry. Just cover and let the bowl rest overnight at room temperature.

The Next Morning

Turn on your oven to melt the 4 tbsps. Butter directly into a cast iron pan. If you do not have a cast iron pan, melt on the stove top. When melted pour directly onto the pan you will be baking in. Preferably a pan with at least 1 inch lip in a circle shape. This helps the buns rise up and not out.

Flour your work surface and turn out your dough. Roll into a log and using a bench scraper to cut into 16 equal portions. Shape each portion into a bun using the method taught in the video link on my youtube channel. (The pinch & pull method)

Place the bun in the melted butter pan smooth side down, roll around to cover and end up with the smooth side up. Repeat for remaining rolls. Let rise until puffy.

Bake the buns in a 375°F oven for approx. 20-25 Minutes.

Let cool down for at least 30 minutes and serve.

Notes: I use a cast iron pan that just fits the 16 rolls, this way the rolls puff/rise up instead of out. You can use a square or circle pan with a lip, just make sure it's just a bit bigger than the buns prior to rising. I've also used these to create ham sliders and oh my, watch out addictive!!



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Original Recipe from Butter For All, found <https://www.butterforall.com/traditional-cooking-traditional-living/sourdough-honey-buns-perfect-dinner-roll/>

Sourdough Muffins

DELICIOUS DISCARD MUFFINS



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)

DIRECTIONS

1. Preheat oven to 400 F
2. Grease 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 overmix.
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.



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Makes approx 24 muffins

SOURDOUGH NAAN BREAD

SOFT - DELICIOUS - PLIABLE



INGREDIENTS

½ cup Sourdough Discard-
any will do)
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 either by hand or using a stand mixer for a few minutes.
3. Cover the bowl (I usually use a towel) and let sit on the counter for 8-12 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.



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SOURDOUGH OVERNIGHT PANCAKES BEST PANCAKES EVER!!



INGREDIENTS

3/4 Cup Sourdough Starter
(discard or active)
1 Cup Buttermilk (Or Milk)
3 Tablespoons sugar or honey
1 Tablespoon Vanilla Extract
4 Tablespoons Melted Butter or
Lard
2 Cups Flour

Next Morning Ingredients

2 Large Eggs
1 Teaspoon Baking Soda
1 Teaspoon Baking Powder
1 Teaspoon Salt

DIRECTIONS

1. Mix together all ingredients in the first section. Cover and let sit overnight
2. The next morning whisk up the eggs and add into the dough and mix. Next mix up the baking soda, baking powder and salt in a separate bowl and sprinkle over the dough and mix well. Let sit for 20 minutes.
3. Heat a skillet (I use cast iron) on medium heat OR Waffle Maker - pour batter in desired amounts. You could also use a icecream scooper.
3. Flip pancakes when you see the edges slightly burning brown. Flipping to early will cause the pancake to stick and become a mess. Cook waffles according to waffle maker



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SOURDOUGH PASTA

HOMEMADE & DELICIOUS



INGREDIENTS

- 2 Eggs
- 1 Teaspoon Salt
- 1 Cup Sourdough Starter (active or slightly under)
- 2 Cups Flour

Dough Prep:

1. In your mixer (or by hand) add in all the ingredients until well mixed. If using a mixer let run on low-med for 4-6 minutes. You'll want a sort of stiff dough and it should end up smooth looking.
2. Cover and let sit on the counter overnight to ferment. If you are not comfortable with your eggs being out then place in the fridge and remove 2 hours prior to wanting to make your noodles.



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DIRECTIONS

Creating Pasta:

Lightly flour a work surface or large cookie sheet to place your cut pieces on.

1. Take your fermented dough and using a dough cutter cut into four sections.
2. Working with one section at a time flatten with your hands.
3. The next part will depend on what you're using to create the noodles. I use the Marcato Pasta Machine
4. If using Marcato you will start by using the flattening section. Turn the knob to 1 and press through and turn the knob to 3 and run through again, cut in half to make it more manageable.
5. Run each section through #4 and #5.
6. Sprinkle each half with flour and run through the noodle cutting part on your pasta roller.
7. Place noodles on the prepared work surface or cookie sheet that was sprinkled liberally with flour.
8. Continue with the remaining sections until all done and cut.
9. Bring a large pot of water to a boil (you could also start this while cutting the noodles)
10. Working in small batch (about ¼ of the total noodles at a time) place your raw noodles in the boiling water for 3 minutes. Using a NOODLE SPOON remove the noodles into a colander to drain while cooking the remaining noodles.
11. Finish by combining with your favorite pasta sauce such as my delicious 15 minutes homemade pasta sauce.
12. Serve, eat, devour and love every bite!

