NOT JUST BREAD

BY ANNEKA MANNING

A COLLECTION OF OTHER RECIPES USING YOUR SOURDOUGH STARTER (& DISCARD)
If you have a sourdough starter of your own, chances are you’ve been baking beautiful loaves of crusty bread. But did you know there are so many other ways you can utilise it beyond sourdough bread?

Both the active starter and the inactive discard (the stuff you would usually throw away at feeding time) can be used in a variety of recipes and will add a lovely subtle sourness that will not only add a depth of flavour but also will help to highlight the key flavours.

Within these pages you will find both a handy how-to guide for adapting your favourite recipes (both those that use yeast and those that don’t) along with a collection of enticing ones already adapted for you!

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PHOTOGRAPHY ALAN BENSON
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Adapting Recipes to Use Starter Discard

There are a number of recipes that are specifically written using sourdough discard, but if you are feeling adventurous and would like to try your hand at adapting your favourite recipes, here are some handy guidelines.

When adding sourdough starter to a recipe, the three main things to consider are:

1. The hydration of your starter
2. The total amount of flour and water (or other liquids) in the original recipe
3. The quantity of starter you want to use in your recipe

100% hydration starters are the easiest ones to add to recipes as the calculations are simple. For example, 100g sourdough starter contains 50g water and 50g flour.

It’s also good to note that starter discard, which is unfed and inactive, can only be used in recipes that include other added leaveners, such as baking powder or bicarbonate of soda, or require no leavening at all. Also, if substituting a portion of self-raising flour with sourdough starter extra baking powder will need to be added to the recipe (1 teaspoon for every 75g flour substituted).

Once you consider these things you can then calculate the amounts of flour and liquid you need to remove from the recipe and if there are any other adjustments needed to compensate for the addition of the starter discard.

To help you understand how this substituting works, here is an example.

If a cake recipe uses the following quantities of liquid and flour:
- 185ml (185g) milk
- 200g self-raising flour

When adapting this recipe to use 150g of discard from a 100% hydration sourdough starter in this cake you would reduce both the self-raising flour and milk by 75g each. Also, as mentioned, you would also need to add 1 teaspoon of baking powder to compensate for removing this quantity with the 75g self-raising flour.

The new amounts in the adapted recipe would be:
- 110ml (110g) milk
- 125g self-raising flour
- 1 teaspoon baking powder

When it comes to adding your starter to the mixture it is always best to combine it with the wet ingredients before then combining it with the dry ingredients.

Replacing Commercial Yeast with Sourdough Starter

Recipes that use commercial yeast can be adapted to use a sourdough starter. The main benefit of doing this is to introduce the complex flavours of the starter to your breads and to make the flavour profile more interesting. For these recipes, as they will be relying on the leavening ability of the wild yeast, it is important that you always use a healthy, active and strong sourdough starter.

There are two main things to consider when adapting a recipe:

1. 200g active sourdough starter has the leavening ability of 7g commercial dried yeast or 14g yeast

2. Know the hydration of your starter (ratio of water to flour). This is important as you will need to use this to calculate how much you will need to reduce the total amounts of flour and water (or other liquids) in the recipe. If using a 100% hydration starter, half of the amount of starter added will be water and half will be flour. So, if adding 200g of starter you will need to reduce the total quantities of both flour and water (or other liquids) by 100g each.

Let’s now look at how you would apply these rules when adapting a recipe by using some quantity examples.

If a bread recipe uses:
- 7g instant dried yeast
- 300g strong bread flour
- 200ml (200g) water

When adapting this recipe to use your starter these ingredients would change to:
- 200g active sourdough starter (100% hydration)
- 200g bread flour
- 100ml (100g) water

The starter is always best combined with the water (or liquids) before adding to the dry ingredients.

