



BURKE COUNTY CENTER

Sourdough Starter Discard Recipes

What is Sourdough Starter Discard?

To keep your sourdough starter healthy, you need to provide it with fresh flour and water on a regular basis. Each time you refresh (feed) your starter, you also need to discard some of the fully-fermented mixture in the jar. Discarding helps keep the acidity low in your sourdough culture, which keeps it strong and healthy. If you didn't discard, you'd also eventually have a very large sum! You can always use this discard by directly mixing it into a dough for baking.

Saving Up Discard

You can save your sourdough starter discard through the week in the refrigerator. Each day when you feed your sourdough starter, instead of taking that starter discard and throwing it away, put it in a quart size mason jar in the refrigerator. By the weekend, this jar is full of discards and ready to be used in the following recipes!



Blueberry Sourdough Muffins

Prep - 15 mins

Bake - 23 to 25 mins

Total - 38 mins

Yield - 12 muffins

Ingredients

- 1 cup (120g) All-Purpose Flour
- 1 cup (138g) yellow cornmeal, preferably whole grain
- 3/4 teaspoon salt
- 1 teaspoon baking soda
- 1 1/2 teaspoons cinnamon
- 1 cup (227g) sourdough starter, ripe (fed) or discard
- 1/4 cup (57g) milk
- 1 large egg
- 4 tablespoons (57g) melted butter or 1/4 cup (50g) vegetable oil
- 1/2 cup (156g) maple syrup or 1/2 cup (170g) molasses or honey
- 2 cups (340g) blueberries, fresh or frozen
- Demerara or coarse sparkling sugar, for sprinkling tops



Instructions

1. Preheat the oven to 425°F. Grease the wells of a 12-cup muffin pan, or line with papers and grease the inside of the papers.
2. Combine the dry ingredients in a mixing bowl.
3. In a second bowl, beat together the starter discard, milk, egg, melted butter, and sweetener. Blend the wet ingredients with the dry, taking about 20 seconds. Gently stir in the blueberries just until blended.
4. Fill the cups of the prepared pan two-thirds full; sprinkle the tops of the muffins with sugar.
5. Bake the muffins for 25 minutes, until a toothpick inserted in the center comes out clean. Remove the pan from the oven and allow the muffins to cool for 5 minutes before removing them from the pan. Don't let them cool in the pan, or they'll steam and the outside will become tough.

Recipe from kingarthurbaking.com

Classic Sourdough Pancakes or Waffles

Prep - 42 mins

Total - 12 hrs 42 mins

Yield - about 2 dozen medium pancakes or 1 dozen 8" waffles

Ingredients

Overnight sponge

- 2 cups (241g) All-Purpose Flour
- 2 tablespoons (28g) sugar
- 2 cups (454g) buttermilk
- 1 cup (227g) sourdough starter, unfed/discard

Waffle or pancake batter

- all of the overnight sponge
- 2 large eggs
- 1/4 cup (50g) vegetable oil or 4 tablespoons (57g) butter, melted
- 3/4 teaspoon salt
- 1 teaspoon baking soda



Instructions

1. To make the overnight sponge, stir down your refrigerated starter, and remove 1 cup (227g).
2. In a large mixing bowl, stir together the 1 cup (227g) unfed starter, flour, sugar, and buttermilk.
3. Cover and let rest at cool room temperature (about 65°F to 70°F) for about 12 hours, or overnight.
4. In a small bowl or mixing cup, beat together the eggs, and oil or butter. Add to the overnight sponge.
5. Add the salt and baking soda, stirring to combine. The batter will bubble.
6. Pour batter onto your preheated, greased waffle iron, and bake according to the manufacturer's instructions.
7. Serve waffles immediately, to ensure crispness. Or hold in a warm oven till ready to serve.

Tips

- Want to make pancakes? Simply cook the batter in rounds on a griddle, rather than in a waffle iron.
- For whole-grain waffles, substitute our white whole wheat flour or Premium whole wheat flour for some or all of the all-purpose flour.

Recipe from kingarthurbaking.com

Sourdough Pizza Crust

Prep - 10 mins

Bake - 16 to 18 mins

Total - 4 hrs 56 mins

Yield - one 14" round, or large rectangular thick-crust pizza; or two 12" round thin-crust pizzas

Ingredients

- 1 cup (227g) sourdough starter, unfed/discard
- 1/2 cup (113g) lukewarm water
- 2 1/2 cups (298g) All-Purpose Flour
- 1 teaspoon (6g) salt
- 1/2 teaspoon instant or active dry yeast

Instructions

1. Stir any liquid on top of your refrigerated starter back into it before measuring 1 cup (227g) into a large mixing bowl.
2. Add the water, flour, salt, and yeast. Mix to combine, then knead for about 7 minutes in a mixer with the dough hook, until the dough wraps itself around the hook and cleans the side of the bowl.
3. Place the dough in a greased container, cover and let rise until almost doubled in bulk. Depending on the vitality of your starter, this will take between 2 and 4 hours. For a faster rise, place the dough in a warm spot, or double the yeast.
4. For two thin-crust pizzas, divide the dough in half, and shape each into a flattened disk. Drizzle two 12" round pizza pans with olive oil, and brush to coat the bottom. Place the dough in the pans, cover, and let rest for 15 minutes. After this rest, gently press the dough toward the edges of the pans. If it starts to shrink back, cover and let rest for 15 minutes before continuing.
5. For a thicker, large pizza, oil a 14" round pizza pan (an 18" x 13" half-sheet pan will also work). Place the dough in the selected pan and press it out to the edges, again giving it a 15-minute rest before continuing if it starts to snap back.
6. Cover the pan(s) and let the dough rise until it's as thick as you like.
7. Towards the end of the rise time, preheat your oven to 450°F.
8. Sauce and top as you like, but don't add cheese yet. Bake thin-crust pizzas for 5 minutes before removing from the oven and adding cheese. For thick-crust pizza, bake for 10 minutes before removing from the oven and adding cheese. Return to the oven and bake for 5 to 7 more minutes, until the cheese is melted.
9. Store leftover pizza covered in the refrigerator for up to 5 days.

Recipe from kingarthurbaking.com

