
Sourdough Bread and Starter

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STARTER

1 package dry yeast

2 cups warm water

2 cups flour

SOURDOUGH BREAD

1 package dry yeast

1/4 cup warm water

1 teaspoon sugar

1 egg

1/4 cup vegetable oil

1/2 cup water

1 teaspoon salt

1/3 cup sugar

1 cup sourdough starter

3 1/2 cups flour

cornmeal

melted butter

Combine the starter ingredients in a large non-metal bowl. Mix well and let stand, covered loosely with plastic wrap at room temperature, for 48 hours. (To store the starter, refrigerate in a jar with a loose-fitting lid. When making bread, stir the starter well, pour out the required amount and replenish the starter with one cup flour, one cup milk, 1/3 cup sugar. Replenish at least once per week.)

Dissolve the yeast in water. Stir in the sugar. Let sit for 15 minutes.

In a large non-metal mixing bowl, mix the egg, oil, water, salt and sugar. Add the starter and the yeast mixture. Stir well. Blend in two cups of flour and beat well. Add the remaining flour. Knead well, adding more flour if the dough seems sticky. Place the dough in a bowl and cover with a damp tea towel. Let rise until doubled. Punch down, and knead again for 2 to 3 minutes.

Shape the dough and place on greased baking sheets that have been sprinkled with cornmeal. Brush with butter. Cover and let rise until doubled.

Bake at 350 degrees for about 20 to 25 minutes.

Brush with butter after baking, if desired.

Yield: 2 loaves + 3 cups starter

Breads, Muffins

Per Serving (excluding unknown items): 3371 Calories; 67g Fat (18.0% calories from fat); 83g Protein; 600g Carbohydrate; 24g Dietary Fiber; 212mg Cholesterol; 2243mg Sodium. Exchanges: 34 1/2 Grain(Starch); 1 1/2 Lean Meat; 11 1/2 Fat; 4 1/2 Other Carbohydrates.