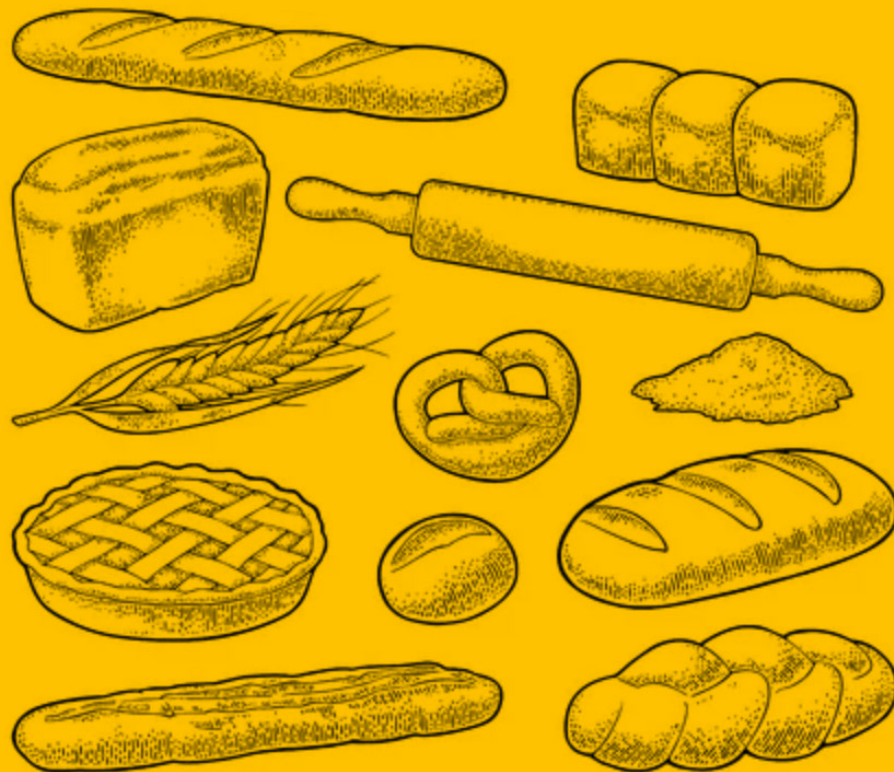


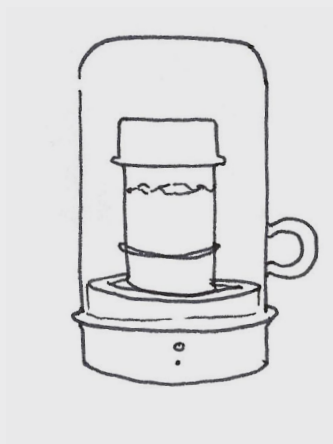
# SOURHOUSE COMMUNITY COOKBOOK



Ver. 4.1

2025

This cookbook is dedicated  
to the 1200+ baker-backers and dozens of our baker friends  
that helped bring Goldie to the world in 2022.



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LIKE THOSE LITTLE COMMUNITY COOKBOOKS  
YOUR GRANDMOTHER COLLECTED...

Once upon a time, local communities (schools, churches, community centers and the like) would put together small cookbooks to share and preserve local knowledge.

We offer this collection of recipes, links and sourdough baking tips in the spirit of those community cookbooks our grandmothers collected.

You have the new and expanded copy of the Sourhouse Community Cookbook. It feels like a starting point more than a destination. It seems like something we should update regularly and share widely.

So feel free to share copies with bakers you love.

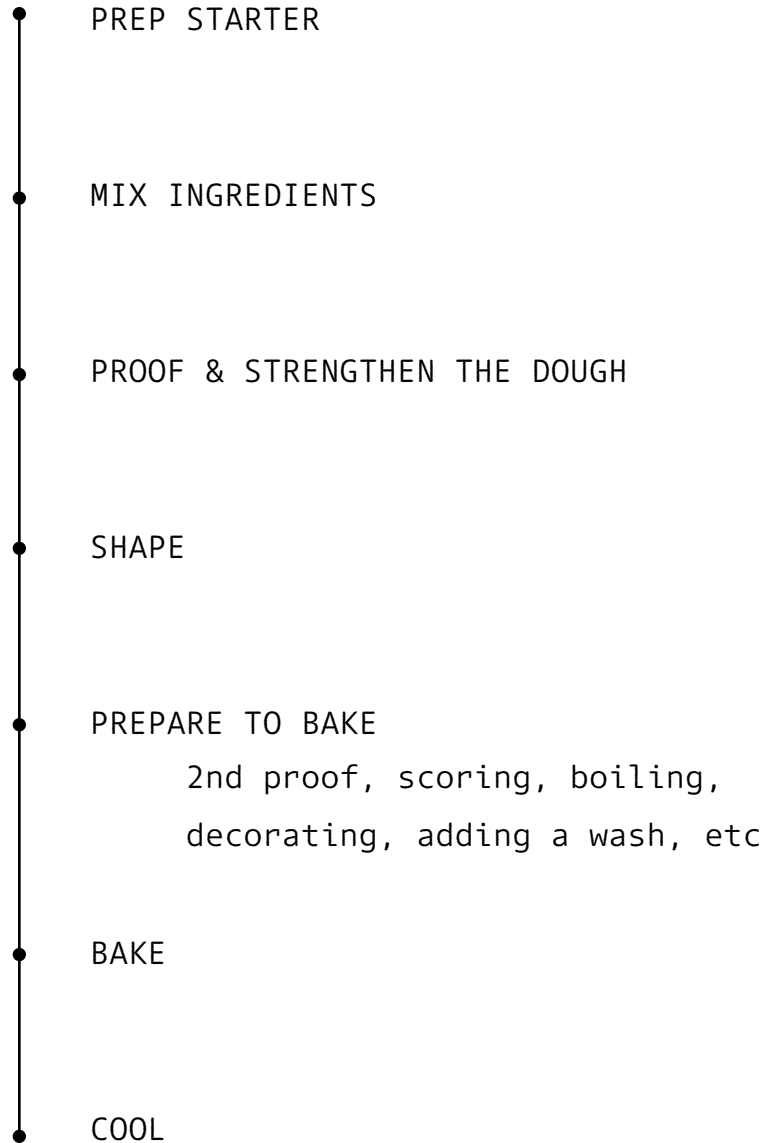
If you have recipes or tips to contribute to future versions of this collection we would love to see them. Email your contributions to us at [cookbook@sourhouse.co](mailto:cookbook@sourhouse.co)

Warmly,  
*Erik & Jenny*  
Sourhouse Co-Founders

1.

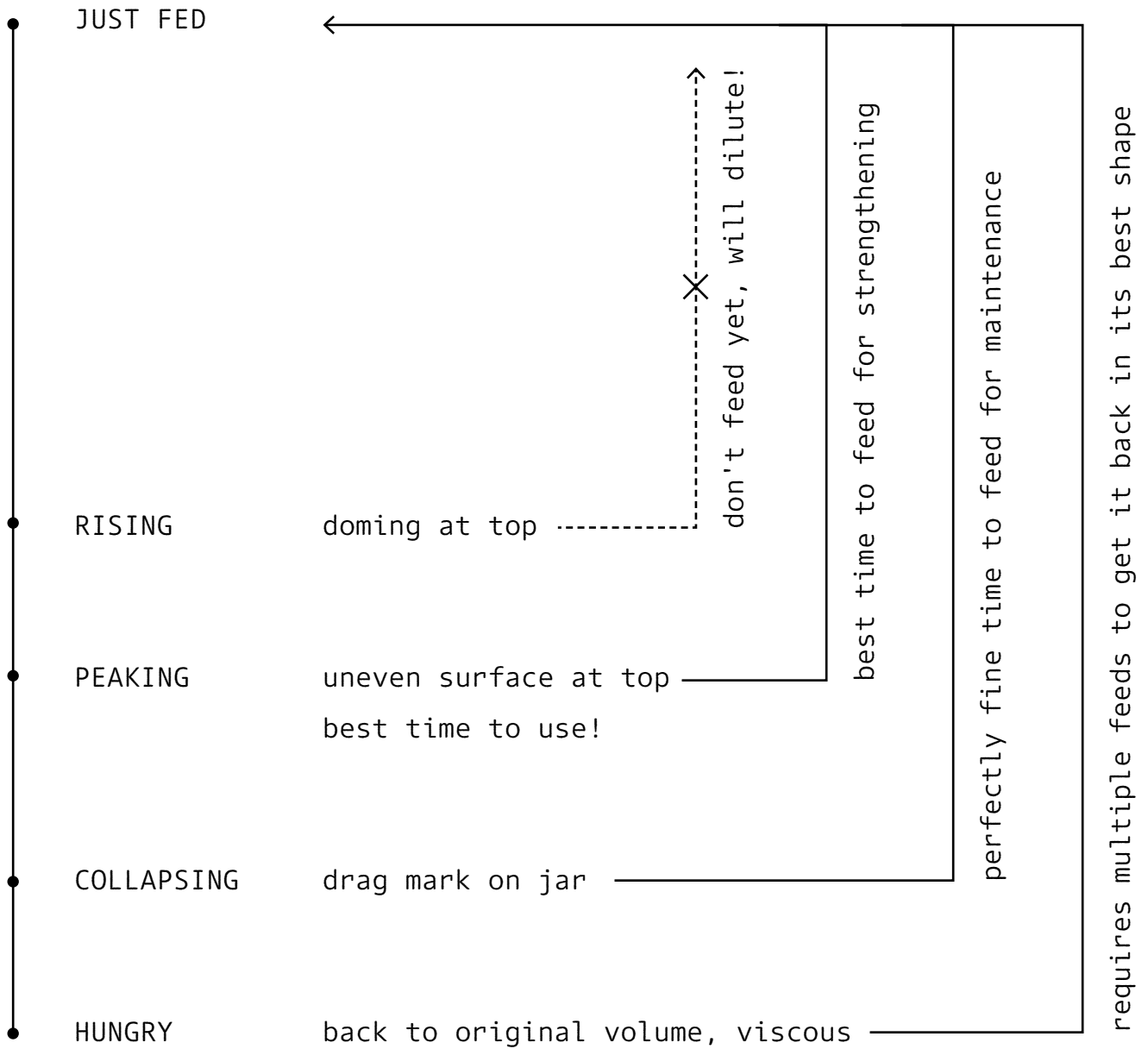
FIRST THINGS TO KNOW...

