
better
basics
MILLING CO.
Sourdough 101
your better basics guide to sourdough

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Hello, I'm Alyssa

I'm the founder of Better Basics Milling Co., a stone-milled flour company based in Alberta, Canada. As a modern-day homesteader, and a mother of five living on a small farm in Alberta, my life is full of total chaos - which is honestly how I like it. Our farm is home to a range of chickens, pigs, bees, and horses and is built to combine mindfulness, sustainability, and a deep connection to the earth and food for our children.

I struggled with food-related sensitivities for years, specifically gluten. I did all the things, including strictly eating gluten-free for nearly 7 years. Everything changed when my neighbour gifted me a loaf of homemade bread made from organic stone-milled flour. I hesitantly accepted her loaf, but I am glad I did, as I experienced no adverse reactions. Literally nothing! It was at that moment that I realized that maybe it wasn't the food (in this case, gluten) making me feel so sick, but rather the way it was processed.

From there I began researching wheat, flour, preservatives, additives, and all the synthetic vitamins added to the flour on our grocery store shelves. How the standards have gone away from traditional processing methods, to mass commercial flour mills, where our wheat is sprayed with toxic chemicals and our flour is stripped of everything that makes wheat beautiful and nutritious.

Since then, I've made it my mission to inspire others to take back control of the food on their tables, starting with their flour. By going back to basics and creating the pantry staple my family so desperately missed. Real, organic, traditionally stone-milled flour that not only tastes better but makes you feel better.

Now, you are here to make sourdough, which is really exciting! I hope to inspire you to see this process through. Together we can create a loaf you can put on your table and be proud of. Let the fun begin!

Alyssa

Welcome To Sourdough 101

Let’s Get This Party Started!

Are you ready to jump into the world of sourdough? This my basic introductory guide to sourdough. If terms like "fermentation" or "high hydration" sound foreign to you, don't worry; I've got your back. My goal here was to create a simple guide, that is easy to refer to without over complicating the situation at hand. We are all here to make sourdough, so that is what we shall do.

Now, why sourdough? Is this sourdough thing just a pandemic craze? I don’t think so. Sourdough is a traditional method of making bread. Unlike our conventional breads, it doesn't use regular yeast, instead it relies on wild yeast and friendly bacteria found in a mix of flour and water called a "sourdough starter."

As for its benefits, sourdough has a few tricks up its sleeve. It can be easier to digest (thanks to the fermentation process) and a lower glycemic index for stable blood sugar, which improves nutrient absorption, and much more.

Life's demands have led us away from traditional ways. The convenience of over processed food has all our digestion in a pickle. We've been there, done that and now we want off the ride. And let’s be honest, we all want bread back.

Enter Sourdough, requiring just three essential ingredients: water, flour, and salt. Oh, and a pinch of intuition.

Whether it's sourdough bread, pizza, or pancakes, these creations take us back to our real food roots. I am grateful every day I learned to make sourdough. Though, at times it was frustrating, I’ve never regretted the time spent for one second. This life skill along with our freshly milled flour has given me the ability eat wheat again without fear.

So, here's the deal: consider this book your guide to sourdough fundamentals. There is endless information out there, but in here we are focusing on the basics; baking a loaf of bread for your table that you can be proud of (and digest). I promise, you’ll make mistakes and have questionable loaves. However, your family will eat it and think it’s the best thing you’ve ever made. 6 months from now you’ll look back and be shocked by your earlier bakes. Remember, this is not a sprint, but a marathon, and every step along the way you are learning. This is where intuition will start kicking in, so use it. If you need a supportive voice, please feel free to message me on Instagram (@better.basics.milling).

Now, it's time to put on that apron and get back to the basics.

About Better Basics Milling Co.

Somewhere in time, our society developed a ‘Flour Phobia’ & at Better Basics we are here to change that mindset.

So much of the flour you find in grocery stores today is made for the shelf, not your health. Most of the flour is made with industrialized mills that use efficient high-speed steel rollers to produce shelf-stable flour in bulk, destroying much of the vitamins and minerals in the process. Ultimately, modern wheat and modern milling methods accommodate an extended supply chain so that your flour can sit in a warehouse, on a shelf, and in your cupboards for an unnaturally long time.

