

# Recipes to Reduce the Plastic in Your Lives

## Bread

### HOMEMADE BREAD

#### ***Sourdough Breads- General***

You can get sourdough recipes (and San Francisco starter) from:

<https://www.culturesforhealth.com/>

Another source for sourdough recipes is:

<https://www.homemadefoodjunkie.com/beginner-whole-wheat-artisan-sourdough-bread/>. This is the

whole process and explanation for all the steps -

it's actually less work than it sounds - but is a 2

day process. Can part whole wheat and part bread

flour, can add seeds and nuts, and even chopped kalamata olives and drained sun dried tomato!



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#### ***Adapted sourdough bread recipe, using a mixer with dough hook***

- Although there is not much actual work involved, you do need time to allow for the dough to rise. So, you need to think 3 days ahead.
- Store the starter in a large glass jar with a lid on it, you actually don't need much, can start with 2 Tbs starter, fed with 4 Tbs flour and 2-3 Tbs water, once you use it to make bread, you set aside the same amount for next time (2 Tbs starter, fed with 4 Tbs flour and 2-3 Tbs water). It is not necessary to feed and split over and over again, if you don't want. You can even freeze your starter if you are going away for months at a time.
- Please note that this recipe is not perfected yet, so be ready to make improvements to suit your needs

#### **DAY 1**

- Remove starter from the fridge (where it has been stored since the last batch of bread)
- feed with: 4 Tbs flour and 2-3 Tbs water; stir to mix, put on the lid.
- leave on the counter; it should bubble up and double in size.

#### **DAY 2**

- **In the morning:** feed again with: 4 Tbs flour and 2-3 Tbs water; stir to mix, put on the lid.
  - Leave on the counter; it should bubble up and double in size.
- **That evening:** put 4 Tbs flour and 2-3 Tbs water into a fresh empty large bottle and add 2 Tbs of your starter to this bottle. Stir to mix, put on the lid and leave on the counter.
  - Use the remaining starter in from the old bottle to begin mixing your bread as follows:

## *Hand Mixing the Dough on the evening of Day 2*

### **Ingredients**

- 3-4 Tbs melted butter
- sourdough starter (whatever is left in your old bottle, about 1/3 cup)
- 1 cup water
- 1 Tbs sugar
- ½ tsp sea salt
- ½ tsp citric acid (optional to help sour taste)
- 1 Tbs gluten (optional)
- 1¼ cup white bread flour
- ¾ cup wheat flour

### **Procedure:**

1. Oil a large bowl and set aside
2. In a large bowl whisk together water, melted butter, and remaining sourdough starter
3. Whisk in the sugar, sea salt, citric acid, and gluten
4. Whisk in 1 cup of the bread flour
5. Dough is thicker now, so switch to a spoon: using a spoon mix in ¼ cup bread flour and all of the wheat flour; the dough should be moist and sticky
6. Turn the dough into the oiled bowl then flip it so that the oiled side of the dough is up
7. Cover with a towel and set on the counter overnight

## ***DAY 3 (in the morning)***

- feed your new sourdough starter with: 4 Tbs flour and 2-3 Tbs water
  - stir to mix, put on the lid and leave on the counter; when it doubles, place in the refrigerator until you need it to make your next batch of bread.
- grease a bread pan (stick butter works well for this), cover with towel and set aside
- look under your towel, your mixed dough should have doubled in size
  - Use a mixer with dough hook to knead the dough as follows:

### **KNEADING**

1. add a heaping ¼ c of bread flour to the mixer bowl
  2. turn the dough into the bowl; attach dough hook and lower into bowl
  3. total mixing time should be at least 10 minutes, here is one way to do it:
    - 2 minutes at power level 3
      - After 2 minutes have elapsed add another heaping ¼ cup of flour
    - 3 minutes at power level 3 (increasing to power level 4 after 2 minutes)
      - After 3 minutes have elapsed add another heaping ¼ cup of flour
    - 3 minutes at power level 4 (increasing to 5 after 2 minutes)
      - After 3 minutes have elapsed set oven to 175°
    - 2 minutes at power level 5
      - After 1 minute has elapsed, turn off the oven (you want it slightly warm for the rise)
- Slowly lower power level to zero

4. raise the mixer, remove the dough hook and the mixer bowl. Cover the mixer bowl with a towel and place in the oven for its initial rise – set timer for 1 hour.

## RISING

1. after 1 hour, check the dough – you want it to double in size in this first rise.
2. once doubled, remove bowl from the oven, if necessary, reheat the oven for the 2<sup>nd</sup> rise.
3. punch down the dough (make a fist and punch it a couple of times)
4. shape the dough and turn it into the greased bread pan
5. tamp down to fill the pan evenly
6. cover with a towel and place into the warm oven, set timer for 1 hour
7. check bread after 1 hour:
  - If rise is significant (bread size), then bake
  - If rise is not sufficient, then put back into the oven and allow it to continue rising.
  - Check it again in another hour (or less) – repeat until rise is significant, warming the oven again as necessary

## BAKING

1. When you are satisfied with the rise, then remove cloth, leave in oven and set the oven to 350°.
2. When the temperature hits 350°, then set the timer for 30 minutes.
3. Remove from the oven and check the temperature (should be 180-190)
4. Allow to thoroughly cool before slicing.

## ***Sourdough English Muffins***

Makes: 12 to 18 muffins

### ***The Night Before:***

#### BASIC BATTER OR SPONGE

- 1 cup proofed sourdough starter
- 2 tablespoons honey
- 2 cups milk, from reconstituted powdered milk or regular milk
- 4 cups unbleached white flour (18 oz.)

The night before mix starter, honey and milk in mixing bowl until smooth. Add 4 cups flour, mixing in 2 cups at a time. Mix only until the flour is thoroughly wet. Cover with clean towel and leave at room temperature in a draft free place for 12-16 hours.



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## ***The Next Morning***

### **Ingredients:**

- 1 teaspoon baking soda
- 1 -2 cup unbleached white flour (4.5 to 9 oz.)
- 2 teaspoons salt (preferably sea salt)
- 1/4 cup cornmeal, for sprinkling

### **Procedure:**

1. Stir down the mixture.
2. Sprinkle a scant teaspoon baking soda and 2 teaspoons salt over the surface of the dough and work into dough.
3. Flour board with 1 cup flour and knead until dough is medium stiff - adding more flour as needed. The dough should be moist but not sticking to your hands.
4. Once enough flour has been added, knead an additional 5 minutes until the dough forms a smooth ball.
5. Roll dough on floured board to about 1/2 inch thick.
6. Cut the dough with a 3-4 inch round cutter -- keeping them uniform in thickness and diameter.
7. Place them on wax paper sprinkled with corn meal, taking care that they do not touch.\
8. Sprinkle corn meal over tops of muffins.
9. Allow to rise in warm place, covered, for about an hour or until risen again.
10. Preheat a griddle or frying pan with small amount of butter (add a little olive oil to keep from smoking). If using muffin rings, preheat them on the grill.
11. Using a low flame or heat setting, bake one side for 4-5 minutes and turn. (Place lid over the muffins to help them cook all the way through.
12. Turn only once so be sure the one side is browned before turning.
13. Turn over and squish down a bit with spatula and bake other side for another 4-5 minutes.

Looks like store bought . . . taste even better!!!