# CONTENTS

#### ACKNOWLEDGMENTS 1

INTRODUCTION 3

How We Got into Sourdough 3

Why Sourdough? 4

Why Whole Grains? 4

Why We Recommend You Stick with Organic Grains and Flours 5

What You Need for Sourdough 6

Flour Buying Tips and Tricks 8

Grind Your Own Grains, Not As Hard As You Think 9

Grain-to-Flour Conversions 11

Home Milling Tips 12

How Much to Mill at a Time 12

Fineness 12

Freshness 13

Why Spelt and Other Older Grains for Sourdough 14

Hey, Batter Batter! The Importance of Batter Consistency 15

#### 1 SIMPLE SOURDOUGH BASICS 18

A Simple Sourdough Schedule 18

Starters Take time 18

How to Create Your Own Sourdough Starter 20

Simple Step-by-Step Instructions for Whole Grain Sourdough Starter 23

Maintaining Your Sourdough Starter 24

Timing of Feedings and Finding Your Sourdough's Sweet Spot 28

The Not-So-Uncommon Failed Sourdough Starter 28

What to Do When You Need to Travel or Take a Few Days Off? 29

The Need for a Backup Starter 30

Waking Up Stored Starter 31

Buying Starters 31

Borrowing Starters 32

Common Problems that Cause Sourdough Consternation 32

Mold 32

House Too Hot, House Too Cold 33

Cross Contamination 33

Metal and Sourdough? 34

Too Sour 34

Not Enough Rise 34

### 2 BREAKFAST 36

English Muffins 37

Hell Hath No Pastry Like My Wife's Scones 40

Pancakes and Waffles 42

Pancakes 43

Zucchini Waffles 44

French Toast 46

## 3 LUNCH 48

Breads 48

Irish Soda Bread/English Muffin Bread 49

Croutons 52

Crackers 54

Rolling Crackers 54

Scoring Crackers 54

Basic Crackers 56

Beyond Basic Crackers 57

Artisan Spelt Bread 58

## 4 DINNER 64

Biscuits 65

What's the Difference Between a Biscuit, Roll, Muffin, and So Many Other Baked Goods? 67

Rolls 68

Empanadas 70

## 5 SNACKS AND SPECIAL TREATS 74

Muffins 74

Basic Muffins 75

Blueberry Muffins 76

Cast Iron Skillet Cinnamon Rolls 78

Cream Cheese Frosting 81

Cinnamon Raisin Bread 82

Banana Bread 87

## 6 RESOURCES AND SUNDRY MATTERS 88

Kitchen Equipment 88

Cast Iron 88

Glass 89

Stoneware 89

Measuring Equipment 90

Grain Mills 91

Online Resources 92

Traditional Cooking School 92

Cultures for Health 92

Homemade Food Junkie 92

ABOUT THE AUTHORS 93

A NOTE ABOUT THE PUBLISHER 94