At Better Basics, we are doing it differently, our flour is stone-milled in small batches. We locally source organic, non-GMO wheat. Why? Because we don’t think food should be chemically altered, bleached, and sprayed with toxic pesticides. We exclusively source our grains from local and certified organic farms, supporting passionate farmers who share our mission to restore health and support traceable food.

We are creating freshly milled, living flour that is nutritionally superior, and that your body will love. You won’t just taste the difference, you’ll feel the difference.

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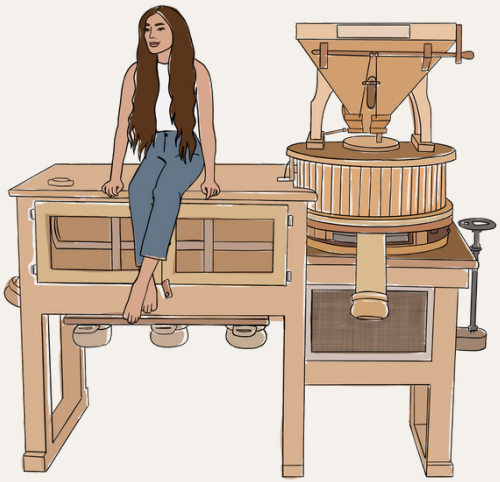


Definitions

Welcome to the world of sourdough, where the terminology can sometimes seem a bit perplexing. But don't worry it's not as complicated as it may seem. Here is a quick cheat sheet to some "Sourdough Vocabulary" you may come across on your journey.

Autolyse - sometimes called the premix or fermentalyse, typically involves the initial mixing of flour and water, followed by a resting period. It's worth noting that in traditional autolyse, the flour and water are combined without the inclusion of the sourdough starter.

Banneton- a basket, often made of natural materials, used in bread baking to shape and support dough during its final proofing stage.

Bulk Fermentation - the initial stage of sourdough bread-making where all the ingredients, including the starter, flour, water, and sometimes salt, are mixed and left to ferment together. This process enhances flavour, texture, and structure through yeast and bacteria activity, and it can last from a few hours to overnight, depending on the recipe.

Cold Proof - in sourdough baking, it is the process of refrigerating shaped sourdough dough for an extended period to enhance flavour, ease of handling, and baking flexibility.

Discard - refers to the portion of a sourdough starter that is removed and discarded before a feeding or when refreshing the starter.

Feeding - sourdough starter feeding refers to the process of replenishing a sourdough starter with fresh flour and water to nourish and activate the yeast and bacteria within. This regular feeding sustains the starter's health and ensuring it remains active and capable of leavening bread.

Hydration - refers to the ratio of water to flour in a sourdough bread recipe. It indicates the amount of water used relative to the amount of flour and is typically expressed as a percentage. A higher hydration level results in a wetter, stickier dough, while lower hydration yields a firmer dough. Sourdough hydration greatly affects the dough's consistency, crumb structure, and final bread characteristics. Higher hydration=more open crumb.

Lame - a bread lame is a tool used in baking, particularly for scoring bread dough before it is placed in the oven. It typically consists of a handle and a sharp, razor-like blade. Bakers use the lame to make precise cuts or slashes on the surface of bread dough, allowing it to expand and release steam during baking. This scoring not only enhances the appearance of the bread, but also helps control its rise and the development of the crust.

Definitions continued

Levain - used interchangeably with "sourdough starter," although a levain is typically a derivative of your starter. The process involves taking a portion of your starter and creating a levain specifically for a particular recipe. It's worth noting that not all sourdough recipes incorporate levains, but you will frequently encounter this term while exploring sourdough bread, sometimes referred to as "leaven."

Shaping - in sourdough baking is the step following bulk fermentation where you mold the fermented dough into your desired loaf shape, often requiring practice and the use of tools like dough scrapers. Common shapes include boule, batard, and baguette.

Starter - a mixture of flour and water that captures wild yeast and beneficial bacteria from the environment. It is used as a leavening agent and imparts a distinct flavour and texture to the bread.

Stretch & Fold or Coil Folds - a technique used during the fermentation process. It involves gently stretching the dough and folding it over itself in a specific pattern to improve gluten development, enhance dough structure, and trap gas for better rising. This technique is commonly used in sourdough and artisanal bread to strengthen the dough without excessive kneading.