It is also important to note that you will always need to adjust the proving times when adapting a recipe to use your sourdough starter. Wild yeast in a sourdough starter takes longer to ferment than commercial yeast and therefore longer proving times are required. As a general rule, you will need to at least triple the original proving times, or sometimes allow up to as much as 12-14 hours, when adapting a recipe to use sourdough starter that originally used commercial yeast. The key is to make sure the dough proves for long enough that the volume of dough increases as described in the recipe.
SPRING ONION PANCAKES

This is a brilliant way to utilise active sourdough starter to create pancakes reminiscent of the traditional Chinese spring onion (scallion) pancakes typically served as street food. They don’t have the characteristic flaky texture, but they do have all the flavour and only take a fraction of the time to make.

**MAKES: 4 | PREPARATION TIME: 10 MIN | COOKING TIME: 10-12 MIN PER PANCAKE**

200g active sourdough starter (100% hydration), at room temperature
2 tablespoons warm water
3 spring onion (scallions), white and tender green part, finely sliced
¼ teaspoon fine salt
1½ tablespoons vegetable oil
1 tablespoon sesame oil
1 tablespoon sesame seeds
Spring onion (scallions) curls, to garnish

**DIPPING SAUCE**
2 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon finely sliced spring onion (scallions)
2 teaspoons caster sugar
¼ teaspoon dried chilli flakes

1. To make the Dipping Sauce, combine all the ingredients in a small bowl and mix to combine. Transfer to a serving bowl.

2. Place the sourdough starter in a medium bowl. Gently stir in the water, spring onions and salt, being careful to retain as much air as possible.

3. Heat 1½ teaspoons vegetable oil and ½ teaspoon sesame oil in a small non-stick frying pan over medium-high heat until hot. Pour a quarter of the batter into the heated pan, gently spreading with the back of a spoon if necessary, to form a pancake about 12cm in diameter. Sprinkle with 1 teaspoon of the sesame seeds. Cook for 5-6 minutes or until bubbles rise to the surface of the pancake and pop, the top surface starts to look dry and the pancake is golden underneath. Flip the pancake over and cook for a further 5-6 minutes or until cooked through and golden.

4. Remove from the pan and serve immediately cut into wedges and accompanied by the dipping sauce and garnished with the spring onion curls. Wipe out the pan with paper towel and repeat with the remaining oils, batter and sesame seeds to make 3 more pancakes, serving them immediately.
SOURDOUGH PRETZELS

Pretzels are traditionally poached in what is known as lye water (an alkaline water solution made by adding of bicarbonate of soda) and this is what gives them their shiny, dark golden crust. These pretzels are crisp on the outside, soft on the inside and completely addictive!

PREPARATION TIME: 1 HR (+ OVERNIGHT & 20 MIN PROVING TIME)
BAKING TIME: 20 MIN | MAKES: 12

Olive oil, to grease
60g (¼ cup) bicarbonate of soda
1 tablespoon coarse sea salt
2 teaspoons sea salt flakes, to sprinkle
2 teaspoons poppyseeds, to sprinkle

PRETZEL DOUGH
450g (3 cups) strong bread or pizza flour, plus extra to dust
1 tablespoon caster sugar
1 teaspoon fine salt
200g active sourdough starter (100% hydration), at room temperature
250ml (1 cup) lukewarm water

1 To make the Pretzel Dough, combine the flour, sugar and salt in the bowl of an electric mixer. Place the sourdough starter in a medium bowl. Add half the water and stir until evenly combined. Stir in the remaining water. Add to the dry ingredients and use the dough hook attachment to knead on low speed to combine. Continue to knead on low speed for 5–8 minutes until the dough is smooth and elastic.

2 Brush a medium bowl with olive oil to grease. Add the dough turning it to coat lightly with the oil. Cover with plastic wrap and set aside at room temperature (about 20°C) overnight (10–12 hours) to prove.

3 Grease 2 trays with oil and line 2 separate large baking trays with non-stick baking paper.

4 When the dough has doubled in size, punch it down with your fist and then turn it onto a lightly floured surface and knead briefly until smooth and elastic and returns to its original size.

5 Divide the dough into 12 even portions and cover with a damp tea towel while shaping. Roll one portion of dough into a long sausage shape about 45cm long. Make a loop by bringing the ends of the dough away from you, twist the ends together at the top of the loop and then bring the ends to bottom of the loop and press to seal. Carefully transfer to a greased tray, being careful to retain its shape. Repeat with the remaining dough portions to shape. Set aside in a warm, draught-free place for about 20 minutes or until slightly puffed.