## THE 7 STAGES OF SOURDOUGH BAKING





THE 5 STAGES OF SOURDOUGH STARTER

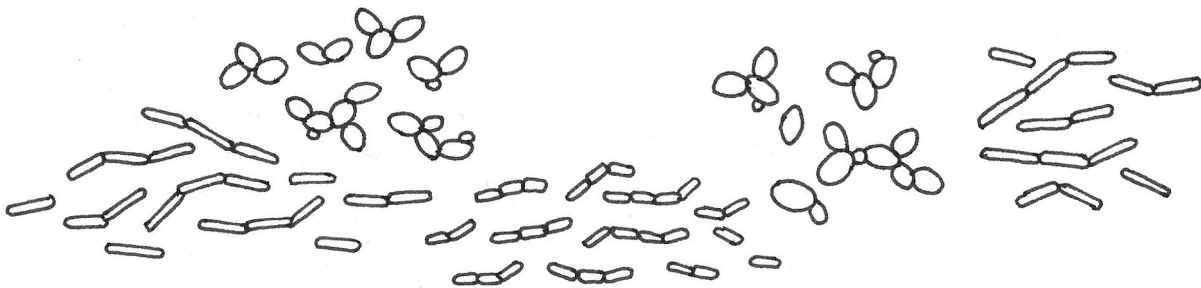


## HOW TO START A SOURDOUGH STARTER

Day 1 - Invite the pioneer microbes. Mix equal parts (20g each is enough) flour and water into a straight sided transparent container. We recommend using whole wheat or rye flour. Stir well. Cover loosely. An extra stir later in the day will give it a boost.

Day 2 - Feed the competitors. If you see bubbles, discard half and stir in equal amounts flour and water. If not, give it a stir and wait another day. Cover loosely.

Days 3-7 - The great battle. Repeat the discard and feed cycle for at least a week until your starter doubles within 24hrs. The sourdough yeasts will eventually win the battle, bring peace to your starter and focus on the work of raising your bread. If your starter can double in volume within 6 hours from 1:1:1 feeding, you have a starter ready for a bake.



*continued >*

## HOW TO START A SOURDOUGH STARTER (continued)

### Tips

- Keep your starter warm. Ideally in the [Goldilocks Zone](#) (75-82°F/ 24-28°C).
- Sterile jars and utensils are not necessary but everything that touches your starter in its jar should be clean.
- Use warm, filtered water.
- You can use unbleached white flour, it just might take a bit longer without the boost of rye or wheat flour. You can transition to feeding with white flour after your starter is established.
- If it is very bubbly in the first few days and smells strongly, it isn't ready to bake. These are pioneer bacteria and yeasts that are not good to eat. Give the sourdough bacteria time to make a home in your starter before baking.
- If you see a pause in activity around day 3-4, that is ok. Just keep going.
- After you've been feeding your starter for about a month, [create a backup](#) by dehydrating a small amount. Twice-a-day feeds will make your starter even more active. Try it after day 4.

## HOW TO FEED & CARE FOR A SOURDOUGH STARTER

With proper care your sourdough starter will be very active and help you make your best bread. Don't worry! Sourdough starter is robust stuff and you will get to know your starter by experimenting and making mistakes.

We are going to show you a way to back it up [later in this book](#) in case you have a catastrophic accident.

### Initial instructions for feeding a starter:

1. Discard all but a small amount of your starter. 20g is a good place to start until you figure out your needs.
2. Combine equal parts flour, water and starter. E.g. 20g Flour, 20g Water, 20g Starter
3. Stir until no dry flour remains in your jar. You will have a thick paste.
4. Observe how long your starter takes to double in volume at different temperatures. You will need to know this to plan your bake schedule. Read more about tracking your starter's Rise Time [here](#).

If a starter is kept on the counter, it should be fed at least once a day. If kept in the fridge, feed once a week or so.

*continued >*

## HOW TO FEED & CARE FOR A SOURDOUGH STARTER (continued)

### To prepare starter for a bake:

1. Look at the recipe you are using to find the amount of starter you need.
2. Increase the amount of starter, flour, and water in your next feeding to ensure that you will have enough starter for your recipe, plus ~20g left over for future use.
3. Feed your starter several hours in advance (according to your starter's Rise Time) of when you want to bake.
4. A starter is ready to use for baking when it has at least doubled in volume. For best performance, you want your starter to be "peaked". Peak height differs from one starter to another. For some, it is double, for others, it is more than triple.

### Tips

- Always keep some backup starter in the fridge or in a [dehydrated form](#).
- Experiment with the feeding ratio, feeding frequency, flour types and temperatures to get to know your starter.
- Keep your starter jar where you can see it so you remember to feed it.
- Use clean utensils and keep it covered to prevent contamination.
- Pink colors in the starter or any fuzzy molds are a sign of contamination. We recommend tossing, washing your jar well, and replacing it with your backup starter.
- A bit of clear liquid on top is ok. It is a byproduct of fermentation called "hooch". You can stir it in or discard it. It is a sign your starter is hungry and needs feeding.
- A bit of drying on the top of the starter is fine, just give it a stir.

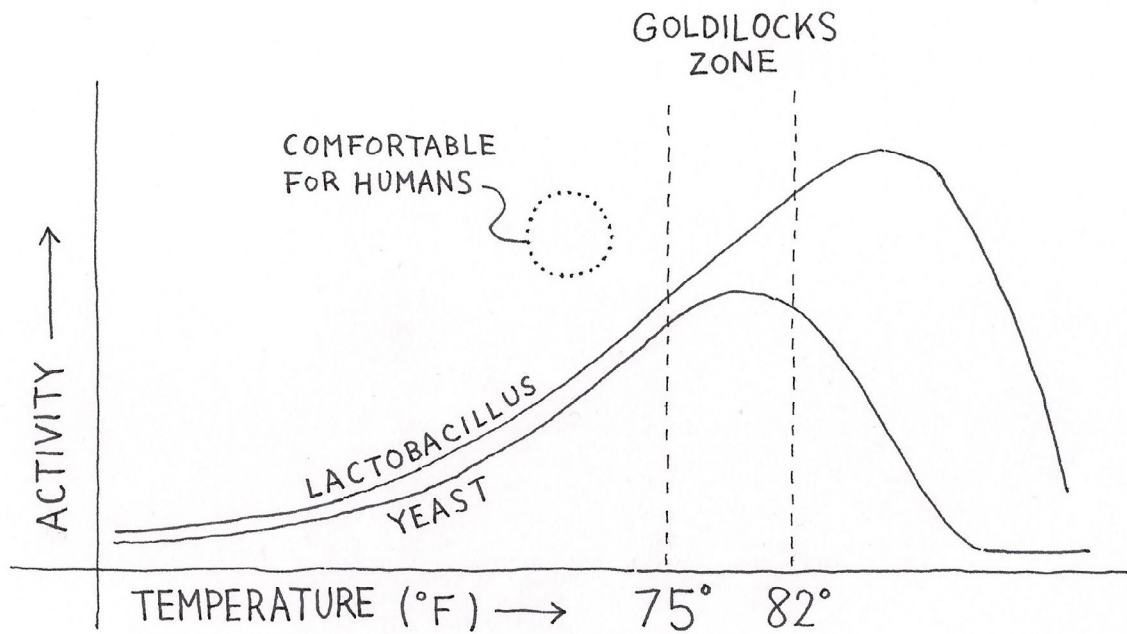
Tip: *When in doubt, try warming it up.*

*- Erik Fabian*

SOURDOUGH YEASTS & BACTERIA ARE MOST ACTIVE

IN THE GOLDILOCKS ZONE = 75-82°F / 24-28°C

(they like their homes warmer than we do).



## HOW TO BACKUP A SOURDOUGH STARTER - DRY IT!

Accidents happen. You might use up all the starter you have in your dough. Or some unknown beasties might get introduced to your starter, throwing off the ecosystem. This is why you always want to keep a back-up starter.

The easiest way to create a backup is to dry it.

Take active starter and spread it out on a sheet of parchment paper as thin as possible. Leave it to sit out in a dry environment for a day or two until fully dry. It will look like a cracker. You should hear a snap when you break it.

Fully dried starter will keep for months in a sealed container in the cabinet and indefinitely in a freezer.

### Tips

- Fall and Winter are the best times to make dried starter because the air is dry and there are fewer critters who might be attracted to your project.
- An even easier way to collect small amounts is to set aside the dried starter that got smeared on the lid of your starter jar. A few days worth will give you enough for a backup. The silicone lid on the Sourhouse Starter Jar makes this really easy.



## HOW TO REFRESH DRIED SOURDOUGH STARTER

Refreshing dried starter is sooo easy.

1. Cover a few grams of dried starter with filtered water. 5g of dried starter is plenty, it is powerful stuff. 10-20g of water is enough, if you need a number. Let it soak overnight in a covered container.
2. Next day, add enough unbleached flour to make a thick paste. If you weighed the water the day before, just match the flour weight to the water weight. Stir until there is no dried flour. Cover.
3. You will likely see a few bubbles the next day. Stir in equal parts flour and water. Cover.
4. You should be ready to go. Feed daily by discarding all but a small amount of fresh starter and adding equal amounts of flour and water. This is a basic 1:1:1 feeding ratio.
5. Email us if you have any questions: [support@sourhouse.co](mailto:support@sourhouse.co)

### Tips

- Keep your starter warm. Ideally in the [Goldilocks Zone](#) (75-82°F/24-28°C).
- Use warm (let's call it Goldilocks Water), filtered water.
- Keep it out of direct sunlight.
- Keep enough starter to at least fill the bottom of your starter jar so you can easily judge its rise.
- Scale up the amount of starter in your jar by adding more flour and water in equal proportions when you feed it.

## STARTING WITH A HAND-ME-DOWN STARTER

It is super fun and educational to make your own sourdough starter, but don't let the challenge of making a starter stop you from baking bread.

Many sourdough bakers start with a hand-me-down starter (either fresh or in dried form) and then make their own starter later on when they have more experience. It is fun to hear about the history of other starters. Some bakers like to collect them for their different flavors as much as their different stories.

### Where to find a Starter

- Ask a sourdough baker. We all have more starter than we need and most bakers are happy to share. They probably will share some baking tips to help you get going as well.
- Ask a local sourdough bakery. Some sell their starter, some will just give it away.
- Buy it online. Several brands sell a starter online. You can even try different strains of microbes from different regions.
- Request a bit of starter for free from [Sourhouse](#) or from [Carl's Friends](#)

Here is what to say to a baker: "Hi, I want to give sourdough baking a try. Would you have some extra starter to spare? I can bring my own container if that helps."



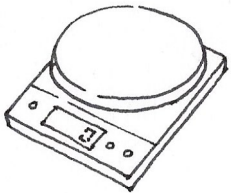
## SOURDOUGH BAKING TOOLS - BUYING GUIDE

You can likely start baking perfectly tasty sourdough bread with tools you have in your kitchen now.

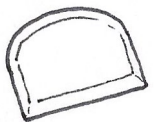
All you need is a bowl, measuring cups or a scale, a towel, a knife/razor blade and something to bake on like a cookie sheet/roaster/dutch oven/bread pan. You will also need a container to keep your starter.

Once you have a few loaves of bread under your belt, here is a list of what you might consider buying next to improve your bread and make baking easier.

