

Any problems? Feel free to get in touch with us at [exchangeinshowen@gmail.com](mailto:exchangeinshowen@gmail.com) with "Meitheal" in the subject line.

## Feeding your sourdough

Warm a fresh jar by putting boiling water into it for a few minutes.

Pour out the boiling water.

- Add 6 dessertspoons of warm water (hand hot).
- Add 3 rounded dessertspoons of bread flour
- Add 2 (and a bit) dessertspoons of sourdough starter.

Discard the remaining, make another jar or two, or refrigerate what's left. If you are making bread, it may be helpful to create two jars (batches) of "fed" starter. I usually keep a jar of discard in the fridge and add to it. You can keep your starter in the fridge for up to one week but then you should feed it again to keep it active.

## Easy overnight sourdough bread

### Ingredients

500g bread flour (strong white, wholewheat or rye)

2 teaspoons salt

250 - 280 ml warm water

Approx. 150g sourdough starter (2 batches of fed starter - bubbly)

### Method

1. Whisk together starter and warm water in a large bowl. Add the flour and salt. Mix all the ingredients to form a rough dough.
2. Cover and rest for 30 minutes. Stretch and fold (see video)
3. Cover & Rest again for 30 minutes. Stretch and fold again.
4. Cover & Rest for 30 minutes. Stretch and fold one last time.
5. Cover (use a damp cloth) and leave in a warm place overnight or for at least 8 - 10 hours.
6. In the morning, work the dough to "knock" it back. "Knocking back" involves kneading it to burst the large air bubbles in the dough so you don't get too many large holes in your bread. Form the dough into a round ball.
7. Turn your dough into a "Dutch Oven" (heavy oven dish or casserole with a lid) lined with greaseproof paper - it is really important to line it with paper or the bread will stick to the dish. Leave to prove for between 30 minutes to one hour.
8. Preheat your oven to 220 degrees Celsius. Keeping the lid on, place the dish in the preheated oven. Baking the dough with the lid on creates steam, which will allow the dough to rise and open up while baking. The dough will need to be baked for 50 minutes. After 25 minutes, remove the lid and continue to bake for a further 25 minutes or until well browned with a good crust.
9. Once baked, remove the bread allow it to cool on a wire rack.

## Fluffy Sourdough Pancakes

### Ingredients

1 1/2 cups (190 g) all purpose flour, spooned and leveled

2 tablespoons sugar

1/2 teaspoon salt

2 teaspoons baking powder

1 teaspoon bicarbonate of soda

1 cup (240 g) sourdough starter (either leftover discard or bubbly)

2 large eggs

1 cup (240 ml) milk, plus more as needed

Melted butter or oil to coat your pan unless you are using a pancake maker (highly recommended)

### Method

- In a large bowl, whisk the dry ingredients together. Add the wet ingredients. Whisk gently until a smooth batter forms; some lumps are ok.
- If you have one, use a pancake maker (you can find them in Lidl around pancake day each year and they are amazing!!).
- Alternatively use a large frying pan or griddle (cast iron or non-stick), melt a small pat of butter over medium-low heat. Swirl the pan around to coat the pan.
- Pour 1/3 cup of batter into the pan. Cook for 1-2 minutes, lowering the heat as needed. When the edges begin to puff up and bubbles appear on the surface, flip it over. Cook for another minute or so.
- Cover and keep warm while you make the rest.
- Serve with maple syrup and fruit for a delicious breakfast.

## Simple Sourdough Pikelets

- Take one cup of discard (unfed starter that you keep in the fridge)
- Stir in 2 teaspoons of sugar, a pinch of salt and 1/2 teaspoon of bicarbonate of soda.
- The mixture should bubble up.
- Heat a frying pan, griddle or pancake maker.
- Pour in spoonfuls of the mixture cook both sides until well browned and a little crispy.
- Serve with butter and jam for a tasty treat with a tangy sour taste.

## Sourdough Pizza Crust

1 cup Sourdough Discard (from the fridge) well stirred so any liquid is mixed back in.

1/2 cup lukewarm water

2 1/2 cups of bread flour

1 teaspoon salt

1/2 teaspoon of instant dried yeast

Mix all ingredients together and knead for about 7 minutes.

Place in a greased bowl, cover and set in a warm place for at least 4 hours to rise.

Roll out - cover and leave to prove for 30 mins in a warm place for a thicker crust. Or simply use right away for a thinner crust.

Top with pizza sauce and bake at 220 degrees C. NB It is best to bake it for 5 - 10 minutes without the cheese and just add cheese towards the end of baking to keep the base crisp.