6 Meanwhile, preheat oven to 210°C (190°C fan-forced). Fill a large saucepan with water, about 8cm deep. Add the bicarbonate of soda and coarse sea salt and bring to the boil. Reduce the heat so that the water is at a gentle boil.

7 Working carefully so you don’t deflate the dough, use your fingers to gently slide a pretzel to the boiling water bottom side down. Poach gently for 20 seconds or until it rises to the surface of the water. Use the slotted spoon to transfer the pretzel, allowing any excess water to drain away, to a lined oven tray, bottom side down. Sprinkle with some sea salt flakes and poppyseeds. Repeat with the remaining pretzels one at a time, allowing room between each for spreading.

8 Bake the pretzels in preheated oven for 20 minutes or until dark golden, cooked through and sound hollow when tapped on the base. Serve warm or at room temperature.

BAKER’S TIP
• These pretzels are best eaten warm or on the day of baking.
SOURDOUGH CINNAMON BUNS

Wild yeast in a sourdough starter ferments at a slower rate than dried or fresh commercial yeast so this dough needs a longer proving time. Proving this dough overnight at a relatively low temperature (15-20°C) will also help develop the subtle sour flavour in the dough which complements the sweet cinnamon and bitter coffee flavours in these buns, making for a winning combination.

PREPARATION TIME: 40 MIN (+ OVERNIGHT & 1½-2 HRS PROVING TIME)
BAKING TIME: 25-30 MIN | MAKES: 9

DOUGH
300g (2 cups) strong bread or pizza flour, plus extra to dust
2 tablespoons caster sugar
1 teaspoon fine salt
110ml milk
45g salted butter, diced
1 egg yolk, at room temperature
1 teaspoon vanilla essence or extract
200g active sourdough starter (100% hydration), at room temperature
Melted butter, to grease

FILLING
110g (½ cup, firmly packed) brown sugar
1 tablespoon ground cinnamon
80g salted butter, softened

COFFEE GLAZE
125g (1 cup) pure icing sugar, sifted
5 teaspoons hot strong black coffee

1 To make the Dough, combine the flour, sugar and salt in a bowl of a stand mixer. Combine the milk and butter in a small saucepan and heat over low heat for 2-3 minutes or until the butter melts and the milk is warm. Remove from heat and use a fork to whisk in the egg yolk and vanilla. Add to the flour mixture with the sourdough starter and knead with a dough hook on low speed until combined. Continue to knead on low speed for 8 minutes or until the dough is soft and elastic. Grease a medium bowl with melted butter. Transfer the dough to the greased bowl, cover with plastic wrap and set aside at room temperature (about 20°C) overnight (10-12 hours) or until doubled in size.

2 Line a 12-hole 80ml (½ cup) muffin tin with nine paper cases.

3 To make the Filling, combine the brown sugar and cinnamon, breaking up any lumps. Set aside.

4 When the dough has doubled in size turn it onto a lightly floured surface and knead briefly or until smooth and then flatten with your hands into a rectangle. Use a lightly floured rolling pin to roll out to a 30cm x 35cm rectangle, about 8mm thick.

5 Use a palette knife to spread the softened butter as evenly as possible all over the dough. Sprinkle evenly with the brown sugar and cinnamon filling. Use the rolling pin to gently roll over the dough to press the filling into the dough slightly. Starting from the long end, firmly roll up the dough to enclose the filling. Trim the ends of the roll and then into 9 equal portions and place a scroll in each of the lined muffin tin holes, pressing them into the holes with your fingertips.

6 Cover the buns with a slightly damp tea towel and set aside in a warm, draught-free place for 1½-2 hours or until well puffed and risen by at least 50 per cent.

7 Preheat the oven to 180°C (160°C fan-forced).

8 Bake the buns in preheated oven for 25-30 minutes or until golden and sound hollow when tapped on the top. Stand the buns in the tin for 5 minutes.