Sourdough Pie Crust

DELICIOUS - VERSATILE - DISCARD



INGREDIENTS

1 3/4 Cup 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, then using a pastry cutter to cut into approx pea sized pieces
3. Add the starter until fully combined by using your hands
4. Let rest covered for 6 hours
5. After it rests you can either freeze or use

To Use: Lightly flour a worksurface 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.



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Sourdough Pizza

DELICIOUS - VERSATILE - EASY



SOURDOUGH PIZZA

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INGREDIENTS

1/2 cup sourdough starter
or discard
2 teaspoons salt
2 tablespoons olive oil
4 Cups flour

DIRECTIONS

Night before you want to Eat:

1. Mix together in a stand mixer with the dough hook the ingredients above. Mix for 3-5 minutes until pulling away from edges and smooth and elastic. Or mix and knead by hand.



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Next Morning:

Do a set of stretch and folds (Gently pull one side of the dough up and over itself and rotate and repeat on all 4 sides. Cover until ready to bake.

To Bake:

Divide dough into 6-8 equal pieces if using cast iron skillets (or 2-3 if making on a pizza stone). Lightly pat out and let rest for 15-30 minutes. Finish patting out into desired shape.

Preheat Oven to 425 degrees F

Pizza Stone: Place dough on stone and place several fork holes and bake for 10 minutes. Flip over and place sauce and toppings on and place back into oven for 10 minutes or until done.

Cast Iron: Preheat cast iron pan on medium and place the dough onto the heated skillet. Cook for 2-3 minutes, flip over and cook add'l 2 minutes until done. Place sauce and toppings on and bake in a preheated oven at 425 F for 10 minutes or until done.

Recipe modified from littlespoonfarm.com

Sourdough Sandwich Bread

DELICIOUS- WORKS GREAT- EASY



SOURDOUGH SANDWICH BREAD

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INGREDIENTS

3/4 Cup Water
1 Cup Active Starter
2 Teaspoons Sugar
2 Teaspoons Salt
1 Tablespoon Melted Butter
2 & 3/4 Cups Flour

DIRECTIONS

1. Place water, melted butter, and starter in your mixer
2. Add flour, sugar and salt and using your dough hook turn on low and mix for 5 minutes
3. Once done remove from bowl and form into a log, sandwich shape and place in a greased loaf pan
4. Let rise until doubled
5. Preheat oven to 400 F and melt 1 tablespoon of butter then brush half onto the loaf prior to baking
6. Bake for approx 28 minutes, remove and brush with remaining butter
7. Let cool slightly and remove from loaf pan. Allow to cool fully before slicing

Notes: I mix and let rise overnight in the oven (not turned on) and bake in the morning.



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recipe courtesy of Melissa K Norris

Sourdough Tortillas

DELICIOUS - EASY - DISCARD



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

Pictured: Tortilla topped with melted butter, garlic salt, parmesan cheese.

DIRECTIONS

1. Add your dry ingredients to a bowl.
2. Mix in your sourdough discard until combined.
3. Cover with a towel and let sit for approx 5 hours (you can go longer if needed)
4. Form into approx 6 balls of dough and roll out using a rolling pin. You may need extra flour if they stick to your counter. You could also just pat out.
5. Preheat on medium-high a cast iron skillet and place tortilla on there for approx 2 minutes and flip for another 2. Watch carefully.



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SOURDOUGH ZUCCHINI BREAD

A DELICIOUS TREAT!



INGREDIENTS

The night before:

2 Cups Flour
½ Cup Sourdough Starter
1 Tablespoon Cinnamon
½ Teaspoon Nutmeg
1 Teaspoon Salt
½ Cup melted Butter
1 Cup Milk

The Next Day:

1 ¼ Cups Brown Sugar
2 Cups Shredded Zucchini
1 Teaspoon Vanilla
2 Eggs
2 Teaspoons Baking Powder

DIRECTIONS

-The night before mix together by hand or using a stand mixer the flour, sourdough starter, cinnamon, nutmeg, salt, melted butter and milk until it comes together nicely. Cover and let sit overnight.

-The next morning add in the brown sugar, shredded zucchini, vanilla, eggs and mix together until combined well. Add in the baking powder until fully combined.

-Preheat oven to 350 Degrees F. Grease a loaf pan. Pour the batter into the greased loaf pan and place in the oven. Bake for 50-55 minutes until a toothpick comes out clean. Allow to cool for one hour before slicing.



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