



TRADITIONAL, HEALTHY, DIGESTIBLE, AMAZING BREAD STARTS WITH HOMEMADE YEAST OR SOURDOUGH STARTER



Why all leavened bread used to be sourdough. Homemade yeast or “sourdough starter” is simply fermented flour & water. In ancient times, there was no quick-rise yeast. Good thing too. When grains are fermented slowly, they become more flavorful & more nutrients have been released. These slow processes break down gluten & phytic acid that harm digestion, convert carbs into proteins & create beneficial bacteria & enzymes we need for good digestion.

Buying healthy grains If you have GMO wheat, it’s comforting to know that soaking & fermenting make it healthier! But with the internet, it’s now easy to order whole grains that are pesticide-free from sites like Amazon or VitaCost. Try non-GMO ancient grains like spelt, white wheat and rye for starters.

Tips & Equipment Flour, pure water, jar with fabric cover or a partially sealed lid that can “breathe.” A dough hook or wooden spatula is nice for no-knead recipes. A wet towel works best to cover the dough, and a kitchen thermometer can be helpful to test center of bread.

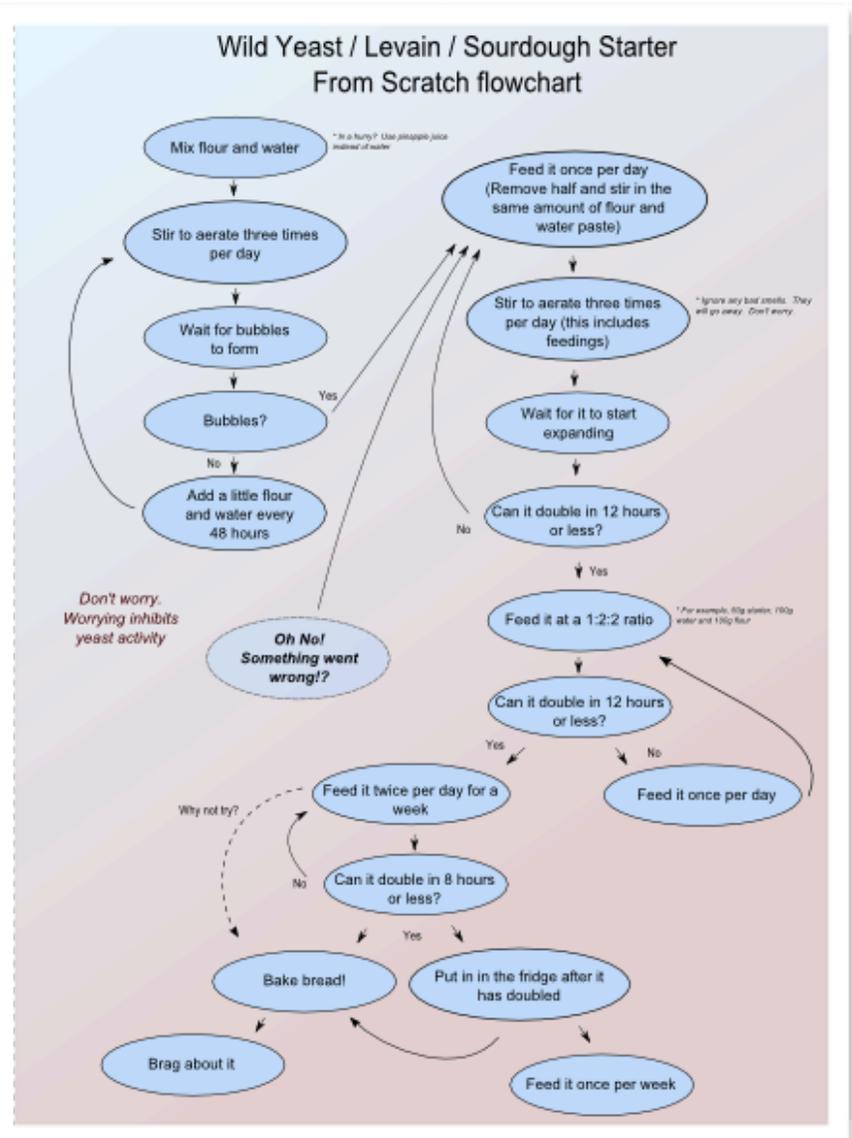
Make Your Own Starter by using flowchart. Use pure water! Warm water helps in the winter. Cool water slows things down in the summer. Be patient until it easily doubles in size. If you don’t want it to double quickly, store in fridge.

Adopting Starter Easiest way to get a strong starter. Find someone in your community or order online. Google Oregon Trail Sourdough Starter (our favorite). Or, CulturesForHealth.com is a popular source. If dry, follow directions to rehydrate.

Feeding Starter Pour off excess starter if not baking, but reserve at least 1/4 C. Feed 1 part starter with 1 part water & 1 heaping part flour. Stir quickly. When bubbles start to form, let rise slowly in the fridge. Use when doubled, or feed 2 times a week.

