

Naturally Leavened Bread

Equipment you will need:

Scale

Bread Mixer (e.g. Kitchenaid or Bosch)

Parchment Paper

Pizza Stone or Dutch Oven

To create a start from the sample you received:

1. Dump out the start into a quart jar—or after you've used most of your start for making bread, leave about the amount that was given you as a start in the jar.
2. Put the jar on the scale and 'tare' it out.
3. Add 150 g. flour (up to 250 g.)
4. Add 150 g. water (up to 250 g.)
5. Mix well, place lid upside down on top of jar, and let sit on counter overnight or 6-8 hours.
6. Place lid on starter and put it in the fridge. Or if you are ready to make bread, go ahead!

To Make Bread:

1. Put **2 ½ cups very warm water** in the bowl of a mixer.
2. Add **½-1 cup of start** from your jar.
3. Add **1 T. Salt**
4. Add **4 heaping cups of flour**
5. Knead 4-5 minutes---dough will be quite sticky.
6. Place in greased bowl, turning to coat top.
7. Place bowl over a pot of very hot water.
8. Cover bowl with a wet towel, or plastic wrap.

9. Let rise till doubled---- 6-12 hours. The longer you raise it, the more sour it will become.
10. Put a good amount of flour on your counter and dump out the bowl.
11. Handling as little as possible---make a ball of the dough and place it on parchment paper.
12. Preheat your oven to 500° with the pizza stone in the oven.
13. When oven is preheated, throw 4 cups of ice in the bottom of the oven.
14. Carefully pick up the parchment paper and lay it and the bread on top of the pizza stone.
15. Close the oven and lower the heat to 450° for 15 minutes
16. Lower the heat to 360° for 30 additional minutes.
17. Take bread out of the oven and let sit for a little while before cutting.
18. Enjoy!!

Questions? Call me! Chirine: 801-361-4933

Light and Crisp "Natural Leavening" Waffles

2 eggs

1/4 cup coconut oil

2 T. sweetener (maple syrup, honey, agave)

1/2 t. salt

drop of vanilla

dash of cinnamon

Mix all of these ingredients then add

2 cups of natural leavening

Mix 1 t. baking soda into 1T. water.

Add to batter and stir quickly---it will raise in volume and get light and bubbly.

Bake on waffle iron!

SOURDOUGH CHOCOLATE CAKE

½ C thick starter
1 ½ C flour

1 C warm water
¼ C dry non-fat milk powder

Mix well and let stand 2-3 hours in warm place.

1C sugar (I use Coconut Sugar!)
½ C shortening (I used coconut oil)
1 ½ t baking soda
½ t salt

1 t cinnamon
1 t vanilla
2 eggs
3 squares melted chocolate
(1/2 cup melted) --- (or add
3T more coconut oil and 9T
cocoa powder)

1. Cream shortening, sugar, salt, cinnamon, baking soda and vanilla.
2. Add eggs, one at a time, beating well after each addition.
3. Combine melted chocolate and creamed mixture well. Add sourdough mixture to this and stir well (300 strokes if by hand).
4. Pour into greased 2 layer pans or one large pan.
5. Bake at 350° for 25-30 minutes or until toothpick inserted into the center comes out clean..
6. Cool, frost with favorite icing.

Note: For spice cake, omit the chocolate and add another tsp. cinnamon, ½ tsp. nutmeg and ½ tsp. cloves. Add chopped nuts, if desired.

Bean Recipes

Firehouse Baked Beans

1½ lbs ground beef
¾ lb bacon
1 cup onions, chopped
1 can kidney beans, drained
2 large cans pork and beans
1 can butter beans, drained
1 cup catsup
1 cup brown sugar
1 T. liquid smoke
3 T. vinegar
1 t. salt
pepper to taste

Brown hamburger and bacon together and drain off the fat.

Add other ingredients and slow cook at 300° for 4-6 hours

16 Bean Soup

Stove Top Method:

WASH 2 CUPS MIXED BEANS AND SOAK OVERNIGHT. DRAIN AND ADD 6 CUPS WATER, PIECES OF HAM OR HAM HOCK, 1 TEASPOON SALT, AND 1/4 TEASPOON

GINGER. COOK UNTIL BEANS ARE TENDER (ABOUT 1 HOUR) THEN ADD:

1 LARGE CHOPPED ONION
4 TABLESPOONS BARBECUE SAUCE
2 CLOVES GARLIC
2 TABLESPOONS SUGAR
1/2 TEASPOON LEMON PEPPER
2 STALKS CHOPPED CELERY
4 TABLESPOONS CATSUP
1 16 OUNCE CAN DICED TOMATOES

BRING TO BOIL AND SIMMER 2 TO 2 1/2 HOURS

Pressure Cooker Method:

Combine into Pressure Cooker:

2 Cups 16 bean soup mix
6 cups water
Pieces of Ham or Ham Hock
1 teaspoon salt
1/4 t. ginger
1 large chopped onions
2 cloves garlic

Bring Pressure Cooker up to pressure then simmer for 35-45 minutes.

Then add:

4 T. BBQ Sauce
2 T. Sugar
1/2 t. Lemon Pepper
2 stalks Celery, chopped
4 T. Catsup
1 16 oz can diced tomatoes

Heat through till celery is tender---30-45 minutes

Slow Cooker Method

Combine the same 7 ingredients as Pressure Cooker Method into a slow cooker and cook on low all day long.

About an hour before you eat, add the last 6 ingredients and heat through till celery is soft.