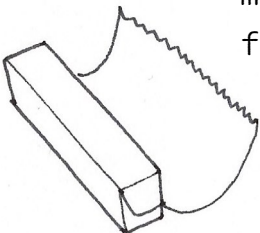
1. **KITCHEN SCALE:** A digital kitchen scale is essential to measure the ingredients accurately by weight. It's important to get a good quality scale that can measure in grams or ounces. If you don't have one, this is the first thing to buy.



2. **DOUGH SCRAPER:** This tool is helpful for scraping the dough off the bowl and surface when kneading and shaping the dough. You can get a plastic scraper for a few dollars.



3. **PARCHMENT PAPER:** Parchment paper is used to transfer the shaped dough to the baking sheet without sticking. You can buy a roll of parchment paper for a few dollars. In the meantime, you can dust your baking sheet with cornmeal or flour.

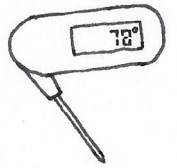


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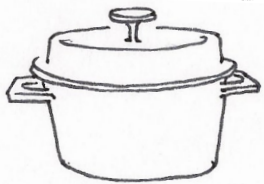
## SOURDOUGH BAKING TOOLS - BUYING GUIDE (continued)

When you hit a plateau and are ready to upgrade your kit further, the next purchase would be either a thermometer, dutch oven/roaster or a Goldie.

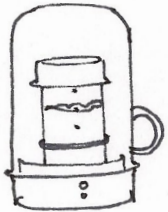
1. **PROBE THERMOMETER:** Understanding temperature is key to making great loaves consistently. You can use a probe thermometer to help judge when your bread is finished baking, to understand the temperature of your room, starter and dough.



2. **DUTCH OVEN OR ENAMEL ROASTER:** A Dutch oven, or roaster is used to bake your bread and to create a humid environment during the first stages of baking. This will give you more oven spring.



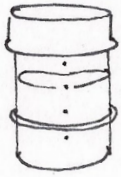
3. **GOLDIE BY SOURHOUSE:** When you are ready to keep your starter on a schedule and to keep it most active, Goldie provides a warm, safe home for your starter.



4. **DOUGHBED BY SOURHOUSE:** Put bread baking on a schedule with DoughBed by Sourhouse™: A warm, easy-to-store tool for home bakers who want to confidently proof bread dough just right, every time, on time.

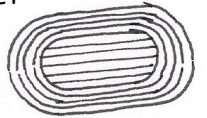
## SOURDOUGH BAKING TOOLS - BUYING GUIDE (continued)

### Nice to have



1. **STARTER JAR**: Any jar will hold a starter, but some are better than others. Using a jar designed for sourdough starter will make feeding, rise tracking and clean-up easier.
2. **BREAD BLANKET BY SOURHOUSE**: Eventually you will want to share your bread and something like our Bread Blankets will make your bread ready for transporting and gifting.

3. **BANNETON OR PROOFING BASKET**: A banneton or proofing basket is used to hold the dough as it proofs and helps shape the dough into a round or oblong shape. You can use a colander or a bowl lined with a floured towel as a makeshift proofing basket.



4. **RAZOR BLADES** (and maybe a lame for holding a blade) is the easiest way to score your bread. A sharp knife will work in the meantime.
5. **ROBUST OVEN MITTS**. Once you start handling 500°F dutch oven lids regularly you might want something more robust than the typical pot holder.



## ERIK'S TIP: SIMPLIFY YOUR FIRST LOAVES TO BUILD CONFIDENCE

Sourdough can be intimidating to a new baker because the process seems complex with lots of steps. So I recommend new bakers reduce the complexity of their first loaves so they can build some experience and confidence. Once you have baked a few loaves of bread it becomes apparent that the process can be quite simple but the potential for exploration is vast.

Try all or any of these simplification tricks:

- Don't worry about shaping, make your first loaf a pan loaf or a flat bread
- Just do one stretch and fold, or skip them entirely if you cannot watch the bread during the bulk stage.
- Use all white flour. Bread flour is great. A high protein AP flour like you get from King Arthur or Bob's Red Mill is great too.
- Do learn what "[hydration](#)" means and make low hydration (65-70%) doughs to start.
- Skip the second proof if you like.
- Skip the scoring, bake it seam side up.
- Whatever recipe you choose, bake it several times before trying another to get a feel for the process..

## ERIK'S LEARNING LOAF

400g Bread Flour or AP Flour  
250g Water  
100g Active Sourdough Starter  
10g Oil  
9g Salt



Mix everything together until the dry ingredients are fully incorporated with the liquids. No dry bits should be left in your bowl. Let dough sit covered until it increases 60-100% in size. Roll it into a tubular shape about the length of a greased (and floured) loaf pan. Put your dough in the pan seam side up. Let the dough proof in the pan at room temp for about 45 min. Bake it in a preheated oven at 350°F/177°C until the internal temperature of the loaf is 200-210°F/93-99°C and the top is browned to your liking. Let it cool on a rack before slicing.

A Flatbread Alternative: Skip the pan. Instead, cut off tennis ball sized chunks and press flat. Cook the dough disks on a hot pan until browned and cooked through, flipping once. Experiment with size, thickness and temp to get a fully cooked pita/naan/flatbread of your dreams.

### Tip: HOW TO STORE BREAD

Dan asked: "Once you have baked a loaf and then sliced it, how do you store it so that it does not dry out or get moldy?"

Hi Dan!

Sourdough tends to stay fresher longer than other breads because of the acids.

For a few days you can just turn the cut side down it onto the cut side on a cutting board and it should be fine.

The crust will lose its crispiness after a day but can always be refreshed by warming it in the toaster. Dry heat refreshes staleness in bread in general. You don't have to go so far as toasting it...unless you want toast!

For longer term storage, slice it, and put it in a ziplock bag or a container and freeze it. Toast it to thaw. Toasting it at 250°F for 10 minutes will give you a fully warmed slice without letting it get too toasty.

Avoid putting it in the fridge, as that speeds up staling.

If you ever want to soften a crust, keep the loaf in a plastic bag or closed container.

Enjoy!

Warmly,  
Erik



2.

BREAD

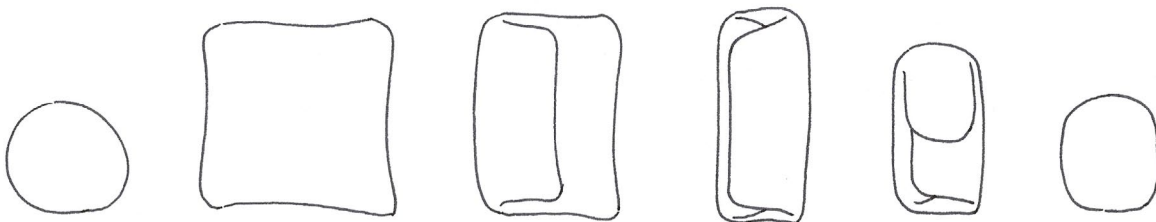
## Phil's Old Faithful Sourdough

Phil is the sourdough baker behind the thoughtful and popular YouTube channel [@CulinaryExplorations](#). If you are ready to try out a dependable country-style sourdough that incorporates new tricks like a levain and lamination then you are ready for Phil's Old Faithful.

He explores the fine points on his website:

<https://www.culinaryexploration.eu/blog/old-faithful>

Mix 21g bread flour, 21g water, and 3g starter into a levain the night before. The next day, mix the levain into 325g water. Mix in 378g bread flour, 45g whole wheat flour and 8g salt so no dry flour is left. Rest for ~30 min covered. Knead on the counter long enough to get even texture. Place in a covered container on the counter to bulk ferment. Lamine the dough three times at 30 min intervals by stretching into a large thin squarish shape and fold in thirds, turn, and fold in thirds again. Allow to bulk until you get about 75% rise. Preshape, rest 15 min, and then shape into your preferred shape. Proof in a sourdough basket on the counter for ~1hr and then in the fridge for 18 hrs. Bake straight from the fridge in a pot, in an oven preheated to 220°C/430°F for 20 min covered and 25 min uncovered. Cool fully before slicing.



## USING TIME TO JUDGE THE END OF BULK PROOF

Consistently judging the end of bulk proof is the biggest challenge in baking.

Often bakers look for multiple, subjective clues to know when to start shaping. It takes a good amount of baking experience to develop the eye and feel for a well-proofed dough. Many of us continue to refine our judgement skills our whole baking lives.

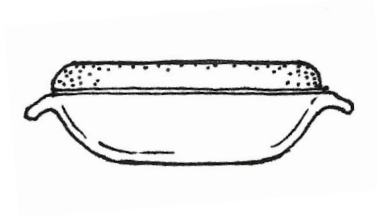
The most common way is to use a straight sided container and judge your dough using volume increases (targeting 20-100% rise depending on the recipe). With experience you can get great results but following the dough also means your time in the kitchen will vary with the seasons and room temperature fluctuations.

Before we created DoughBed, there wasn't one simple way to call the end of bulk proof. DoughBed warms your dough to the Goldilocks Zone of 75-82° F so your bulk proofing time is consistent year round and you can put your baking on schedule.

With DoughBed keeping a consistent dough temp, we invite you to use time as a guide to proofing your dough just right, because consistent temperature = consistent proofing time.

Once you identify your proofing time for your bread in DoughBed, you can basically just set the timer to know when bulk is done! You just need to set aside a few minutes to shape your bread.

Developing your eye and feel for a well-proofed dough is still important. Using time as a guide helps you develop those baking skills faster and easier.



### 5 THINGS TO BAKE IN A DOUGH BOWL

The oven-safe glass Dough Bowl that comes with the DoughBed by Sourhouse can be used in many ways. Here are 5 Ideas to get you started.

1. Cinnamon Rolls! (See Amy's)
2. Bread Pudding
3. Croutons
4. Dinner Rolls
5. A Sourdough Dutch Baby

## JASON'S (1 OR 2 STAGE) GLUTEN-FREE SOURDOUGH BREAD

We are often asked for more gluten-free options so thanks to Jason Turner for the help. Depending on the weather and how active his starter is on bake day determines if Jason makes it with one proof or two.

### One Proof Method:

Mix 25g psyllium husk, 135g sorghum flour, 140g millet flour, 175g arrowroot flour, 10g salt, 2 tbsp starter, and 500ml room temperature water with optional add-ins. Wait 5-10 minutes for psyllium to bind, then fold again until shapeable. Shape then cover and proof 6-8 hours overnight on the counter.

Bake in Dutch oven preheated to 500°F, reducing to 450°F for 20 minutes covered, then 20 minutes uncovered.

### Two Proof Method:

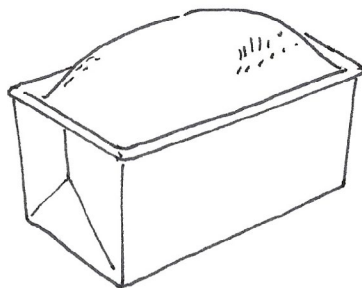
For stage one, combine 15g psyllium husk, 35g sorghum flour, 40g millet flour, 75g arrowroot flour, 2 tbsp starter, and 250ml water. Let bind, shape and proof overnight on counter.