9 Meanwhile, to make the Coffee Glaze, place the icing sugar in a medium bowl and stir in the coffee to mix to a thin pouring consistency. Transfer the warm buns to a wire rack and drizzle with the coffee glaze, allowing to drip down the sides. Serve warm or at room temperature.

BAKER’S TIP
• These buns are best served warm or on the day of baking.
POPOVERS

The key to well risen and light popovers is to make sure the mixture is still warm when it goes into the oven – once you start making the mixture, don’t let it sit and cool before baking. The sourdough starter discard gives these popovers a lovely subtle sourness.

PREPARATION TIME: 20 MIN  |  BAKING TIME: 30-35 MIN  |  MAKES: 6

3 eggs
Melted salted butter to grease
200ml milk
40g salted butter, diced, at room temperature
100g sourdough starter discard (100% hydration), at room temperature
100g (2 ⅓ cup) plain flour
¾ teaspoon fine salt
Butter and honey or jam, to serve (optional)

1 Place an oven rack on the lowest possible shelf and preheat to 220°C (200°C fan-forced).
2 Place the whole eggs in a bowl of hot tap water and set aside for 10 minutes.
3 Grease six 185ml (¾ cup) individual popover tins or tall dariole moulds with butter (see Baker’s Tips) and line the bases with rounds of non-stick baking paper. Place on an oven tray, leaving plenty of room between them.
4 Place the milk and butter in a small saucepan and heat over medium heat, stirring occasionally, until the milk is hot and the butter has melted. Place the eggs, milk mixture and sourdough starter in the bowl of a food processor and process until evenly combined. Add the flour and salt and process until just combined.
5 Transfer the batter to a jug and then pour into the prepared popover moulds, filling about ¾ full.
6 Bake on the lower shelf of the preheated oven for 20 minutes or until puffed, golden and crisp. Reduce the oven temperature to 180°C (160°C fan-forced) and bake for a further 5-10 minutes or until baked through.
7 Serve immediately with butter and honey or jam, or serve alongside a pot roast or casserole to soak up the juices and gravy.

BAKER’S TIPS
• You can also bake these popovers in ten greased 80ml (⅓ cup) muffin tin holes at 220°C (200°C fan-forced) for 15-20 minutes or until puffed, golden and crisp. Reduce oven to 180°C (160°C fan-forced) and bake for a further 5-10 minutes or until baked through.
• The baking time of these popovers will depend on the material that the moulds are made from – metal moulds will bake more quickly (and give more puff) than ceramic or glass moulds.
Working in batches of 4, take a dry slice of potato and dip into the batter, allowing any excess to drain off. Carefully slide into the hot oil and repeat quickly with another 3 slices. Cook for 7-10 minutes (see Baker’s Tip), turning the slices occasionally, until the batter is crisp and golden, and the potato slices are tender. Use a slotted spoon to remove the potato scallops from the oil one at a time and transfer to paper towel to drain. Repeat with the remaining potato slices and batter. Serve immediately sprinkled with salt flakes and accompanied by the Tartare Sauce.

**BAKER’S TIP**
- The key to a crisp outer for these potato scallops is to keep the oil at a consistent temperature during cooking. The oil temperature will drop slightly when you initially add the scallops but adjust the heat as needed to keep it at 190°C.
Melted butter, to grease
100g (2/3 cup) plain flour
1 1/2 teaspoons baking powder
75g (1/3 cup) caster sugar
100g sourdough starter discard (100% hydration), at room temperature
1 egg
60g salted butter, diced, melted and cooled
1 1/2 teaspoons natural vanilla essence or extract

CINNAMON SUGAR COATING
75g (1/4 cup) rapadura sugar (see Baker’s Tips)
1 teaspoon ground cinnamon
80g salted butter, diced, melted

1 Preheat the oven to 180°C (160°C fan-forced). Brush 8 holes of two 6-hole doughnut tins with melted butter to grease.

2 Sift together the flour and baking powder into a medium mixing bowl. Stir in the caster sugar.

3 Place the sourdough starter, egg, melted butter and vanilla in a jug and use a fork to whisk until well combined. Add to the dry ingredients and use a balloon whisk to stir until just combined.