Sourdough - bread made through natural fermentation with wild yeast and lactic acid bacteria, known for its tangy taste, unique texture and easy digestibility.

Bakers Percentages - also known as Baker's math. Flour percentage is always 100% and all other ingredients are a percentage of that. Baker's percentages make scaling a recipe up or down quite easy. I wish someone would have taught me this in the beginning so, I will simply do this for you now. Feel free to thank me later!

Here's a simple chart to illustrate baker's percentages for my sourdough recipe. grams in brackets for reference.

Flour - 100% (500g)
Water - 80% (400g)
Starter - 18% (90g)
Salt - 2% (10g)

The calculation is as follows:
Water (g) ÷ Flour (g) x 100 = Hydration %

You always divide the ingredient by the weight of the flour and then times by 100. The one confusing part is that the ingredients (other than flour) will not add up to 100%. They are percentages in relation to the flour.

Want a smaller loaf?
Scale back any recipe using this formula.

For example
You can use 400g of flour instead of 500g of flour.

Flour (100%) 400g
Water (80%) 280g (400g flour x 0.8 = 320g)
Starter (18%) 90g (400g flour x 0.18= 72g)
Salt (2%) 8g (400g flour x 0.02 = 8g)

I promise you, this is worth learning. So take a minute to wrap your head around it. Never thought you'd have to use that grade 7 math did you?

Understanding Your Starter

Being able to understand your Sourdough Starter is like deciphering its mood and readiness for baking. Here are some tips to help you decipher what your starter is telling you.

Peaking - After feeding your starter, observe how much it rises. When it doubles in size or even more, it's a sign of a healthy and active starter. As it begins to fall slightly, it's at its peak and ready to use for baking.

Bubbling Activity - Bubbles are a good indicator of fermentation. Look for small and large bubbles throughout the starter. More bubbles indicate greater activity. A bubbly surface suggests that the yeast and bacteria are doing their job. I like to tip my jar to the side and hold it up to my ear, you can hear the crackles of the bubbles, then give yourself a pat on the back.

Texture - A mature starter should have a light, airy texture. If it's too dense or has a layer of liquid on top (called "hooch"), it might need more frequent feedings.

Aroma - Your starter should have a pleasant, slightly tangy aroma, often described as "yeasty" or "sour." If it smells overly sour or unpleasantly funky, it might need a refreshment.

Time After Feeding - Pay attention to how long it takes for your starter to peak after a feeding. This can vary based on temperature, flour type, and the specific microorganisms in your starter. Generally, it should peak within 6-8 hours.

Consistency - Note the consistency of your starter. It should have a thick, pancake batter-like consistency after a feeding. If it's too thick or thin, adjust the flour and water ratio in your feedings.

Float Test - To check if your starter is ready for baking, you can perform a float test. Drop a small amount of your starter into a glass of water. If it floats, it's generally ready to use. If it sinks, it might need more time to ferment and develop.

Regular Maintenance - Remember that consistent feeding and maintenance are key to a healthy starter. If your starter ever looks sluggish or exhibits unusual signs (like mold growth), don't hesitate to make adjustments or even start over.

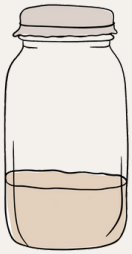
High Portion Feedings - High proportion feedings are a great way to give your starter a real boost. Discard leaving a small starter 10g and feed it 50g flour and water. this is a 1:5:5 ratio which is what I use before each bake.

Reading your sourdough starter is a skill that improves with experience. As you become more familiar with its behaviour. Don’t over think it, once established these things are resiliant!

How To Reactivate Your Dehydrated Sourdough Starter

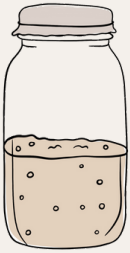
Dehydrated Starter

If you have purchased a Dehydrated Starter, follow these easy steps to get the party started. Those off-white granules were once a bubbly active starter, and are now in need of some love.



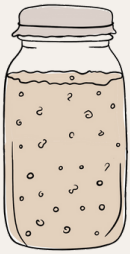
The process is quite simple, your environment will determine how quickly it will come to life.