For stage two (in a separate bowl), mix 10g psyllium husk, 100g each sorghum and millet flour, 100g arrowroot flour, 10g salt, 325ml water, and optional add-ins. After binding, flatten stage two dough, place stage one dough on top, and fold together using arrowroot powder to prevent sticking. Do the best you can. Shape and proof another 6-8 hours, then bake as above.

Optional add-ins: 5g dried rosemary or 75g sprouted pumpkin seeds or 65g sprouted sunflower seeds.

Tip: KATHLEEN'S ENGLISH MUFFIN BREAD

"It was late one night and I wasn't going to be able to stay up to form and cook the large batch of English Muffins that I'd mixed up. So, when the dough was at the stage for forming, I simply formed it into loaves, placed in a regular bread pan and baked it. I called it my 'English Muffin Bread.' I thought that I'd 'invented' something new, but later learned that there were already recipes for breads with this name. The bread was amazing and just the right size for breakfast toast or a lunch sandwich. Any English Muffin recipe will work for this."



*Kathleen Rodegeb*

## LAURA'S CULTURED BUTTER

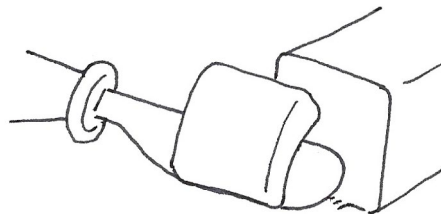
Your fermentation skills don't have to stop at bread. Cultured butter is a lightly tangy topping that is lovely on your proudest creations and is a savior of those experimental misfires.

Laura Davidson ([@abeautifulplate](#)) shared a great cultured butter recipe with us.

Mix a quart of heavy cream with a few tablespoons of yogurt (your starter in this case) and some salt. Let the mixture sit at room temp for ~48 hr (warmer = faster) until thick and tangy. Then chill for at least 1 hr in the fridge. Churn by putting it in a mixer or shaking in an enclosed jar until the liquid (buttermilk) and butter fat separate. Strain the buttermilk and save for other uses. Wash the butter fat by repeatedly rising in cold water and then squishing out any liquid in a bowl. Washing makes it firmer and extends its shelf life. Salt your butter now if you like. Stores for a month+ in the fridge.

See pictures and more detail on Laura's website

[abeautifulplate.com](http://abeautifulplate.com)



## WHAT IS "HYDRATION"

*Definition:* Hydration is the % of liquid/flour in a sourdough recipe.

Ex. A recipe with 700g water & 1000g flour = 70% hydration dough.

Don't forget to account for the water and flour in the sourdough starter you add to your dough.

Using hydration transforms a recipe into a formula that can be scaled to any size. You will be able to quickly create new bread formulas or create as many loaves of bread as you like.

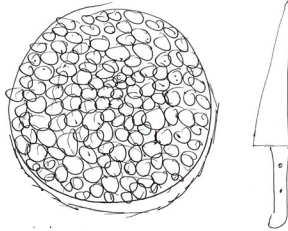
And between you and me, hydration is never a perfect number so don't worry if you are off by a few percent. Some days are more humid than others. Sometimes you add a touch of water to help dissolve the salt. It will be ok. Just watch and feel your dough and learn.



## ERIK'S POTLUCK FOCACCIA FORMULA

I typically use whatever dough I have around to make focaccia, but if I wanted to be fussy, I would probably use a bit higher hydration dough (like 80%), and a touch more salt in the basic dough. My ideal focaccia is on the thinner side to maximize the bread-to-toppings ratio. Maybe about 2 inches tall or so when baked.

I learned a simple way to upgrade any focaccia from Nicole (@nmuvu). Bake it with an infused olive oil! My go-to crowd-pleaser is garlic-infused olive oil.



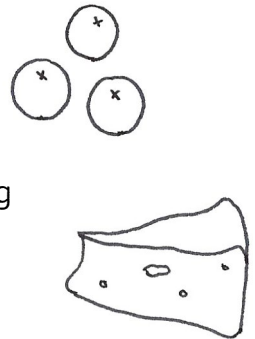
Here is the basic formula I bring to a potluck and donate to school bake sales based on Nichole's farmers market focaccia.

Mix up a loaf's worth of dough and take it through bulk. You don't have to be so precious about bulk timing with flatbread. Crush and slice several garlic cloves (at least 4) and put in a pan with olive oil. Gently warm the garlic in the oil over a low flame for 5 min but take it off if you see sizzling. Let the oil sit for 30 min at least but use it within a few hours. When your dough is done with bulk, put your garlic oil in your baking pan. I hold back the garlic slices to put on top. Spread out your dough in the pan, flipping to get oil on both sides. Proof until bubbly. Push down with fingertips to create a grid of depressions. Top with your garlic slices, salt and other toppings of your choice. I like using a mix of herbs but my favorite is adding thinly sliced potatoes (that are soaked in the garlic oil), onion, and a sprinkling of smoked paprika.

## PAULINA'S BRIE AND CRANBERRY FOCACCIA

Paulina shared an even more decadent, potluck winning focaccia from her cookbook ["No-Knead Bread Baking"](#).

100g active sourdough starter  
500g all purpose flour  
12g salt  
115g chopped dried cranberries, plus more for topping  
400g water, 75° to 80°F  
1/4 cup olive oil, divided  
1/4 pound Brie, cut into 1/4-inch cubes



Prep the starter: Feed the starter 4 hours before you plan on combining the ingredients. This will ensure the starter is properly active for your baking.

Combine: Once the starter is ready, whisk the flour, salt and cranberries together in a large mixing bowl. Pour the water into a separate vessel, then add the sourdough starter. If the starter is bubbly and happy, it should float on top of the water. (If it doesn't, keep feeding it until it does.) Whisk the water and starter together thoroughly so that you have a milky white liquid.

Mix: Add the wet ingredients to the dry ingredients. Mix everything together until there are no dry bits of flour. Cover the bowl and let the dough rest for 30 minutes.

Stretch and Folds: Over the course of the next 2 hours, perform 3 or 4 rounds of stretch and folds, each separated by 30 to 45 minutes.

Bulk Fermentation: Cover the dough and let sit at room temperature for another 2 hours.

*continued >*

## PAULINA'S BRIE AND CRANBERRY FOCACCIA (continued)

Cold Proof: Move the covered dough bowl into the refrigerator and let the dough rest for 12 hours or up to 36 hours.

Final Proof: Two to three hours before you're ready to bake the focaccia, take the dough out of the refrigerator. Line a rectangular cake or sheet pan with parchment paper and drizzle about 1/4 cup of olive oil on it. Transfer the dough to the pan and press it down to mostly fill the space. Cover the dough and let it rest for about 2 hours (or a little longer if it's very cold outside).

Bake: Preheat the oven to 425°F. Uncover the dough and sprinkle the Brie cubes over the top along with additional cranberries. Drizzle the remaining 1/4 cup of olive oil over the top. With wet or oiled fingers, press into the dough to create the signature focaccia dimples. When the oven is ready, bake the focaccia for 30 to 35 minutes, rotating the pan halfway through.

Cool: Allow the focaccia to cool in the pan for 20 minutes, then transfer it to a wire rack so that it can fully cool. Slice and Enjoy!

*Recipe Tip: Focaccia will keep sliced, in an airtight container at room temperature for several days. After that, I recommend moving it to the refrigerator where it will keep for another week or so.*

*Paulina Muratore*  
[@nokneadtoworry](#)

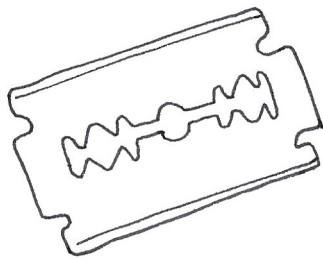
## JOY'S TOP 4 TIPS ON SHAPING & SCORING

1. If you're having issues with properly shaping your loaf, try reducing the hydration of your dough by 5-10%. The less wet dough will be easier to work with, and once you get the hang of it, you can increase your hydration again.

2. The easiest dough to score is well-shaped and cold. After my dough is fully proofed, I shape it, place it into my banneton, cover it with a shower cap, and place it in the fridge overnight. In the morning, I score it quickly and then bake it in my preheated oven while it's still cold.

3. You don't need a fancy lame to score bread; if you're careful you can just hold the razor blade with your bare hand. It helps to use a fresh corner, so after I've used a corner I'll mark it with a Sharpie to know not to use it again.

4. For the best looking wheat stalks, score them at a sharp angle that's almost parallel to the stalk and overlap your scores. This way the "leaves" will open up while baking.



*Joy Huang*  
[@joyosity](https://www.instagram.com/joyosity)

## AMY COYNE'S SOURDOUGH CROISSANT BREAD

Is it bread? Is it a croissant? We don't know. We don't care. We can now finally feed our hunger for a flaky, buttery sourdough croissant the size of a whole loaf of bread. Thanks Amy!

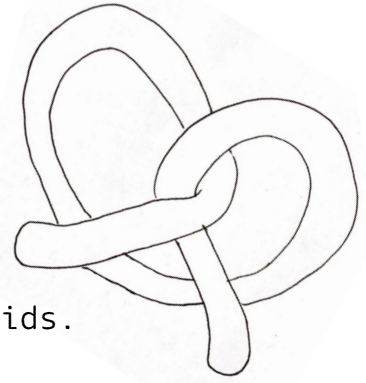
Amy Coyne ([@amybakesbread](#)) is the sourdough teacher, recipe developer, and home baker behind the blog Amy Bakes Bread and author of *The Beginner's Guide to Sourdough*.

The night before, build a levain with 6g starter, 60g flour, and 60g water, letting it peak overnight.

Next morning, dissolve 120g bubbly levain into 340g water, add 10g salt and 500g bread flour until combined. Keeping dough around 71°F (to help keep butter cool), perform four sets of stretch-and-folds over ninety minutes, working 113g grated cold butter into the dough during the second and third folds. After a 6-7 hour rise until 70% increased and jiggly, pre-shape, rest thirty minutes, then final shape into a banneton for overnight cold fermentation. Score and bake straight from the fridge in a Dutch oven preheated to 450°F with parchment, reducing the oven to 425°F for the bake. Bake 25min lid on and 20 min lid off (to about 197°F internal temp). The butter creates a crispy crust as it sizzles during the 45-minute bake. Cool on rack.

An expanded version of this recipe (with a video and variations!) is available at: [amybakesbread.com](http://amybakesbread.com)

## ERIK'S 5 TIPS FOR BAKING WITH KIDS



It can be a lot of fun to bake with even wee little kids. Here are a few tips to help everyone have fun.