Preparing to Bake Take starter out of fridge when it has doubled (1-3 days). It is ready for baking. If flat, feed in AM for PM baking or at night to bake in the morning. Weak Starter? If it doesn’t double, follow the chart until your starter is strong again.

Long Term Storage: Going on Vacation? Starter can be frozen for a month. Or, dry on waxpaper & grind into powder. Dehydrated starter is easy to store & share.



*Give us this day our daily bread,
but only if it's real bread please!*



Ezekiel 4:9

*But as for you, take wheat, barley,
beans, lentils, millet, and spelt, put
them into one vessel and make them
into bread for yourself.*

WHOLE SPELT LOAF Spelt, an ancient form of wheat, is the perfect way to start baking because it requires no kneading & tastes great. If you like, you can turn this recipe into our version of **Ezekiel Bread**. Use a grain mill or nut grinder to make a flour mixture from Ezekiel 4:9 grains listed below, or whatever you wish.

Prep Early in the day, take your Sourdough Starter out of the fridge and feed it. Leave it on the counter so it gets bubbly and hopefully doubles by afternoon, when you want to mix the dough. Then....

Mix wet ingredients

- 1/4 C bubbly starter
- 1/4 C honey or 3 Tbs agave syrup
- 1 1/2 C pure water

(Use a glass or stainless bowl)
(Stirred down before you measure)
(Agave doesn't clump in cold water)
(Chlorine kills the yeast)

Add dry ingredients

- 3 C Spelt flour (Spelt may not rise quite as well as other flour, but it tastes great!)
- 2 tsp raw salt (+ 1/4 tsp pickling lime?) (Raw salt helps fermentation. Lime makes dough more sour)
- 1/4 C Spelt or Flour Mix of barley, lentils, buckwheat, rye, garbanzo beans, millet, flax, nuts, rice, tapioca, peas..

Stir with dough whisk for 1 min or so until you have a wet, shaggy dough that is not really kneadable (add water or flour as needed). **Cover for 1-2 hrs** until more pliable. Oil your hands generously & pull dough out of bowl.

Stretch & Fold twice, then let sit. **Repeat 2 more times - 30 minute intervals**. Cover & **let sit overnight** (or 2 nights) in the fridge for slow fermentation. **Store freshly ground flour in the fridge to preserve nutrients**

Next Morning: Set bowl on counter. For more warmth, place above a pan of steaming water in the stove. Check often, refreshing hot water from a tea pot. Let it rise until double. Be patient if it takes hours (all day in some climates). Punch down. For the second rising, grease a bread pan with olive oil. Use oily hands to form dough nice enough to fit your pan. Cover with shower cap or plastic bag, which will allow dough to rise above pan. Let rise until almost double. Bake at 350° F for about 30 min. Spray oil on top to soften. After 5 min, move to a wire rack and cool completely before storing in a bag or bread box. Freezes well. No Fridge.

Did You Know? *Health problems caused from bread could be avoided if bread was made the natural way, with whole grains and a slow fermentation process. The additions of ingredients like quick-rise yeast and vital wheat gluten have only made our bread hard to digest, causing allergies.*



SOURDOUGH ENGLISH MUFFINS: (8) In the morning, mix 1/2 C sourdough starter & 1 C coconut milk (milk, kefir, or water). Stir & add 2 C whole grain flours. Optional to add 2 Tbs ground flax & 1/4 tsp pickling lime (more sour flavor). Ferments slower without salt, so cover & let sit all day, then in fridge overnight. **Next day**, when room temp & bubbly, sprinkle in 1 tsp raw salt, 1 tsp baking soda, 1 Tbs honey. Stir, let sit & stir until salt makes dough less sticky. Then, if needed, add sprouted flour until the dough can be handled. Knead 3 min & slice into 8 sections. With floured hands, shape each muffin (about 1 finger thick and 2 1/2 inches round). Set each muffin on lightly floured parchment paper. Cover with towel for 1 hour. Heat griddle to 300. Cut paper around each muffin; drop on griddle for 5 min each side. **Tip:** They freeze great. Toast to thaw, slice in half, toast again.



PUMPKIN SPICE MUFFINS (12, grain-free) In a bowl, combine 1 C Almond Butter or similar, 1/2 C pumpkin puree, 2 eggs, 1/2 tsp baking soda, 1/4 tsp raw salt, 1 T pumpkin pie spice (cinnamon, ginger, nutmeg), 1/3 C maple syrup, 1/3 C chocolate chips. Bake at 350 for 15 to 20 minutes or until centers are firm and starting to crack.



BREAD CRUMBS Simply lay slices of your homemade bread in a dehydrator, dry at 125 for 3-4 hours until completely dry. Throw in a food processor (works great even with crusts) or in plastic bags, then use a rolling pin to turn into crumbs (works best without crusts). Get creative & add finely ground nuts or masa harina, herbs & spices.
Oven Method: Bake small chunks of bread at 250 for about 30 min.