The bacteria and yeast that live in your sourdough starter are happiest at a temperature of about 70 to 75°F or 20 to 23°C. Cooler temperatures will lead to slower activation and warmer temperatures may make the process go faster.



Supplies

- Better Basics Dehydrated Sourdough Starter
- Better Bread Flour
- 2 clean 500ml glass jars
- Plastic cover or towel with elastic to secure on top of the jar (do not seal lid)
- Mini spatula (nice to have)
- Filtered, non-chlorinated water



Reactivating Your Dehydrated Starter Sample Timeline

Day 1 - Morning
Set a clean 500ml glass jar on a kitchen scale, tare your scale and add your packet of Better Basics Dehydrated Starter. Tare your scale again and add 60g of filtered, non-chlorinated water and stir. Tare scale and add 50g of Better Bread Flour, stir until completely incorporated. Your starter will look like shaggy dough. Cover jar but do not seal shut. Let rest for 24 hours.

Use a marker or an elastic band on the outside of the jar and mark the top of your starter for reference to see how much it grows.

*do not expect any growth day 1

Day 2 - Morning
In the same jar, add 50g of Better Bread Flour and 50g of filtered water, mix until completely incorporated. Put your elastic on your jar. Cover and set aside for 24 hours.

Day 3 - Morning
Assess your starter's growth. Has it moved? Do you see any bubbles? Give it a smell. Take note of your starter and start to familiarize yourself with it.

Today we will discard. Remove 20g of starter and put into a clean jar on your scale and tare your scale. (you can toss left over starter, its not active enough to use yet). Add 50g of Better Bread Flour and 50g of filtered water. Mix until completely incorporated. Put your elastic on your jar, cover and set aside for 24 hours.

If your starter begins to really grow on Day 3 and you want to try to bake on Day 4, I suggest trying a float test* once your starter reaches its peak.
Your starter will usually peak 6-8 hours after feeding. You want to catch it right before it starts to fall. Don't stress about this. You will begin to see your own starters patterns.

Day 4 - Morning
Usually, by Day 4, you will have a nice active starter. If at the end of Day 3 you tried a float test and you are ready to bake, follow the instructions below. If it's not quite there, continue to feed your starter to get it strong enough to pass a float test.

*Float tests are not make or break, really just a confidence booster. Grab a tablespoon of your starter and drop it in warm water - if it floats, you are good!

Continue to follow Day 3 feeding instructions until you are confident in your starter.

Pre-Baking Feeding Instructions:
When feeding our starters, we are discarding to keep our starters at a manageable size and only feeding a small amount of the bacteria to keep it strong. However, my sourdough recipe calls for 100g of starter. So, the night before I plan to mix my dough, I bulk up my starter at its feed.

Add 20g of Starter into a clean jar
Add 100g of Better Bread Flour
Add 100g of filtered water
Mix and cover
Let rise for 8-10 hours

Once your starter has peaked, it's time to bake! Follow my step-by-step sourdough recipe on page 15.

Maintaining Your Active Starter

Creating a sourdough starter is a journey, and maintaining it is an ongoing relationship. So, keep observing, feeding, and baking, and you'll soon have a trusty sourdough companion in your kitchen. You will feed your starter after each bake. If you're not baking, you still feed it regularly just like your children. Congratulations, you have another dependant! Once fed you can store it in the fridge and bring it out once a week for a feed, or leave it on your counter and feed it daily. Factors like feeding ratios and house temperatures affect how quickly your starter consumes its food, so adjust accordingly.

For Example

I bake weekly; after I mix my dough, I feed the remaining starter in my jar. There is typically 10g left, I give it a maintenance feed of 50g flour and 50g water. I let me starter begin to rise, then seal the jar and store in the refrigerator for up to a week or until my next bake.

If you don't plan to bake weekly, remember to discard and feed your starter a maintenance feed of 50g of flour and 50g of water. Then place it back in the fridge.

Before you plan to bake, remove the starter from your fridge, discard leaving 10-20g of starter. Feed starter 100g flour and 100g water to ensure you have enough starter for your recipe. In 8ish hours it will be active and ready again for another bake.