1. Perhaps this is obvious ... make low hydration dough with young kids so the dough (and kids) are easier to handle.
2. Some kids like a mess, some don't (and sometimes we just don't need yet another mess to clean up) so bring the kids into the process that best suits their age and interests. For instance, my son is old enough to measure things but doesn't really like getting messy so he doesn't have much interest in pouring ingredients ... he will help read and manage the scale as we weigh things.
3. The shaping stage is a great time to include kids. My 2 year old and her big brother both love rolling out bagels and pretzels - which are also easier to handle than shaping a boule. Rolling and braiding Brandon's brioche dough with some kids would be a perfect project. Don't be too fussy about the shaping, everything they make will bake up fine and your kids will feel very proud of their work.
4. Rolls are basically mini-loaves that fit kid-sized hands very well. Making a bunch of small rolls instead of a large loaf gives kids more to do (and more practice).
5. Why get a dog when you already have a bread pet! Let your kids help name your starter and do the regular feedings so they can learn and feel ownership over the process.

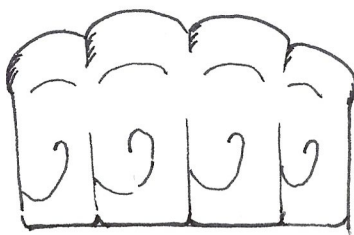


## BRANDON'S SOURDOUGH BRIOCHE

Brioche done well sits on the line between bread and pastry. It is light and fluffy and rich. It makes awesome French Toast and can be braided into holiday breads like Challah.

Brandon Cochran ([@sourdoughbrandon](https://twitter.com/sourdoughbrandon)) has a detailed recipe for sourdough brioche on his website: [sourdoughbrandon.com](https://sourdoughbrandon.com). Here is the gist of it.

Mix together 30g sourdough starter, 30g bread flour, and 30g warm water in an empty jar to build a levain and ferment until at least doubled. Mix 58g bread flour with 58g of boiling water to make a Yudane in a bowl. Add the levain, 212 grams bread flour, 27 grams granulated sugar, 5 grams salt, two large eggs and 59 grams whole milk at room temperature. Mix together into a cohesive dough. Add in one stick of room temperature, unsalted butter, in 8 small pieces, one piece at a time. Mix until you have a silky smooth dough that passes a windowpane test. Bulk for 5 hrs (at 78°F/26°C) with one stretch and fold after the 1st hr. Cold proof in the fridge overnight. Punch it down the next day to degas then place into a loaf pan. Proof 5 hrs more in a pan. Brush with an egg wash. Preheat the oven to 400°F/204°C then reduce temp to bake at 350°F/177°C for about 45 min until it hits 195-205°F/91-96°C internal temp. Cool on a rack.



## BRANDON'S PLANT MILK SOURDOUGH BRIOCHE

To make Brandon's brioche dairy-free and vegan, use a vegan butter and plant milk in place of the cow milk. Applesauce replaces the eggs.

Brandon developed a fully vegan version of his brioche using the ingredients below as a part of a collaboration we did with Almond Cow using their Plant Milk Maker. See picture and more detail [here](#).

### Levain:

- 40g active sourdough starter
- 40g bread flour
- 40g water

### Dough:

- 330g bread flour
- 7g salt
- 150g almond milk
- 50g unsweetened apple sauce
- 85g (6 Tbsp) vegan butter, softened
- All of the levain (or 120g of active sourdough starter)



## ERIK'S SANDWICH BREAD THAT COULD BE VEGAN

Having a good sandwich bread recipe in your pocket makes you a hero during lunch time. This is a simple, slightly sweet loaf that children love. I like to bake it in a large Pullman loaf pan with the lid on to get square edges but it can be adjusted for smaller pans. I also enjoy making my own plant milks, usually oat or almond for this recipe. It gives me even more control over the flavor. See the full recipe and conversions for other pan sizes [here](#).

Combine 160g of sourdough starter and 434g of water. Add 600g of all-purpose flour, 200g of einkorn flour, and 17g of salt. Allow the dough to rest for 30 minutes, then add 40g each of oil, oat milk (almond milk works too), and maple syrup, mixing until well incorporated. To develop gluten, perform two sets of stretch-and-folds over the course of an hour.

Let the dough rise by about 50% during bulk fermentation, which can take 4-7 hours depending on the temperature and starter activity. Roll the dough into a loaf and place it in a greased large 13"x4" Pullman pan, then refrigerate overnight for a slow fermentation that enhances flavor and texture.

Preheat the oven to 500°F (260°C), put the pan in, and reduce the heat to 350°F (175°C). Bake until the bread reaches an internal temperature of 200°F (93°C), typically around 40-50 minutes. Once done, cool the bread on a wire rack before slicing and serving.

Note: If using a Pullman pan with a lid on, turn the pan on a new side every 7 minutes for the first 21 minutes to help get a square loaf. Start with the pan in a normal upright position for 7 minutes, then turn it on to its left long side for 7 minutes, and then to the right long side for 7 minutes. Then turn it back upright for the remainder of the bake. Do not flip the pan upside down.

## ELLY'S WHOLE SPELT SOURDOUGH PAN BREAD

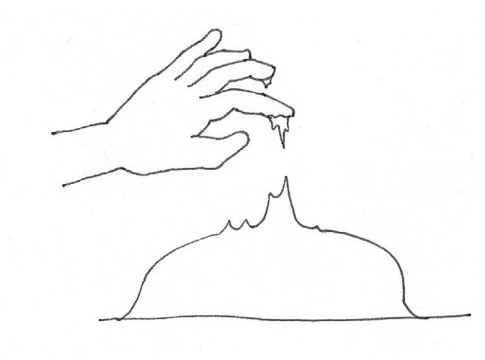
Elly Emmett ([www.ellyseveryday.com](http://www.ellyseveryday.com)) is an Australian sourdough baker and soap maker. Her sourdough videos on YouTube ([@EllysEverydayWholegrainSourdough](https://www.youtube.com/@EllysEverydayWholegrainSourdough)) helped guide Erik as he created his first loaves years ago. This is her go-to loaf for bakers wanting to explore whole grain sourdough.

Pics and more details are available at:

<https://www.ellyseveryday.com/ellys-everyday-blog/whole-spelt-sourdough-pan-bread>

Mix together 500g whole spelt flour, ~125g starter and 375g water into a shaggy dough. Rest covered for 1 hour. Mix 50g water and 9g salt. Gently knead your salt water mixture into the dough. Rest the dough for 30 min. Stretch and fold the dough every 30 minutes for the next couple hours. 3-4 folds are enough. When gassy and you hear little popping sounds as you fold, roll dough into a log shape and place in a small greased baking pan (Elly uses a 1.5 liter pan that is 20cm x 10cm x 7.5cm). Proof covered in fridge 12-36 hrs. Bake straight from the fridge in an oven preheated to 210°C/410°F for ~60 min until dark brown. Cool fully before slicing.





## ANDRA'S 7 REASONS YOUR DOUGH IS STICKY

Sticky dough? Andra ([@Sourdough\\_Explained](#)) wants to help you find the reason why so you can improve your next loaf.

1. The starter - either too young OR inactive OR too acid with not enough yeast activity
2. High hydration doughs
3. The type of flour you are using (e.g rye flour will make the dough stickier than wheat flour)
4. An over-fermented dough by the end of bulk fermentation will make dough sticky and shaping extremely difficult
5. Over-kneading / over-mixing (when using a stand mixer)
6. High ambient temperature so the bulk fermentation happens too fast
7. Insufficient gluten development

If this list helped, you will find more sourdough tips from Andra at [sourdoughexplained.com](https://sourdoughexplained.com)

## HENRY'S CRANBERRY WALNUT SOURDOUGH LOAF

Henry Hunter ([@bakinggreatbread](#)) is a former professional baker who now runs the Baking Great Bread at Home forum. This one's a real crowd-pleaser for fall.

Find the full recipe [here](#).

For the Levain:

- 50g (1/4 cup) active sourdough starter
- 100g (1/2 cup) warm water
- 100g (3/4 cup) bread flour

For the Dough:

- 375g (1 1/2 cups) warm water
- All of the levain
- 500g (4 cups) bread flour
- 10g (1 1/2 tsp) salt
- 75g (1/2 cup) dried cranberries
- 75g (1/2 cup) walnuts, coarsely chopped

The night before, mix 50g active starter with 100g warm water and 100g bread flour for the levain, leaving covered overnight. Next morning, dissolve levain in 375g warm water, fully mix in 500g bread flour, and rest 45 minutes to 1 hour. Meanwhile, soak 75g dried cranberries in warm water, juice, or brandy for 15-20 minutes, then drain. Dimple 10g salt into dough using damp fingers, then mix vigorously using Rubaud method for 10-15 minutes until smooth. Rest 45 minutes, fold in cranberries and 75g chopped walnuts gradually, then perform three sets of stretch-and-folds every 45 minutes.

Gently shape into round, place in floured banneton, and refrigerate for at least 6 hours. Score and bake in preheated Dutch oven at 450°F for 20 minutes covered, then 25-30 minutes uncovered until deep golden and 200°F internal temperature. Cool at least one hour before slicing.

## EMILY'S 8 TIPS FOR BIGGER BREAD

Emily Jane Buehler is baker with a PhD in Chemistry. She is the author of [Bread Science: the Chemistry and Craft of Making Bread](#). Read the expanded version of these tips here and learn more about her baking classes at [emilybuehler.com](http://emilybuehler.com).

1. Check your ingredients: Ensure that your sourdough starter is at its maximum strength. Water quality and the condition of your flour can also affect the dough's behavior.
2. Check your hydration: Assess the dough's moisture level and adjust it as needed. Wetter dough can lead to larger air pockets but may result in a flatter loaf.
3. Develop more gluten: Kneading and stretch & folds develop gluten, which contributes to the bread's rise. Work the dough more.
4. Warm up your dough: Providing a warm environment for the dough to rise optimizes yeast activity. Aim for a dough temperature around 75 degrees Fahrenheit.
5. Shape tightly: Shaping the dough tightens the outer surface to promote controlled and even rising. Try a series of folds to shape the dough more and more tightly, but don't let it rip.
6. Make sure your oven is hot: A hot oven is the first trick to maximizing oven spring. Try preheating to a hotter temperature than your baking temperature. Keep the oven door closed! Use objects like a pizza stone or cast iron pan to retain and radiate heat.

## EMILY'S 8 TIPS FOR BIGGER BREAD (continued)

7. Make sure your dough is fully proofed: Properly proofed dough allows the heat to penetrate to the center of the loaf, leading to more substantial expansion. Avoid over-proofing, as it can result in a collapsed loaf.
  
8. Use steam: Creating a humid environment delays crust formation, allowing the dough to expand further. Steam can be generated by various methods such as spritzing, pre-steaming the oven, or my favorite ... baking in a covered casserole or Dutch oven.

## JENNY'S SEEDY LOAF

What I love about this recipe is that the seed soaking process (which unlocks all the good nutrients) flows seamlessly into the dough making. You can pack a lot of hard-to-get minerals in this delicious nutty loaf best enjoyed toasted.

Feel free to experiment with different combinations and amounts of seeds, but be sure you don't change the flax seed amount! Flax seeds absorb water and form gel, which affects the dough consistency dramatically.

