

NO YEAST SOURDOUGH STARTER

Place 1 cup milk or water (milk gives a better flavor) in a glass jar or crock.

Allow to stand at room temperature for 24 hours

Stir in 1 cup un-sifted flour (the prospectors did not sift anything)

Leave uncovered in a warm, draft free place for 2 to 5 days (80 degrees is ideal),

depending on how long it takes to bubble and sour.

If it starts to dry out stir in enough tepid water to bring back to the original consistency.

Once it has a good sour aroma and is full of bubbles it is ready to use.

Try to maintain 1 1/2 cups starter.

Each time you use part of your starter, replenish it with a mixture of equal amounts of flour and milk. Leave at room temperature overnight or until it again becomes full of bubbles, then cover and store in the refrigerator.

Note :to speed process, cover jar with cheesecloth and place outside for several hours to expose dough to the wild yeast cells floating in the winds.

SOURDOUGH STARTER—USING COMMERCIAL YEAST

2 cups warm water or milk

2 1/2 teaspoons yeast

2 cups all-purpose flour

Combine ingredients in a large bowl, jar or crock with tight fitting lid. Allow to sit in warm, draft free area for 4 to 7 days. Stir gently once a day. You may use starter after 4 days.

To use starter, remove amount called for in recipe and then replace the amount removed with equal amounts of water or milk and flour. After feeding your starter, leave out for 24 hours. You may refrigerate after this.

JAKE'S SOURDOUGH FLAPJACKS

1 cup sourdough starter
2 cups lukewarm water
2 1/2 cups flour
2 large eggs, well beaten
2 Tablespoons sugar
1/3 cup half & half (or canned evaporated milk)
2 Tablespoons cooking oil
1 teaspoon soda

Mix starter, water and flour; keep overnight in bowl. Stir in remaining ingredients the next morning.

Let mixture bubble 10 minutes.

Cook on lightly oiled griddle.

ORVILLE'S SOURDOUGH BISCUITS

2 cups all-purpose flour
1 Tablespoon sugar
1 Tablespoon baking powder
3/4 teaspoon salt
2 cups sourdough starter
2 to 3 Tablespoons softened butter (the prospectors used lard or bear fat)

Mix flour, sugar, baking powder and salt into a large bowl; pour in starter.

Mix to make a firm dough.

Grease a 12 inch iron skillet with lard

Pinch off walnut sized balls. Place in pan.

Let stand in a warm place 10 to 15 minutes.

Bake in 400 degree oven for 24 to 30 minutes.

SOURDOUGHS SOURDOUGH BREAD

4 cups plain old flour

2 Tablespoons sugar

1 teaspoon salt

Mix dry ingredients in large bowl Add:2 Tablespoons melted fat (or shortening, oil or butter)

2 cups starter

Stir until it forms a dough

Knead on well floured board 3 to 4 minutes adding more flour as needed.

Place in oiled pan, cover and let stand in warm place for 2 hours or until doubled.

Bake in a 375 degree oven for 45 minutes.

SOURDOUGH FRENCH BREAD

1 1/2 cups starter

4 cups flour

1 cup warm water

1/2 cup milk

2 teaspoons salt

2 teaspoons sugar

Combine the ingredients and stir well. Let stand in warm draft free place until dough has doubled in size.

Knead on a well floured board adding flour (1 to 2 cups more) until dough stands without spreading.

Divide in two. Roll out into large rectangle, fold long ends in and roll into French “grand opera” shaped loaves. Place on greased sheet pan and let raise until double in size. Slash diagonal with razor blade before placing in oven.

Bake in pre-heated 400 degree oven for 15 minutes. Turn oven to 350 degrees and bake an additional 30 minutes.

If you want a beautiful brown glaze, brush one egg white on the loaves the last 10 minutes of baking time.



BOBBY'S SOURDOUGH PIZZA CRUST

1 cup starter
1 Tablespoon olive oil
1/2 teaspoon salt
1 cup flour

Mix together ingredients, working in the flour until a soft dough forms. Let rest 15 minutes.

Roll out and place on oiled pizza pan.

Bake in a 474 degree oven for 3 to 5 minutes watching closely.

Remove from oven; add your favorite pizza sauce and toppings and bake for an additional 15 minutes.

ALASKA SOURDOUGH WAFFLES

2 cups starter
2 Tablespoons sugar
4 Tablespoons oil
1 egg
1/2 teaspoon salt
1 teaspoon baking soda
1/4 cup warm water

Put starter in a large bowl, add sugar, egg, oil and salt mixing well. Dilute the soda in the warm water and fold gently into batter. Do not beat

Gently stir until dough doubles in size. Ladle some batter into a pre-heated waffle iron. When the waffle iron stops steaming the waffle is ready.

ALASKAN SOURDOUGH CORN BREAD

1 1/2 cups cornmeal
1 1/2 Tablespoons sugar
1 1/2 teaspoons salt
1 1/2 cups milk
1 1/2 cups starter
1 1/2 teaspoons cream of tartar
1 1/2 teaspoons baking soda
2 eggs slightly beaten
6 Tablespoons melted butter

Combine cornmeal, sugar and salt in a bowl. Scald milk, pour over cornmeal mixture; cool to lukewarm. Add remaining ingredients and mix well. Pour into buttered 9 inch square pan. Bake in a 425 degree oven for 40 minutes.

SOURDOUGH BANNOCK

1/2 cup starter
1 cup warm water (no hotter than 90 F.)
2 1/2 cups un-sifted wheat flour or
2 cups wheat flour and 1/2 cup graham flour, corn flour or other flour
3/4 teaspoon salt
1teaspoon baking powder
1/2 teaspoon soda

Mix starter, water and 1 cup of the flour in a large bowl, at least 8 hours before cooking time. Cover bowl, and keep at room temperature for 8 or more hours, depending on the degree of sourness desired.

Put 1 cup of flour on bread board; turn dough out onto it.

Combine salt, baking powder, soda and the remaining 1/2 cup flour, and sift over the top of the dough; mix into dough with hands, kneading lightly.

Roll out dough to 1/2 inch thickness; and cut with a round cutter. Place rounds in a greased, 9 inch square pan close together; let them rise for about half an hour, then bake in a preheated, 375 F.



oven 30-35 minutes. Or:

After kneading roll out to inch thickness put dough into a greased, large heavy cast iron frying pan, let them rise for about half an hour. Set pan in front of hot campfire coals, tilted. Or put heavy iron cover on and bury in hot coals with hot coals over top. Cook slowly and don't get bottom too hot or bannock will burn. Run a straw or toothpick through the dough and if it comes out clean it is done.

SOURDOUGH PIE CRUST

2 cups all-purpose flour – sifted

1/2 cup sourdough starter

3 Tablespoons water

3/4 teaspoon salt

2/3 cup shortening

OTHER SOURDOUGH STARTER USES

Starter is great to dip tenderized steak, chicken, fish etc. into and then roll in seasoned flour and cook.