You can manipulate your rise scedule to suite you using different ratios. See page 14.

Check out the play by play tutorials on Insta!

Everything you need to know about your starter here!

watch here

How to Create a Sourdough Starter From Scratch

How to Create a Sourdough Starter From Scratch

Things you'll need.

- 500 ml mason jar
- Organic Better Bread Flour or a quality unbleached all purpose flour
- Filtered non-chlorinated water (room temp)
- Kitchen scale
- Mini spatula for stirring

Day 1
Set a clean 500ml glass jar on a kitchen scale. Add 50g of organic unbleached flour and 50g of filtered non-chlorinated water. Stir until completely incorporated. Your starter will look like shaggy dough.
Cover jar but do not seal shut. Let rest for 24 hours. Use a marker or an elastic band on the outside of the jar and mark the top of your starter for reference to see how much it grows. *do not expect any growth day 1-3.

Day 2
Discard 80% of your starter leaving approve 10-15g. Add 50g of flour and 50g of water, mix until completely incorporated. Cover and set aside for 24 hours.

Day 3-6
Assess your starter's growth. Has it moved? Do you see any bubbles? Give it a smell. Take note of your starter and start to familiarize yourself with it. It can take 10-14 days for your starter to get active, so don't fret if it seems kind of lazy. Repeat steps from Day 2. Discard 80% of your starter. Add 50g of flour and 50g of water, mix until completely incorporated. Cover and set aside for 24 hours.

Day 7-10
Your starter is likely getting pretty active and bubbly. This is the exciting part. To know if your starter is ready to bake with, you want it to be doubling in size within 6-8 hours of its last feed. If it's looking good and smelling good, you can also try the float test. Once your starter has peaked, take a tablespoon of your starter and drop it into a glass of warm water. Does it float? Great, it's time to bake.

Troubleshooting Your Starter

Once you've got the hang of the sourdough basics, reading your starter becomes almost second nature. To help you fine-tune your baking instincts, here's a closer look at different scenarios you might come across:

Is Your Starter Hungry?
Hungry starters tend to be more liquid, almost paste-like, with tiny or no bubbles. If you spot a layer of liquid on the surface (known as "hooch"), it's a clear sign that your starter needs a good feeding.

Is Your Starter Ready For Baking?
A Starter that's ready to work its magic in your dough is a sight to behold. It should have risen noticeably, taken on a thick, marshmallow-like texture, and might emit a sweet or yeasty aroma.

When to Consider a Higher Ratio Feeding
Think of higher proportion feedings as a turbocharge for your starter. They ensure that the small group of yeast and bacteria in your "remaining starter" gets an ample meal, allowing them to grow big and strong. For instance, a high ratio feed of 1:5:5 would be keeping 10g of your starter and adding 50g each of fresh flour and water. Instead of the typical 1:1:1 feed you see many others suggest.

Sourdough Starter Cheat Sheet

Feeding Ratios

What are feeding ratios, and do they matter?
A sourdough ratio compares the WEIGHT of starter to flour to water. Sourdough starters are a living organism. It requires food (flour) to keep it happy and thriving. The amount of flour you feed it will directly impact when your starter will peak and be ready for use.

The more starter you carryover/feed, the quicker the starter will peak. The less starter you carryover/feed, the longer it will take for the starter to peak. We express this relationship as a ratio.

Why is it important?
Knowing when your starter will peak puts you in control. Giving you the ability to plan your sourdough around your schedule with connivence and ease. Once I understood ratios, my sourdough world opened up and I had so much more control over my bakes!

Use the cheat sheet below to help schedule a starter that works for you!

If I mix my dough in the morning, I use this ratio before bed.

1:1:1 Ratio	1:5:5 Ratio	1:10:10 Ratio
1 part Starter 1 Part Flour 1 Part Water	1 part Starter 5 Part Flour 5 Part Water	1 part Starter 10 Part Flour 10 Part Water
Example 50g Starter 50g Flour 50g Water	Example 10g Starter 50g Flour 50g Water	Example 10g Starter 100g Flour 100g Water
At 76 °F starter will peak in 3-4 Hours	At 76 °F starter will peak in 6-7 Hours	At 76 °F Starter will peak in 10-12Hours

Basics Sourdough Recipe

watch it being made

tools you need

This is my go to high hydration (80%) Sourdough recipe with a sample timeline. It's been tested using our Better Bread Flour, though you can use other bread flours. I would recommend something with a high protein content of 12-13%.