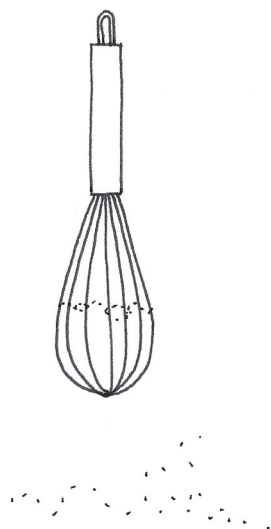
### Loaf Pan:

4x4x9in / 10x10x23cm or similar size

### Ingredients:

250g Water	150g Milk	350g Bread Flour
10g Salt	100g Starter	150g Rye Flour
80g Flax Seed	40g Butter	
120g Pumpkin Seed	40g Honey	
60g Sesame Seed		

When feeding starter, soak 80g flax seeds, 120g pumpkin seeds, and 60g sesame seeds in 250g water and 10g salt. Once starter peaks, add 100g starter to seed soak along with 150g milk and 40g honey, mixing to disperse evenly. Combine 350g bread flour and 150g rye flour separately, then add to liquid mixture until incorporated. Cover and rest for about 2 hours. When stretched, dough should extend at least a few inches without tearing - if not, knead for a few minutes. On dusted surface, shape into flat rectangle matching loaf pan length, roll up, and place in 4x4x9-inch pan. Let rise to double volume, about 7-8 hours at 78-80°F, until domed top rises past pan height. Bake at 375°F until center reaches 200°F, checking every 10 minutes after initial 35 minutes, covering with foil if top browns too quickly. Cool on rack after removing from pan.



### JENNY'S TIP ON USING A WHISK FOR SCOOPING FLOUR

In my baking routine, I use a regular whipping whisk to mix dry white flour and whole wheat flour before adding water. One day, as I was measuring flour into the bowl, I looked at the whisk standing by - and realized I can use the whisk to scoop up flour from the flour bag. You just press the whisk into the flour and make a little whirl to get the flour inside the wires. You lift the whisk up while keeping it vertical, and a chunk of flour will come up with it.

What's nice about this trick is that a whisk can hold a lot more flour than a spoon, and it also allows you to dust in a small amount of flour at a time. Much easier to control than pouring out of the flour bag! I like to dump in the majority of the weight straight from the bag, then do the final touches with a whisk as I watch the number on my scale go up to the target weight.



3.

DISCARD & DESSERTS

Tip: Use your discard as a thickener

Sourdough Discard can be used like flour to thicken soups and stew like a roux.

It will add a bit of acid to the dish which can help brighten otherwise fatty, heavy dishes.

Just add it to liquid instead of to oil to prevent creating dumplings in your dish.

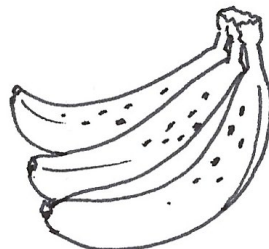
## MICHAEL'S SOURDOUGH BANANA BREAD

You probably know Michael Hilburn ([@thesourdoughpodcast](#)) from the Sourdough Podcast. He also runs a microbakery in California and shared with us his famous Sourdough Banana Bread recipe.

Pics and more details are available at:

[thesourdoughpodcast.com](https://thesourdoughpodcast.com)

In a large bowl, mash two bananas. Add wet ingredients: 110g oil, 150g sugar, 1 egg, 1 tsp vanilla extract, lemon zest. Beat together until combined. Fold in 250g sourdough starter. Stir in 60g walnuts. In a second bowl, combine: 260g flour, 1 tsp salt, 1 tbsp chia seeds. Add dry ingredients to wet and stir until combined. Lightly, fold in berries if you like. Pour batter into a 9x5in bread pan. Cover and leave out overnight at room temperature. Approx. 7 hours at 80°F/27°C or longer, up to 12 hours, at cooler temperatures. Next morning, the batter should have roughly increased in volume by 1/3. Preheat the oven to 350°F/177°C. Slice 1 banana lengthwise and place the slices on top of the risen batter for decoration. Sprinkle a little sugar on top if you like. Bake until golden brown and the internal temp. of the bread is above 200°F/93°C. Approx. 1 hr.



JENNY'S DISCARD PANCAKE

I don't know if I would have been able to continue my sourdough journey if it wasn't for this discard pancake. It's something you can enjoy while you hone your bread baking skills. This recipe doesn't require any additional flour, so it will clear out your discard container fast!

(serving size 2) Mix batter ingredients according to the list below. Batter will expand up to double or so, so make sure the bowl is big enough to hold that. Heat up a pan, spread some oil or butter, then pour half of the batter in. Watch the bubbles rise and pop. Flip the pancake and let it get golden on the underside. Cook another with the rest of the batter. Serve pancakes on plates, and top with anything your heart desires.

Savory

1 cup starter discard

1/8 to 1/4 tsp baking soda (less = chewy, more = fluffy)

a pinch of salt

Our household favorite toppings include avocado, smoked salmon, ricotta and even arugula tossed in dressing. Further customization is also easy - mix chopped scallion to the batter, for example. Goes great with some sriracha and fried egg. The chewy batter works especially nice for this.

Sweet

1 cup starter discard

1/4 tsp baking soda

1 egg

a pinch of salt

a pinch of sugar

This batter makes flat (think Swedish pancake) yet porous structure that soaks up maple syrup real nice! Highly recommend mascarpone and berries for toppings.

## AMY'S SOURDOUGH CINNAMON ROLLS

You may know Amy as one of the moderators of our [Sourhouse Sourdough Baking & Fermentation Community](#) on Facebook. She also runs a microbakery in Texas ([@desert.belle.homestead](#)) where people cannot get enough of her bread and cinnamon rolls. These work great in a cast iron pan or the Dough Bowl from the DoughBed by Sourhouse.

### Dough:

200g active starter

80g milk

125g sugar

2 eggs

450g flour

75g melted butter

1 tsp salt

### Filling:

75 grams softened butter

130 grams brown sugar

1 TBSP cinnamon

1 tsp vanilla extract

Mix all ingredients until dough is smooth. If too wet, add a little flour at a time. Cover dough overnight (8-12 hours)

The next morning roll out your dough to about 12" x 18". Spread filling mix evenly on dough. Roll dough. With a sharp knife cut dough into 12 even pieces. Place into a pan and let it double in size, about 2-4 hours.

Bake at 375°F for 20-25 minutes. Add your desired frosting.

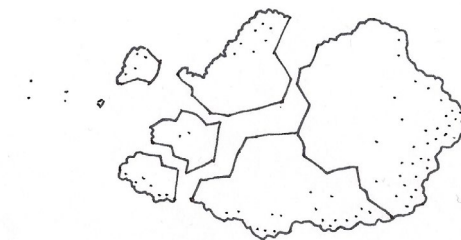
MARY'S SOURDOUGH CRACKERS

Need another use for extra starter discard? Mary Grace Quigley, an Adelaide-based homebaker, is here to save you! This is a summary of the sourdough discard cracker recipe in her new cookbook *Such Good Bread*. Learn more about Mary and her books at [marygracebread.com.au](http://marygracebread.com.au) and [@marygracebread](https://www.instagram.com/marygracebread) on Instagram.

Makes two trays, approx. one medium sized jar of crackers.

Mix together 100g sourdough discard, 50g room temp butter, 6g salt, 50g poppy seeds, 50g flax seeds, 20g sunflower seeds, and 150g water. Then add the 100g wholemeal (whole wheat to us yanks) and 100g white flours. Mix until well incorporated.

Let sit for about 20-30 min. While the dough rests, preheat your oven to 190°C/375°F and cut parchment paper to the size of your baking tray(s). Then divide the dough into two equal (~315g) balls. Roll out one dough ball thinly and evenly across a sheet of parchment paper to make a giant cracker to break up later. Sprinkle with flaky sea salt and roll salt gently into dough. Repeat with the second dough ball or save it in the fridge and bake it a day or two later. It will develop a more sour flavor during this time. To make sure they bake evenly, bake each giant cracker individually at 190°C/375°F for 30-45 min till golden. Flip if you like. Briefly cool and then have fun breaking the giant cracker into smaller chunks to create delicious, rustic sourdough crackers. Store in an airtight jar and enjoy with dips, cheeses and pickles.



EVIRA'S SOURDOUGH DISCARD BROWNIES

Elvira ([@elleiciously](#)) is a sourdough home baker & fermentation enthusiast. She has posted this drool-worthy sourdough discard brownie recipe before on instagram but here is the recipe for the first time. You can see how hers turns out [here](#).

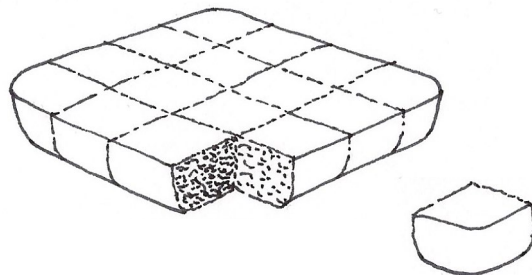
Preheat your oven to ~350°F/170°C and line a square 9" x 9" baking dish with parchment paper.

In a pan, melt 180g of dark chocolate, 50g of unsalted butter, and 60g of canola oil until smooth. Once melted, let it cool slightly.

In a bowl, beat 2 eggs, 1 egg white, 100g of granulated sugar, 80g of brown sugar, and 1/2 teaspoon of salt until light and thick. Then gently stir in 40g of dutched cocoa powder (sifted if lumpy) and 120g of sourdough discard.

Fold in the cooled chocolate butter mixture to the bowl.

Pour the batter into the prepared baking pan and bake until a tester comes out with moist crumbs still attached, about 30 to 40 minutes. Do not overbake the brownies as they will continue to bake once they're out of the oven. Cool completely before removing them from the pan. Once they've cooled, cut them into squares and serve.



## AMY MORRILL'S PUMPKIN SOURDOUGH SCONES

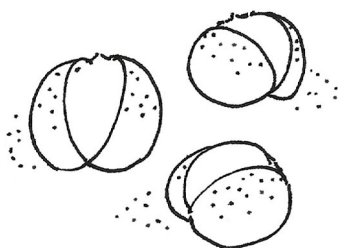
Amy Morrill is back with these pumpkin scones are one of her most requested goodies. She is a homesteader and cottage baker ([@desert.belle.homestead](#)) in Texas.

Mix 240g flour, 100g sugar, and 10g baking powder, then cut in 113g butter. Add 1 egg, 60g starter, 60g pumpkin puree, 10g pumpkin spice, 30ml cream, and 10ml vanilla, mixing thoroughly. Press into an 8-inch circle, cut into 8 wedges, and chill on parchment-lined sheet for 30 minutes. Bake at 400°F for 20 minutes.

For glaze, melt 57g butter, add 100g brown sugar and 30g powdered sugar, slowly stir in 45ml milk and 2.5ml vanilla. Bring to boil, simmer 3 minutes until thickened, add pinch of pumpkin spice, then drizzle over cooled scones.







