

Sourdough Bread Recipes (No Eggs Required)

I love eggs. I eat eggs. I have nothing against eggs. But it is difficult to find good recipes that don't use eggs. And fresh eggs aren't always available. Therefore, the recipes in this collection don't require eggs.

Sourdough Starter using a Fresh Potato

1 medium potato	1 pkg. yeast	4 cups water
2 cups + 2 tbsp. flour	2 tbsp. granulated sugar	

Peel medium potato, cut into cubes and boil cubed potato in about 3 cups water. Let stand in liquid until cool. Drain and reserve the potato water. Mash the potato and set aside 1/4 cup.

In a large bowl or crock, mix flour, sugar, and yeast.

In a saucepan, combine 1 cup potato water and 1 cup water. Warm to about 100 degrees. Pour over flour mix and add the 1/4 cup mashed potato, mixing well. Cover with waxed paper and then with foil. Crimp foil around edges, but not too tightly - the starter has to breathe. Set aside at warm room temperature for 2 days. Uncover and stir in 2 tablespoons flour. Cover it back up and let sit 1 more day before using.

To feed: Every 2-3 days, stir in 2 tablespoons to 1/2 cup flour (depending on how often you use it). When you add the flour also add a pinch of sugar and just enough warm water to keep it about like thick pancake batter. You may refrigerate it to make it go dormant. When ready to use again, bring to room temperature and feed as before.

Sourdough Starter using Instant Potatoes

6 tbsp. instant mashed potato flakes	1 pkg. rapid rise yeast
2/3 cup granulated sugar	2 cups warm water

Mix all ingredients in a glass jar and cover loosely with foil. The yeast will feed on the potato flakes and sugar, and the starter will give off gas as the yeast breeds. If the container is tightly sealed, the yeast will die off. Keep at room temperature for 24 hours then refrigerate. The starter must be feed at least every 10 days with 1 cup warm water, 1/3 cup sugar, and 3 tablespoons instant mashed potato flakes. You can freeze the starter in a plastic container until you are ready to bake.

Sourdough Starter using Honey

2 cups flour	1 pkg. yeast
2 tbsp. honey	2 cups warm water

Mix water, yeast, and honey. Stir to dissolve the yeast. Let stand 10 minutes. Stir in the flour and make a smooth dough. Cover and let stand at room temperature for two days, stirring twice a day. If a sour smelling liquid appears on the top, then pour it off. Starter may be stored in a glass jar in the refrigerator until it is needed.

Sourdough Starter Water Base

2 cups flour	1 pkg. dry yeast	2 cups warm water
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Make this starter only when you have forgotten to save a starter. Combine ingredients and mix well. Place in warm place or closed cupboard overnight. In morning put 1/2 of the starter in a pint jar with a tight lid and store in refrigerator or cool place for future use. The remaining batter can be used for pancakes, waffles, bread, cake, etc. To use starter again place in mixing bowl. Add 2 cups water (or milk, if

available) and 2 cups flour and starter. Beat well and set in warm place to develop over night. In the morning remove 1/2 of sponge for whatever you need it for, and put the rest back into a jar and refrigerate.

Sourdough Starter Buttermilk Base

1 cup flour	1 cup buttermilk
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Mix flour and buttermilk and let stand 48 hours until fermented. Then follow above recipe for water base starter.

Sourdough Starter Milk Base

2 cups flour	2 cups milk
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Put 2 cups of milk in a quart jar or pot. Cover with a double thickness of cheesecloth and secure with a rubber band. Let it stand at room temperature for 24 hours. Add the flour and mix well. Replace the cheesecloth and let it stand for 12 hours, preferably outdoors in a protected place. Bring indoors and keep in a warm place until the mixture is very bubbly. Put the mixture into a container that allows for adequate expansion (2 quarts). Keep covered in the refrigerator. When some of the starter is used, it should be replaced with equal amounts of milk and flour. The mixture should be used and replenished at least once per week. If you do not bake that often, then pour out half the starter and replenish it with milk and flour once a week.