Ingredients

- 500g Better Bread Flour
- 350g filtered, non chlorinated water
- 100g active Sourdough Starter
- 10g unrefined salt

Feeding Your Starter (The Day Before: 9-10pm)
I feed my starter the the night before I plan to mix my dough using a 1:5:5 ratio. 20g starter, 100g flour, 100g water. This leaves me with plenty of starter and a bit of discard. By 6 am, it has significantly risen and started to fall. (peaked)

Mix Your Dough (7 am)
Set your bowl on your scale and add 350g of lukewarm water. Tare your scale and add 100g of active starter. Mix the starter and water vigorously into a milky mixture. Tare scale and add 500g of Better Bread Flour. Mix until there are no dry bits - do not rush this process. Be sure all the flour is incorporated, you can not over mix. You may want to dampen your hands and really get in there. Let sit for 1 hour covered with a tea towel. This part is called the Autolyse.

continued

Add Salt (8 am)
Set your bowl on your scale, dampen your hands and gently poke your finger tips into the top of your dough. Sprinkle 10g of salt onto of your dough and then work it in with your slightly dampened hands. Don't be shy; the dough doesn't mind the groping. Once combined, scrape down the sides of your bowl with your silicone scraper, cover with damp tea towel and let rest for 1 hour.

Stretch and Fold (9am)
In this step we will start the process of "Stretching and Folding or Coil Folds". We do this to build up the gluten structure in our dough.

1st- Stretch & Fold (9 am)
Rest 30 mins
2nd- Stretch & Fold (9:30 am)
Rest 30 mins
3rd-Stretch & Fold (10 am)
Rest 30 mins
4th- Stretch & Fold (10:30 am)

Cover with a damp towel and let rest on counter for 3-4 hours, at 23-24°C (74-75°F)

This is when the dough is doing its thing - fermenting as the yeast and bacteria chow down on sugars. By the end of this bulk fermentation, your dough should rise 50%.

Prepare Your Baskets and Shape your Dough (5:30 pm)
I really love my handmade woven cotton banneton baskets either lightly dusted with rice or gf flour, or I just place a linen tea towel in the basket. I find either option easy to remove my dough; it's personal preference. You can use any banneton basket you have on hand.

Shape Your Dough
Scrape dough out onto a lightly floured counter. Your goal here is to build tension without tearing the dough. There are many ways to shape your dough, so find which works best for you. You can watch me shape my dough HERE. Shape dough and place it in your prepared banneton basket seam side up. I often use the stitching method here to tighten it up a bit if needed. Cover with a damp tea towel or shower cap, but be sure it is not touching the dough it is still going to rise. Place in the fridge overnight for 12- 24 hours. Extending the cold proof of your dough will create a more sour loaf.

Bake! (7am-ish)
In the morning, preheat oven to 500°F and let your dutch oven preheat with it. Prep a piece of parchment paper 2x larger than your loaf. Once your oven is heated, invert your loaf onto the parchment. Lightly flour your loaf and score as you wish. Use your lame, and slice along one side of your loaf at an angle about 1/4" deep, this creates a nice ear and is important to allow the loaf expand. Gently place your loaf on parchment into your dutch oven and cover. Reduce the heat to 425°F and cook for 30 mins covered.

After 30 mins, remove the cover carefully as steam may release. Cook for another 30 mins uncovered.

*I highly suggest getting a food thermometer like this to check the inner temp of your loaf. You want it to be between 190-200°F degrees. I find this really helps me avoid undercooked loaves.
*Let cool on a rack completely before slicing!

Sourdough Discard Pretzels

Ingredients

- 3 cups Better Basics Better Bread Flour
- 1 cup + 2 tbsp of warm water
- 1 tbsp granulated sugar
- 2 tsp kosher salt
- 2 ¼ tsp active dry yeast
- 1 cup sourdough discard (room temp)
- 4 tbsp unsalted butter melted

Boiling Water

- 10 cups water
- 2/3 cup baking soda

Egg Wash

- 1 large egg yolk + 1 tbsp water
- Flakey Kosher, toppings pretzel or sea salt, parmesan cheese, etc.