4 Spoon the mixture into a large piping bag (see Baker’s Tips). Twist the end and then use scissors to cut a hole, slightly smaller than the width of the doughnut rings, in the other end. Pipe the mixture into the greased doughnut holes, dividing evenly.

5 Bake in preheated oven for 12 minutes or until golden and cooked through. Leave the doughnuts to stand in the tin for 2-3 minutes to cool slightly.

6 Meanwhile to make the Cinnamon Sugar Coating, combine the sugar and cinnamon in a bowl. Use a pastry brush to brush a warm doughnut with the melted butter to generously coat. Toss gently in the cinnamon sugar to coat evenly. Transfer to a serving plate and repeat with the remaining warm doughnuts, butter and cinnamon sugar. Serve warm or at room temperature.
BLACKBERRY CRUMBLE SHEET CAKE

This cake is one of those simple, versatile ones that is equally good accompanied by cuppa for afternoon tea as it is with a generous dollop of cream for dessert. Any berries, such as raspberries, blueberries or mixed berries, can be used instead of blackberries. Thin wedges of summer stone fruits, such as plums, peaches or nectarines, can also be substituted.

PREPARATION TIME: 25 MIN (+ 1 HR COOLING TIME)
BAKING TIME: 45-50 MIN | SERVES: 12-18

Melted butter, to grease
200g (1 1/3 cups) self-raising flour
220g (1 cup) caster sugar
185g salted butter, cubed, softened
3 eggs, at room temperature
100g sourdough starter discard (100% hydration), at room temperature
2 teaspoons natural vanilla extract or essence
300g fresh or unthawed frozen blackberries
Icing sugar, to dust (optional)
Softly whipped cream or double cream, to serve (optional)

CRUMBLE TOPPING
100g (3/5 cup) plain flour
1 1/2 teaspoons ground cinnamon
75g chilled salted butter, diced
100g demerara sugar

1 Preheat oven to 180°C (160°C fan-forced). Grease a 20cm x 30cm slice tin with melted butter and line the base and sides with one piece of non-stick baking paper, cutting into the corners to fit.

2 To make the Crumble Topping, put the flour and cinnamon in a medium bowl and use your fingertips to rub in the butter until the mixture resembles coarse breadcrumbs. Stir in the sugar. Put in the fridge while making the cake.

3 Place the flour, sugar, butter, eggs, sourdough starter discard and vanilla in the bowl of a stand mixer. Beat with a paddle attachment on low speed until combined. Increase the speed to high and beat for 3 minutes or until the mixture is light, creamy and very pale in colour. Spoon the mixture into the prepared tin and smooth the surface with the back of a spoon.

4 Scatter the blackberries evenly over the top of the cake and then press gently into the batter. Sprinkle with the prepared Crumble Topping to cover.

5 Bake in preheated oven for 45-50 minutes or until a skewer inserted in the centre comes out clean. Place the tin on a wire rack and set aside for about 1 hour or until the cake is cool. Use the overhanging paper to carefully lift the cake out onto a cutting board. Cut into portions and serve on its own or with cream.

BAKER’S TIP
• This cake will keep in an airtight container at room temperature for up to 3 days.
CARROT CAKE WITH LEMON CREAM CHEESE FROSTING

This cake boasts of all the hallmarks of a great carrot cake — it is deliciously moist, subtly spiced and packed with flavour. The sourdough starter adds a touch of sourness that works beautifully with the sweetness of the carrots.

PREPARATION TIME: 30 MIN (+ COOLING TIME)  |  BAKING TIME: 60-70 MIN  |  SERVES: 10-12

150g (1 cup) wholemeal plain flour
100g (⅔ cup) plain flour
2½ teaspoons baking powder
¾ teaspoon bicarbonate of soda
1½ teaspoons ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
220g (1 cup, firmly packed) brown sugar
100g toasted walnuts, coarsely chopped
200ml light olive oil, plus extra to grease
100g sourdough starter discard (100% hydration), at room temperature
1 whole egg, at room temperature
2 egg yolks, at room temperature
90g (¼ cup) golden syrup
500g (about 5 medium) carrots, trimmed, peeled and coarsely grated

LEMON CREAM CHEESE FROSTING
175g cream cheese, at room temperature
80g unsalted butter, softened
125g (1 cup) icing sugar mixture, sifted
1 lemon, zest finely grated
⅛ teaspoon natural vanilla essence or extract

1 Preheat the oven to 170°C (150°C fan-forced). Brush a 21cm (base measurement) springform tin with oil and line the base with non-stick baking paper.