### ERIK'S "THE GREAT BRITISH BAKE-OFF" DEVONSHIRE SPLITS

Erik transformed a Great British Bake-Off's Devonshire Splits challenge to include sourdough..as it should. These creamy treats are very mildly sweet and make a lovely treat (with tea!). View a walk-through on [YouTube](#) or [Instagram](#).

Mix 305g AP flour, 195g milk, 6g salt, 25g sugar, 25g melted butter, and 60g sourdough starter, performing slap-and-folds for 7 minutes. Bulk proof in cool kitchen for 7.5 hours with occasional stretch-and-folds. Roll into balls and refrigerate overnight. Next day, warm on counter for 1 hour, then bake at 475°F for 20 minutes, reducing to 400°F for another 7 minutes until internal temperature reaches 201°F.

Cool on rack, split down the center so they can be then fill with jam and whipped or clotted cream, dusting with confectioners sugar to serve.

Vegan milks and butter work fine for this dough.



### TIPS: SOURDOUGH CLEAN UP

Love baking even more with a few tips to make clean up easier!

- Wash in cold water to protect your pipes! Hot water turns flour into dumplings that will clog up your sink. Avoid the plumber fees by using cold water.
- Soaking is your friend. Soak pans and bowls as soon as possible. This is especially important when using rye.
- Keep the lids of your starter jar clean. It is a more common location for mold to start.
- Dried starter on the edges of your starter jar can be collected and stored as a backup starter.
- Use [straight-sided jars](#) to make it easier to clean.
- Keep your bannetons dry to avoid mold. Try sticking them in your cooling oven after a bake to ensure they dry fully.

3.

GOING DEEPER

## JENNY'S GUIDE ON HOW TO HOST A SOURDOUGH DAY

Do you have a few friends who are curious to try making sourdough? Invite them over for a "sourdough day". Since sourdough baking is at least a day-long process, take your friends along the journey while devouring delicious sourdough things you make along the way!

### Menu Example:

Brunch: Sourdough discard Dutch baby with mascarpone & maple syrup.

Dinner: Sourdough bread, root veggie soup, paté and spreadable cheese

### Tips:

- Pick a classic, simple bread recipe that you know well.
- Make the main course of the dinner something to highlight your bread - maybe something you can dip the bread into - such as hearty soup or steamed mussels.
- If you are hosting by yourself, pick a dish you can prepare the night before. Soup is excellent for this reason. You can round out the meal with items you can spread on bread - such as brie cheese, mousse paté or pesto. You can ask your guests to bring over these additions, too!
- If you have helping hands, delegate the non-bread side of things to them so you can focus on the dough and your guests - trust me, that's already a lot!
- For brunch, look for a dish you can batch process to efficiently serve a group of people - this is why I recommend Dutch baby over pancakes.

## JENNY'S GUIDE ON HOW TO HOST A SOURDOUGH DAY (continued)

One challenge of walking through the sourdough baking process is that it takes a long time. If you show each step in order you might have to host a sleepover! So here is a timetable I used to fit every step into one day.

### The Day Before

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Prep **LOAF A**. This is the loaf you use to show the baking process and eat for dinner. Mix the dough, bulk proof it, shape it and let it cold-ferment in your fridge.

Make a big pot of soup, and put it in the fridge.

### The Day Of

---

8:00am Feed your starter so it will peak around 12:00pm.

10:30am Guests arrive. Welcome them in. Show the state of your starter, tell them it's still rising and they will see it even taller by the time you start mixing the dough.

11:00am Make & enjoy starter discard Dutch baby for brunch.

12:00pm Start **LOAF B**. This is the loaf your guests will see from mixing to shaping. Show the starter at its peak state. Mix the dough. Point out what the dough looks like and feels like at this stage.

12:30pm Feed the remaining starter. Make enough to share with your friends at the end of the day. Walk them through the idea of "use some for dough, feed the rest" cycle. Talk about starter discard & general starter maintenance.

1:00 - 3:00pm Stretch & fold **LOAF B**. Take turns, let your guest experience the change in dough texture over time.

## JENNY'S GUIDE ON HOW TO HOST A SOURDOUGH DAY (continued)

3:00pm Bake **LOAF A**. Take the shaped dough out of the fridge. Show your whole baking routine from pre-heating, scoring, how you place the dough onto your bakeware. Share what you look for to judge when the bread is done.

Later...When loaf is done Let the loaf cool on a rack. Explain how bread finishes baking while cooling

6:30pm Heat up the soup you made the night before. Set table.

7:00pm Dinner time! Slice **LOAF A**, serve the soup, spread the cheese, enjoy.

8:30pm Shape **LOAF B**. Let your guests touch & feel the dough so they can see what it is supposed to be at the end of bulk fermentation. Show how you shape the dough. Let your guest have a go at it. Place in banneton.

9:00pm Wrapping up - If your friends live nearby, let them take the **LOAF B** dough home, so they can bake it themselves the next day. (If not, place it in your fridge to bake it yourself.)

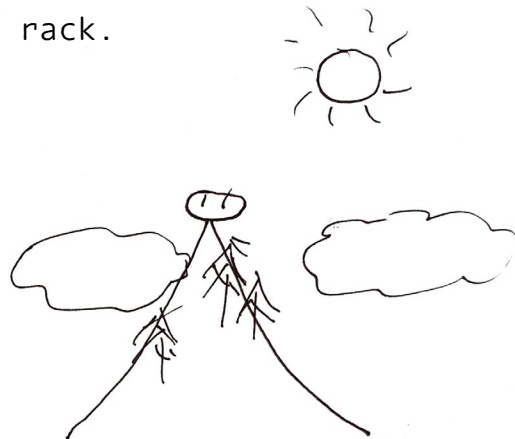
Don't forget to send your friends home with a bit of your starter, and whatever bread you may have left. Share with them your favorite way to keep bread fresh.

9:30pm Pat yourself (and your hosting partner) on the back for hosting a great sourdough day!

## HEATHER'S HOW TO BAKE SOURDOUGH AT HIGH ALTITUDE

Erik's Note: Elevation changes how sourdough behaves. When I moved to the mountains of Asheville, NC, I gained 2000' in elevation and suddenly everything started over-proofing. I turned to Heather Carrier (Founder of the Sourdough Mamas Facebook Group) for help and she encouraged me to use moderate hydration doughs and to anticipate faster proofing. Heather bakes at even higher elevations in Colorado. Here is the gist of it ...

Make a levain from 100g flour, 100g water and 50g starter. Ferment then mix in 650g water and then 900g flour. Rest 30min. Knead in 22g salt and 50g water. The high-elevation bulk fermentation takes 2.5 - 3 hours. During the first two hours of the bulk fermentation, the dough must be folded six times, or every 20 minutes. Then rest your dough for another 30-60 minutes. Gently divide and shape into 3 loaves. Do a second proof in bowls or bannetons for 3-4 hrs on the counter or overnight in the fridge. Preheat the oven to 500°F. Score and bake each loaf at 475°F for 30 min covered and 15 min uncovered. Cool on a rack.



## WHAT IS "RISE TIME"

*Definition:* Rise Time is how long a starter takes to peak after each feeding.

Sourdough starter's Rise Time is affected by:

1. Feeding ratio of Starter : Water : Flour
2. Type of flour
3. Starter temperature
4. A starter's unique yeast & bacteria composition
5. Time since the starter was last fed
6. A starter's maturity

Knowing your starter's Rise Time is foundational to putting your starter on a schedule.



## FIND YOUR STARTER'S RISE TIME IN ONE DAY

You are 1 day away from understanding your starter.

Split your starter into 2 jars. Feed one at 1:1:1 ratio and the other at 1:2:2.

Do everything else as normal. If you keep your starter on the counter, feed it there. If you keep it in your fridge, feed the cold starter fresh from the fridge as if you are preparing to bake.

Note the room temperature, how long it takes for each starter to peak, and how long it holds its peak. The results are the basics of your starter's unique Rise Time. Now you can plan your bake day more precisely.

Try tracking your Rise Time at different ratios and temperatures to learn even more.

A ratio that peaks overnight is particularly handy - it allows you to mix your dough first thing in the morning.

Use the [next page](#) to record your Rise Time--->

RISE TIME FOR \_\_\_\_\_  
NAME OF YOUR STARTER

ST : W : FL	Temp	Peaks in...	Holds peak for...
1 : 1 : 1	°	HRS	HRS
1 : 2 : 2	°	HRS	HRS
1 : :	°	HRS	HRS
1 : :	°	HRS	HRS
1 : :	°	HRS	HRS
1 : :	°	HRS	HRS
1 : :	°	HRS	HRS
1 : :	°	HRS	HRS
1 : :	°	HRS	HRS

## GOLDIE + PEAK-TO-PEAK FEEDING = SUPER ACTIVE STARTER

Feeding your starter peak-to-peak maximizes the strength of your starter. It is helpful to do this a few times when preparing to bake. The problem is you can only get so many feeds in before it is time to bake. Or if you're like me (Jenny) who gets too absorbed in trying to ramp it up, your bake day turns into *bake week* before you notice!

Goldie (you know, the little starter warmer we created) helps your starter rise faster by warming it to the Goldilocks zone, which allows you to sneak in an extra feed or two within the same day.

Track your starter's Rise Time in Goldie using a 1:1:1 ratio (starter:water:flour) to get your baseline. See how many peak-to-peak feeds you can fit into a day. Then, experiment with different ratios to find which one gives you a full night's sleep to wake up to a peaked starter.

Once you figure out your numbers, the rest is easy. Goldie keeps the feed-to-peak time consistent throughout the year, so you can rely on your favorite feeding routine to work every time you bake.

### Tip

Erik and Jenny like to just write down "G" instead of numbers for the temperature, to indicate the starter was in the Goldilocks Zone!

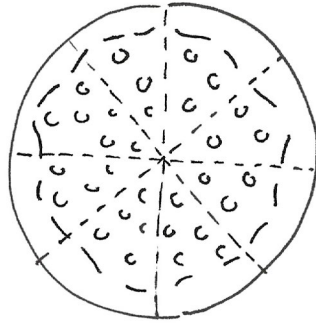


Super active  
starter!

Tip : *Don't worry about what your crumb looks like.  
If it tastes good, it's perfect.*

*- Sue Green*

THE PIZZA APPENDIX



### WELCOME, PIZZA BAKERS!

Sourdough pizza isn't really a style of pizza as much as it is a good life choice. You can make any style of pizza with sourdough, and make it tastier, healthier, and with a better story. Enjoy it weekly and live a better life.

This appendix collects recipes and tips about sourdough pizza. How to make it easy to enjoy pizza more often and to help you geek out on pizza as much or as little as you like.

Pizza is a perfectly great place to kick off your sourdough journey. In fact, some bakers focus mostly on making sourdough pizza.

What will your pizza be?

## GOOD ENOUGH v.s. STRICT PIZZA RECIPES

We are not pizza influencers on a search for the perfect crust. We don't run a bakery or a pizza shop. We just want to have fun and perhaps learn something new. To feed ourselves and our families something yummy and healthy.