Variation: Water can be substituted for the milk, and the first 24 hours of the above process can be eliminated. However, the milk gives the starter a unique desirable flavor.

Sourdough Loaf Bread

1 cup sourdough starter	1 tbsp. oil	2/3 cups warm water
3 cups flour	1 tsp. salt	1 pkg. yeast (optional)

Preparation: If available, dissolve yeast in water in a large mixing bowl and let stand 10 minutes. Add the oil and the sourdough starter and mix well. Add the salt and 2 cups of flour. Beat until smooth. Gradually add 1 more cup of flour and continue mixing. Cover and let the dough rise until double in bulk (about 2 hours with yeast or about 6 hours without yeast). Then knead the dough on a floured board for 5 minutes. As necessary, add 1 tbsp. of flour until the dough is smooth and satiny. Place the dough in a greased bowl. Then rotate the dough inside the bowl so the top of the dough is also greased. Cover and let rise for 30 minutes. Punch down and knead for 2 minutes. Cover and let rise for 10 minutes. Grease two 9" loaf pans. Divide the dough in half and shape into a bread loaf. Put one loaf in each pan. Cover with a damp towel and let rise in a warm area for 45 minutes.

Cook: Preheat oven to 375°F. Bake for 40 to 45 minutes until brown and the loaves sound hollow when tapped. Transfer the loaves from the bread pans onto wire racks and allow to cool.

Sourdough French Bread

1 cup sourdough starter	2 tsp. sugar	1.5 cups warm water
4 cups flour	2 tsp. salt	1 pkg. yeast (optional)
2 cups flour (for kneading)	1/2 tsp. baking soda	

Preparation: If you are going to start this bread the evening before or early in the morning, you won't need the yeast. If you start it 3 hours before dinner, you will need the yeast. Mix the starter, water, and 4 cups flour in a bowl. Put this in a warm place and ignore it for the rest of the day. By evening, it should have doubled and smell like your starter again. Mix the sugar, salt, baking soda and 1 cup of flour together. Sprinkle them over the dough, and mix well. Turn the dough out onto your bread board and knead it, using the remaining flour. Shape loaves and place them on lightly greased cookie sheets. Let rise until doubled in bulk.



Cook: Slash tops of loaves, brush them with water or a well-beaten egg, and place in 400°F oven. (A pan of water on lower shelf of the oven can help make a crispy crust.) Bake until medium dark brown.

Sourdough Biscuits

1 cup sourdough starter	1/3 cup sugar	1 pkg. dry yeast
5 cups flour, sifted	1.5 tsp. salt	1 cup lukewarm water

Preparation: Pour the yeast into a deep pan, then add water and dissolve. Stir and add sugar, salt, and starter and mix. Add flour and stir into batter dough. Cover dough with cloth and set in warm place to rise. When dough is double in volume you are ready. Turn the dough out on a floured surface and roll out 3/4 inch thick and cut into biscuits. Place in a baking pan which has about 1/8 inch melted shortening in it (or use bacon grease for a unique delicious flavor.) Dip both sides of each biscuit in melted shortening or bacon grease. Set aside and let rise in a warm place until doubled in volume.

Cook: Bake at 425°F for 15 to 20 minutes.

Variation: The recipe also makes delicious scones.

Sourdough Pancakes

2 cups flour	1 tbsp. warm butter or oil	1/2 cup lukewarm water
1 pkg. yeast	1 tbsp. honey	1/2 cup water

Preparation: Prepare the pancake batter the evening before. Dissolve yeast in 1/2 cup lukewarm water. Add the honey and let stand until bubbly (about 10 minutes). Add the butter, flour, and the rest of the water. Blend well. Cover. Let rise overnight in a warm spot.

Cook: In the morning, stir the batter. Drop 1/3 cup of batter on a hot oiled grill or pan. Fry each side until golden brown.