2 Sift both the flours, baking powder, bicarbonate of soda and spices into a large bowl, returning any husks left in the sieve to the bowl. Add the sugar and walnuts and stir to combine.

3 Put the oil, sourdough starter, whole egg, egg yolks and golden syrup in a separate large bowl and use a balloon whisk to stir until evenly combined. Add the grated carrot and use a spatula to combine evenly. Add the carrot mixture to the dry ingredients and use a large metal spoon or spatula to fold together until just combined.

4 Pour the mixture into the prepared tin and use the back of a metal spoon to smooth the surface. Bake in preheated oven for 60-70 minutes or until a skewer inserted in the centre comes out clean. Stand the cake in the tin for 10 minutes before turning onto a wire rack to cool completely.

5 Meanwhile to make the Lemon Cream Cheese Frosting, use an electric mixer with a paddle attachment to beat the cream cheese and butter until very pale and creamy. Add the icing sugar, lemon zest and vanilla and beat until well combined and smooth.

6 Spread the top of the cooled cake with the frosting and serve in wedges.

BAKER’S TIP
• The iced cake will keep in an airtight container in the fridge for up to 4 days. Bring to room temperature to serve.
QUICK-MIX CHOCOLATE CAKE

This chocolate cake is one of those crowd-pleasing ones. It’s super simple to make, rich in flavour, moist in texture and perfect for any occasion – what more could you want? The added sourdough starter discard adds a lovely sourness that won’t be obvious but it will highlight the chocolate flavour.

PREPARATION TIME: 20 MIN (1 HR COOLING & 30 MIN STANDING TIME)
BAKING TIME: 35-40 MIN | SERVES: 10-12

Melted butter, to grease
150g salted butter, diced, at room temperature
220g (1 cup, firmly packed) brown sugar
125ml (½ cup) milk
2 eggs, at room temperature, lightly whisked
2 teaspoons natural vanilla essence or extract
100g sourdough starter discard (100% hydration), at room temperature
100g (2/3 cup) plain flour
55g (½ cup) cocoa powder
3 teaspoons baking powder

CHOCOLATE ICING
250g (2 cups) pure icing sugar
2 tablespoons cocoa powder
2-2½ tablespoons water, at room temperature

1 Preheat oven to 180°C (160°C fan-forced). Grease a 20cm (base measurement) round cake tin with melted butter and line the base with non-stick baking paper.

2 Combine the butter, sugar and milk in a small saucepan. Stir over medium heat until butter melts and sugar dissolves. Remove from heat and use a fork to whisk in the eggs and vanilla until well combined. Transfer to a large bowl and set aside until cooled to room temperature.

3 Add the sourdough starter discard to the cooled butter mixture and use a balloon whisk to stir until just combined. Sift together the flour, cocoa powder and baking powder over the butter mixture and stir until just combined.

4 Pour the mixture into the prepared tin and use the back of a metal spoon to smooth the surface. Bake for 35-40 minutes or until a skewer inserted into the centre of the cake comes out clean. Stand in the tin for 5 minutes before turning onto a wire rack to cool completely (about 1 hour).

5 To make the Chocolate Icing, sift the icing sugar and cocoa into a medium bowl. Use a wooden spoon to stir in 2 tablespoons of the water, adding the remaining 1/2 tablespoon if necessary, to mix to a very thick pouring consistency. Spread over the top of the cooled cake. Set aside for 30 minutes for the icing to firm before cutting.

BAKER’S TIP
• This cake will keep in an airtight container at room temperature for up to 3 days.
For more recipes and how-to tutorials visit Anneka Manning’s Bakeproof column via SBS Food here