



The HOMESTEAD SOURDOUGH Cookbook

- Helpful Tips to Create the Best Sourdough Starter
- Easy Techniques for Successful Artisan Breads
- Simple Recipes for Pancakes, Pizza Crust, Brownies, and More

GEORGIA VAROZZA

author of *THE HOMESTEAD CANNING COOKBOOK*

The
**HOMESTEAD
SOURDOUGH**
Cookbook



GEORGIA VAROZZA



Cover photo © Yulia Khlebnikova / Unsplash.com

Cover and interior design by Dugan Design Group

For bulk or special sales, please call 1 (800) 547-8979.

Email: Customerservice@hhpbooks.com



TEN PEAKS PRESS is a trademark of The Hawkins Children's LLC. Harvest House Publishers, Inc., is the exclusive licensee of the trademark TEN PEAKS PRESS.

THE HOMESTEAD SOURDOUGH COOKBOOK

Copyright © 2022 by Georgia Varozza

Published by Ten Peaks Press, an imprint of Harvest House Publishers

Eugene, Oregon 97408

ISBN 978-0-7369-8440-9 (pbk.)

ISBN 978-0-7369-8441-6 (eBook)

Library of Congress Control Number: 2021944038

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Printed in the United States of America

22 23 24 25 26 27 28 29 30 / VP / 10 9 8 7 6 5 4 3 2 1

CONTENTS

Introduction: My Sourdough Adventures.....	5
--	---

Part 1: Getting Started

1. What Is Sourdough, and How Does It Work?	8
2. Tools and Supplies—Collecting What You’ll Need to Begin	10
3. Sourdough Starters—Two Ways to Get Started	13
4. Maintaining, Storing, and Restoring Your Starter.....	17
5. Measuring Versus Weighing the Ingredients.....	23
6. A Basic Sourdough Loaf—the Process	25

Part 2: Recipes

7. Classic Sourdough Breads.....	34
8. Biscuits, Bagels, Buns, Rolls, and More.....	62
9. Breakfast Goodies.....	100
10. Muffins, Sweets, and Specialties	128
Resources	173
Recipe Index	174

Introduction

MY SOURDOUGH ADVENTURES

Sourdough has been a part of my life since I was a young girl. We lived near San Francisco and would often go into the city to Fisherman's Wharf on Sunday afternoons (before it became trendy—and crowded) to get live crabs and Boudin sourdough bread. A gigantic crab pot stood outside near the boat slips, and for a small fee, the person manning the pot would clean and cook our crabs for us. We'd buy several loaves of fresh sourdough bread and then rush home—riches in hand—and have a feast. Creamy butter thickly spread on slices of sourdough would assuage our hunger as we picked through the crab meat and made ourselves Crab Louie salads alongside more fresh bread. Those Sunday afternoons became a treasured memory for me, and the San Francisco sourdough bread, with its distinctive taste, was part of the gastronomic magic. Is it any wonder, then, that as an adult I wanted to recapture that magic?

Shortly after college, I began to actively pursue my varied interests, among them cooking and baking from scratch. In the back of my mind, I remembered the delicious bread of my youth and decided to try my hand at making sourdough. Times were different then, and try as I might, I couldn't lay my hands on an authentic San Francisco starter. While this obstacle may have slowed me down, it didn't stop me. I went to the local library (this was before the days of the internet) and began my research, and I soon had “recipes” to make my own starter. Long story short, my first attempts

produced nothing but an off-smelling, pinkish mess that I knew wasn't right. So, for a time, I consoled myself with yeast bread baking.

Salvation came in the form of my brother, who had moved to Alaska. He was able to get an old Alaskan sourdough starter that the giver assured him was more than 100 years old, and my brother generously propagated a batch and gave it to me (which I brought home in my carry-on bag!). I was off and running, and that starter is still going strong 40 years later. Since then, I was able to buy a San Francisco sourdough starter (see Resources at the back of the book for links to purchasing your own), so now I keep two separate starters going, and I'm careful to never let them comingle.

Over the years, I've given away many batches of starter to folks wanting to begin their own sourdough adventure, and I've taught sourdough bread baking classes as well. And when my students take the first bite of their first loaf, their grins tell me I've helped yet another baker discover the thrill of taking flour, water, and salt and making mouthwatering treats for themselves and their loved ones. I hope the same will be said of you as well. So come along with me and discover for yourself the joy that is sourdough.

PART ONE

Getting Started



Chapter 1



WHAT IS SOURDOUGH, AND HOW DOES IT WORK?

It's not known when sourdough as a leavening agent was first used, but sourdough yeast is well-documented in ancient Egypt, and the baked goods were used to feed the workers who built the pyramids. Also, the Old and New Testaments of the Bible contain numerous mentions of leavened and unleavened bread. (See, for instance, Exodus 34:25; Leviticus 7:12-14; Matthew 13:33; 1 Corinthians 5:6-7.) No one really knows how sourdough first came to be, but it's speculated that its discovery was accidental. Perhaps an ancient Egyptian forgot about their dough and when they returned, the loaf had risen and become lighter than usual. Not wishing to waste the precious ingredients, the dough was baked, and rudimentary sourdough was born. But even though its origins are steeped in mystery, the result has been with us for millennia. Until the development of commercial or baker's yeast in the 1800s, all leavened bread was made from wild yeasts—what we know as sourdough. But what exactly is sourdough yeast?

To get sourdough starter in its simplest form, flour and water are mixed together and left out at room temperature to ferment. Wild yeasts and bacteria begin to colonize on the flour and water mixture, and the mixture becomes more acidic. This in

turn allows the sourdough-specific yeast and bacteria to take hold, and if all goes well, about a week later, a viable, stable starter has been produced. At this point, the baker can begin using the starter, remembering to always set a small portion aside to feed and let ferment for another day. It really is that simple.

Producing your own sourdough starter is easy, and the tools and supplies you'll need are surprisingly few. In the next chapter, I'll detail the absolute must-have tools you'll need to successfully make sourdough baked goods, as well as other tools that can make your job easier and more enjoyable. But trust me when I say that the tools needed are very few indeed—think of the Alaskan gold miners (the Alaskan “sourdoughs”) or American pioneers on the arduous journey to the West. If they could do it, so can we.