Directions

1. Bloom yeast by combining warm water, sugar, salt and yeast in mixer bowl. Let sit for 5 minutes until yeast starts foaming.
2. Add sourdough discard, butter and 1 cup of flour. Mix with a dough hook and slowly add 2 cups of flour till slightly sticky. If dry, knead in 1-2 tbsp of water. Knead for 5 mins.
3. Transfer the dough to an oiled bowl. Cover and let rise for 1 hour or until doubled.
4. Preheat the oven to 350 °F. Bring 10 cups of water and 2/3 cup of baking soda to a boil in a large pot. Line two baking sheets with parchment paper and set aside.
5. Once risen, separate the dough into 12 pieces, rolling each piece into 18" or 12" rope. Make a U shape, then cross the ends over one another, pressing the ends of the rope into the bottom of the pretzel. *don't flour your work surface, the traction helps
6. Add the pretzel to boiling water for 20-30 seconds on each side. Remove the pretzel from the water using a slotted spatula and place it on a baking sheet.
7. Brush each pretzel with egg wash, sprinkle with flaky salt, and bake for 25-30 mins until golden brown.
8. *Optional But Delicious* Brush a little butter on each pretzel when they come out of the oven

Sourdough Discard Pancakes

Ingredients

- 110g Better Basics Organic Red Fife Multi-Purpose Flour
- 1 Tbsp baking powder
- 25g brown sugar
- 1/8 tsp salt
- 1/2 cup sourdough discard (approx 114g)
- 1 Tbsp melted coconut oil
- 1/2 cup (120g) warm milk or plant based milk
- 1/3 cup applesauce

Directions

1. Heat a non-stick skillet to medium heat.
2. Whisk together dry ingredients in a small bowl. In a larger bowl whisk together the wet ingredients until combined.
3. Gently fold the dry ingredients into the wet until no dry clumps remain, it will be thick! Let it stand for a couple minutes to develop some bubbles.
4. Melt some butter on the pan and use 1/4 cup scoop to portion batter onto it. Cook until you see bubbles in the center, gently flip (do not pat down!). Let them cook for another couple minutes until the bottom is golden brown.
5. Serve warm with maple syrup, fruit, or whatever you prefer! Makes approximately 6-8 small/medium pancakes!

Sourdough Chocolate Chip Cookies

Ingredients

- 1 cup Better Basics Red Fife Multipurpose Flour
- 1 cup Better Basics Red Fife Whole Grain
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/2 cup of brown sugar or coconut sugar
- 1/2 cup butter melted
- 1/2 cup discard
- 1/2 cup maple syrup
- 1 tsp vanilla
- 1 egg + 1 yolk
- 1/2 cup chocolate chips

Directions

1. Mix dry ingredients. In a separate bowl, mix wet ingredients.
2. Add wet ingredients to dry ingredients and combine.
3. Fold in your chocolate chips.
4. Let rest on the counter for 4-6 hours or overnight in the fridge.
5. Scoop fermented dough into small balls on a prepared baking sheet.
6. Bake at 375 F for 12 mins.

Sourdough Pizza

Ingredients

- 575g Better Basics Red Fife Multi-Purpose Flour
- 65g Better Basics Organic Whole Grain Wheat Flour
- 100g ripe sourdough starter
- 430g warm water
- 12g sea salt

Directions

1. Morning (8-10 am): Mix all ingredients with a dough hook until slightly smooth but shaggy dough forms. Transfer to a bowl.
2. 30 minutes later perform the first stretch & folds. Stretch & fold every 30 minutes until you've completed this three times.
3. Proof at room temperature in its covered container for another 30 minutes.
4. After 30 min, shape the dough into a round ball, and put in a bulk-proofing container, cover and refrigerate overnight.
5. The next morning (around 10-11am): Transfer onto a lightly floured counter and divide into 4 equal pieces (should be around 300g each). Shape each piece into a tight, round ball using a bench scraper and place spaced out onto a baking sheet. Cover with a damp towel and proof at room temperature for 5-6 hours
6. Preheat your oven with a pizza stone inside to 500F for at least 30 minutes. Shape your dough to your desired thickness and crust size and then add sauce and toppings. Transfer onto the pizza stone on a silicone mat or sturdy parchment, or using a pizza peel.
7. Bake at 500F for approximately 10-15 min, or until the toppings are melted and the crust looks golden and puffed up.