The easiest sourdough pizza is made by taking a bit of whatever ready-to-shape dough you have at hand, spreading it out flat, topping it as you like.

Working with a bit of spelt, rye, or einkorn this week? Yum! Who says an olive bread wouldn't make a good pizza crust! Want to make a calzone? Just flip the half of your pizza over onto itself, pinch it closed along the seam, slit the top and bake. Easy!

That is good enough for us 95% of the time. A "good enough pizza" fits our schedules, is delicious, and still gives us lots of opportunities to grow as bakers with way less stress. Good Enough Bakers enjoy homemade pizza more often and that is good enough for us.

But it can also be fun to geek out a bit and try out a strict sourdough interpretation of one of the traditional pizza styles. So no judgement. We encourage you to learn from everyone, to experiment freely but ultimately to do what feels (and tastes) right to you.

It is your dough. It is your sourdough, cared for like a pet and unique to your kitchen. No one can recreate the particular community of beasties that you have cultivated in your starter jar to help you make your pizza.

So let's have fun and let "good enough" be the path to perfection.

## THE SECRET TO WEEKLY PIZZA - FRIDGE DOUGH

Bakers with dough in the fridge make more pizza.

The easiest way to have dough in the fridge is just to make extra dough every time you bake and keep it in the fridge for pizza night. White, rye, einkorn, spelt...it is all fine.

Once your dough is done bulk fermenting (the first proofing stage of sourdough baking) just put that extra dough in a sealed container in the fridge.

Leave it there for up to 3-4 days. It just develops more flavor.

When it is time to bake, just cut off as much dough as you need and form into balls for each pizza. Do a quick final proof of balls of dough on the counter to let them warm up and relax before flattening them or lay it out in a pan like you would make focaccia and proof till bubbly in place.

Eventually the gluten in these fridge doughs start to break down and flatten out a bit more when baked. Does that matter when making a flat bread? Feel free to push the time your dough stays in the fridge and find your own trade off of flavor and crumb.

You can also freeze ready-to-shape dough balls. Store them in your typical pizza portions to pull out as needed.



## ERIK'S EASY SOURDOUGH PIZZA

Take some extra ready-to-shape dough you have kept in the fridge. (You are keeping extra dough in the fridge right?) Spread it out flat on a sheet pan (covered with parchment paper), top it as you like.

Bake thin crusts pizzas for 8-10 min on the middle rack at the highest temp your oven can handle until browned and gooey.

For thick crusts and calzones, give it more time at a lower temp. Maybe 20-25 min at around 450°F/230°C.

Need A Basic Dough To Keep in the Fridge?

A simple 65-70% hydration dough will do great in a home oven or backyard pizza oven. Note a wetter dough (like 75%+) need a lower temp to fully bake.

Something like this will make 4-5 personal pizzas:

1200g AP or (white flour of your choice)

800g Water

25g Salt

200g Sourdough Starter

## RAPTURE'S WEEKNIGHT SOURDOUGH PIZZA RECIPE

Our friend Sahak Dulguerian ([@rapturepizza](#)) created this simple, do-it-all pizza for the home oven. It uses both bread and 00 flour but feel free to use just bread flour if that is what you have around. It makes the perfect weeknight pizza.

For a visual guide, here is a [short video](#).

### Dough Ingredients

300g high gluten bread flour  
130g of 00 pizza flour (optional, can use all bread flour)  
15g sea salt  
250g water  
70g sourdough starter

### Sauce Ingredients

28oz can of crushed plum tomatoes (Cento or Bianco di Napoli San Marzano recommended). If whole, hand crush or lightly pulse with an immersion blender.

1tsp Dried Oregano  
1/2tsp Sea salt  
1/4tsp Garlic powder (or 1 clove diced garlic)  
Pinch of crushed red pepper flakes (optional for a slight kick)

Mix 70g sourdough starter into 250g water, then add 300g bread flour and 130g "00" flour, stretching and folding until firm. Rest 20 minutes, add 15g salt, continuing to stretch and fold. Ball dough, cover with damp towel, rest 30 minutes. Knead into smooth tight ball and rest 1-2 hours at room temperature. Divide into three 250g balls, place in lightly oiled proofing containers, and refrigerate 12-24 hours. Remove 2-3 hours before baking to warm up.

*continued >*

RAPTURE'S WEEKNIGHT SOURDOUGH PIZZA RECIPE (continued)

For sauce, crush 28oz canned San Marzano tomatoes, stirring in 5g dried oregano, 2.5g salt, 1g garlic powder, and pinch of red pepper flakes.

Preheat oven to 500-550°F with baking stone on middle rack for 30 minutes past full preheat.

Stretch dough into 12-inch rounds, top lightly, and bake 4-5 minutes until cheese turns golden. minutes until cheese turns golden.

*continued >*

## RAPTURE'S SOURDOUGH PIZZA

### ...Make It Detroit Style

Follow all the steps of the dough making process, but instead of dividing the dough, use the whole dough ball. For this style of pizza you'll need a half sheet tray sized pan or if you prefer, feel free to use a cast iron pan. Rules are meant to be broken. While the traditional style is baked in a rectangular pan, feel free to use a round pan if you so desire! Drizzle a generous amount of extra virgin olive oil in your pan of choice and place the overnight dough from the fridge directly onto it. Cover with a damp towel or cheese cloth and allow it to rest for 1-2 hours.

Once the dough is closer to room temperature, begin stretching it out. Let the dough rest for an additional 1-2 hours before continuing to fully stretch to fill your pan. Now you're ready to bake!

Par bake the dough, without toppings, for 5-6 minutes at 450-500F. Remove from the oven and top with shredded or sliced low moisture mozzarella. Bake with just the cheese for 5-6 minutes. Remove from the oven and add the sauce and desired toppings. Less is more with this style of pizza. Less toppings will yield a crispier undercarriage! Perform the final bake for an additional 5-6 minutes. Finish with pecorino Romano or parmesan, and enjoy!

## RAPTURE'S SOURDOUGH PIZZA

### ...Make it Sicilian/Grandma Style

Use a deeper pan (2-2.5" deep ideally) and follow the Sicilian/Grandma instructions. On the second bake, along with adding the mozzarella, add shredded medium/sharp cheddar and spread along the edges of the pan to form an amazing cheese crust! If you want to keep it traditional, ladle 2 "tire mark" lines of sauce for the final bake. Finish with pecorino Romano or parmesan and enjoy!

## RENE'S QUICK NEAPOLITAN-STYLE SOURDOUGH PIZZA RECIPE

A proper Neapolitan-style pizza requires a very hot oven and a short bake. Here is an example from Rene Strgar ([@renesourdoughpizza](#)).

You can find detailed walk through of a [similar recipe](#), info on making this recipe in a [home oven](#) and making [tomato sauce](#) on at his website: [renesourdough.com](#)

Mix 450g "00" or bread flour, 50g "1" or whole wheat flour, and 324g water for 45-minute autolyse. Add 110g starter and 13g salt, combe thoroughly, then rest for 35 minutes. Perform four sets of stretch-and-folds every 35 minutes, followed by 20-45 minute rest. Refrigerate dough, then after 4 hours, divide into three 260g balls plus one small one. Ferment overnight until next morning, then remove 4-7 hours before baking. Bake at 450°C in a pizza oven for optimal 24-30 hour fermented sourdough pizza.

## GRANT'S SOURDOUGH NEW YORK STYLE PIZZA

For many people, NY style pizza is pizza. Trust us that it is so much better when made with sourdough.

Grant Batty shared his take on a classic sourdough NY style pie. Named UK's Best Home Pizza Chef 2024, you can follow his pizza journey [@grantbatty](#) on Instagram.

Mix 500g strong flour (like bread flour or 00) and 300g water until absorbed, cover for 2-hour autolyse. Add 65g starter and 12g salt, kneading 10 minutes until smooth. Perform three hourly stretch-and-folds during bulk fermentation, then rest another hour (for a total of 4 hours). Divide into four equal pieces, shape into tight balls, and rise 3-4 hours on counter until doubled.

To make pies, stretch each ball from center outward using knuckles and gravity, creating thin centers with thicker edges. Top with a rich tomato sauce and mixed mozzarella and mature cheddar, then bake in a pre-heated 350°C/662°F oven for 3-5 minutes until golden and bubbly. Finish with a sprinkle of dried Italian herbs before serving

For home oven, set it at it's highest temp, perhaps add 25-50g of additional water to the recipe, and expect a longer bake time.

## JENNY'S FAVORITE PIZZA TOPPING

I learned this topping combination when I was a teenager in Japan, watching a cooking show where an Italian mom taught Italian home cooking for a Japanese audience. I learned from her how to make pizza dough as well as this topping.

My family loved it when I made this pizza - especially my mom who could take a rare break from feeding us every day. Years later, I made this for my Italian American partner - his reaction earned this recipe a spot in a personal hall of fame.

Sliced Black olive

Caramelized Onion

Capers

Anchovies

Mozzarella, coined

Ricotta, dollops

Fresh oregano (optional)





## THANKS

Big thanks to our readers who stepped up  
to fix our typos:

Sean Kelly  
Stephanie Pereira

And all of our contributors:

Andra, [@sourdough\\_explained](#)  
Amy Coyne, [@amybakesbread](#)  
Amy Morrill, [@desert.belle.homestead](#)  
Brandon, [@sourdoughbrandon](#)  
Elly Emmett, [www.ellyseveryday.com](#)  
Elvira, [@elleciously](#)  
Emily Jane Buehler, [emilybuehler.com](#)  
Erik Fabian, [sourhouse.co](#)  
Grant Batty, [@grantbatty](#)  
Heather Currier, [@leavenly\\_](#)  
Henry Hunter, [@bakinggreatbread](#)  
Jason Turner  
Jennifer Yoko Olson, [sourhouse.co](#)  
Joy Huang, [@joyosity](#)  
Kathleen Rodegeb  
Laura Davidson, [@abeautifulplate](#)  
Mary Grace Quigley, [@marygracebread](#)  
Michael Hilburn, [@thesourdoughpodcast](#)  
Paulina Muratore, [@nokneadtoworry](#)  
Phil, [@culinaryexplorations](#)  
Rene Strgar, [@renesourdoughpizza](#)  
Sahak Dulguerian, [@rapturepizza](#)  
Sue Green

## ABOUT SOURHOUSE

Sourhouse envisions a world where people gather daily to share homemade sourdough bread and other fermented foods.

We design objects that become the center of daily rituals in the kitchen and an expression of their personal identity.

We make experiences that create platforms for people to gather, share and learn.

Sourhouse is a collaboration by a pair of sourdough home bakers: Erik Fabian and Jennifer Yoko Olson.

Website: [Sourhouse.co](https://sourhouse.co)

Instagram: [@lifeatsourhouse](https://www.instagram.com/lifeatsourhouse)

Email: [hello@sourhouse.co](mailto:hello@sourhouse.co)

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