Optional: Turn on the broiler for a couple of minutes to get the crust and top of the pizza more bubbly and a bit darker!

Lemon Discard Cake

Ingredients

- 4 ½ cups Better Basics Red Fife Multipurpose Flour
- 3/4 cup + 1 Tbsp neutral-flavoured oil, such as avocado
- 1 ½ tsp baking powder
- 1/2 tsp fine sea salt
- Zest of 1 large lemon
- 1 cup granulated sugar
- 3 large eggs at room temperature
- 1 cup whole milk
- Juice of 1 lemon
- 100g Sourdough Discard-
  No discard? Sub 50g flour + 50g milk
- 1 ½ tsp vanilla extract

Glaze Ingredients

- 2 cups powdered sugar
- Juice of 1 lemon
- 1 tsp of vanilla
- Zest of one lemon
- Pinch of salt
- Splash of milk 1 tbsp melted butter
- Mix until you have a glaze-like consistency. If too thick, add a bit more milk; if too runny, add a bit more sugar.

Directions

1. Preheat the oven with a rack in the middle to 425°F (220°C).
2. Grease a 9-inch ring mould pan with neutral oil.
3. Whisk together the flour, baking powder, salt, and lemon zest in a medium bowl.
4. In a separate large bowl, whisk together sugar and eggs until the sugar dissolves and the mixture turns slightly bubbly, 2 minutes.
5. Add the oil, milk, lemon juice, starter, and vanilla. Whisk until combined and frothy.
6. Add the flour mixture and stir with a rubber spatula until just combined (don't over mix).
7. Pour the batter into the pan. Place the pan on a sheet pan. Bake for 35 minutes.
8. Remove from the oven and let it cool for 10 minutes. Use a knife to release the edges of the cake from the pan, turn the cake out onto a wire rack, and let it cool.
9. Once completely cool, add your glaze.

The cake will keep on the kitchen counter for several days, covered.

To make this cake vegan, substitute the milk for a full-fat nut or oat milk, and instead of the eggs, use a "flax egg."

Sourdough Bagels

Ingredients

- 1000g Better Basics Better Bread Flour
- 250g active sourdough starter
- 740g filtered water
- 24 g salt
- 1 Tbsp baking soda (for the boiling water)

Directions:

1. Set a large bowl on a scale and tare the scale. Once it's at zero, add 250 of active starter.
2. Tare your scale again; once it says zero add 740g of filtered water
3. Stir the two together until combined
4. Same as before, tare scale and add your 1000g of flour and then your 24g salt
5. Mix until thoroughly until combined. It's important to work that salt in.
6. Cover with a damp tea towel and let rest for 30 mins.
7. We will now start our stretch and fold process. Every 20-30 mins for 2 hours, covering the bowl with a damp towel after each fold.
8. After last fold, cover with a damp towel and place in the refrigerator overnight (12 hrs)
9. In the morning, fill a pot full of water and bring it to a boil. Preheat your oven to 425 F.
10. Remove the dough from the bowl onto a clean counter. Cut dough in half and then each half into 5 equal pieces. 10 bagels total.
11. Shape each chunk of dough into a ball and gently push your thumb through the center to create a hole. Pull the hole open a bit, forming a nice uniform bagel.
12. Once your water comes to a boil, add 1 tablespoons of baking soda to the water. Gently place your bagels in the water after you form them. Allow them to boil for 45 seconds each.
13. After the bagel boils, place it on a cooling rack and let them drip.
14. Season as desired (we love everything bagel seasoning) and place on a cookie sheet lined with parchment paper.
15. Bake at 425F for 30 mins

Materials

Dutch Dough Whisk

Glass Sourdough Starter Jars

Bread Lame

Dehydrated Sourdough Starter

Silicone Bowl Scrapers

Long Bread Knife

Silicone Mini Spatula

Proofing Baskets

Kitchen Scale

Dutch Oven