HEALTHIER CORN BREAD Soak 1/3 C raw cashews overnight in 2x water & 1 tsp raw salt. Next day, rinse & blend with 1 1/3 C corn kernels (or 3/4+ C cream corn), 1/3 C coconut sugar, 1/4 C vegan butter, 1 1/2 C non-dairy milk & 1 Tbs fresh lemon juice. Blend until smooth - a thick liquid consistency. In a bowl, whisk 1 1/2 C masa harina, 1/2 C flour (sprouted or rice?), 2 tsp baking powder, 1/2 tsp salt & 1/8 tsp pepper. Whisk together. Add wet batter slowly, whisking by hand until thick & smooth. Fold in 2 Tbs corn kernels. Pour into greased muffin pan or 8x8 pan. Bake at 350 for 20+ min until a toothpick in the center comes out dry. Cool 10 min before serving with soft honey butter. (Add aquafaba?)
***Masa harina**, traditional corn flour, soaked in lime to make it more digestible.



ANCIENT FLAT BREAD (Dead Sea Scroll Recipe, modified) In Qt jar, soak 1 1/2 C blend of whole dry grains like spelt & rye berries (& maybe some nuts) with water and 1/2 tsp hydrogen peroxide to encourage sprouts. Set overnight. Then, with sprouting lid on jar, rinse & tilt jar on side to drain, propping on a rolled towel. Rinse 2 or 3 times a day until grains are slightly sprouted. Rinse grains & put in heavy duty processor or blender (like Vitamix). Add 1/2 tsp sea salt and 1 T honey or dates. Blend until a ball of dough forms, scraping sides as needed. Cover & let rest for more souring if desired. Spread 1/4 inch (no thicker) into well oiled pan. Bake at 325 for 30 min or until not doughy in center.



WHOLE GRAIN SOURDOUGH TORTILLAS or FLATBREAD In med bowl, mix 1/2 C homemade yeast (fully activated or not) with 3/4 C of any milk, 3 Tbs olive oil (can use part bacon grease) & 1 tsp raw salt. Can add 1 tsp lemon juice (or a pinch of ginger spice & citric acid) as conditioner. Slowly add 2+ C whole wheat flour until slightly sticky but okay for kneading. Knead 2-3 minutes on floured countertop. Roll around in greased bowl, cover with cloth & allow to sour at room temp for 8-10 hours or overnight. Refrigerate to make dough less sticky. Divide into 6-8 round balls. Using oiled hands, on a piece of parchment paper, flatten each tortilla, dropping into heated pan one at a time. Cook on each side until bubbles appear. Can refrigerate in plastic bag for 2 days or freeze.
NO HOMEMADE YEAST? Use sprouted wheat that is more digestible. Mix 2 C sprouted wheat, 1/2 tsp salt, 2 Tbs olive oil & up to 3/4 C heated water, added slowly. Divide into balls, then cover and let sit at least 15 minutes. Can also refrigerate dough for a while.

Sprouted Bread

Want to get creative? Add 1/4 C sprouted grains to a loaf of bread. For wheat, soak for 12 hours in a large jar of water. Rinse and drain several times. After final drain, let sit for 2-3 days with a breathable lid, rinsing every morning & every night. Should be in a dark place, perhaps a cupboard, or covered with a thick towel. Sprouts are ready when they are still tiny. Put in the fridge so they will stop growing, then bake when you are ready. **Note:** You may want to spread out the grains in a sideways jar in a pan. Prop up one end on a towel so it can drain. Sprouting jars work great, or make a breathable lid from cloth.



Did You Know? When a grain sprouts, it becomes a vegetable, and is much easier to

What should I add to my bread today?

SOAK + SPROUT

Seeds, nuts, grains and beans are covered in chemicals called enzyme inhibitors which prevent premature germination and store nutrients for plant growth. When humans consume these chemicals, they reduce the absorption of important minerals and proteins causing nutrient deficiencies and other health issues. Soaking and sprouting bypasses this issue as it activates the seed and neutralises the inhibitors.

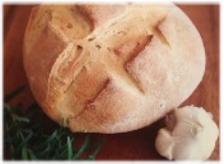
<p>MACADAMIA Do Not Soak Does Not Sprout</p> <p>PISTACHIO Do Not Soak Does Not Sprout</p> <p>PINENUT Do Not Soak Does Not Sprout</p> <p>SESAME 8hrs Soaking 1-2Days Sprouting</p> <p>ALFALFA 8hrs Soaking 2-5Days Sprouting</p> <p>FENUGREEK 8hrs Soaking 3-5Days Sprouting</p> <p>FLAX 8hrs Soaking Does Not Sprout</p> <p>SUNFLOWER 2hrs Soaking 2-3Days Sprouting</p> <p>HEMP Do Not Soak Does Not Sprout</p> <p>PEPITA 6hrs Soaking 1-2Days Sprouting</p> <p>CORN 12hrs Soaking 2-3Days Sprouting</p> <p>RICE 9hrs Soaking 3-5Days Sprouting</p> <p>MILLET 8hrs Soaking 2-3Days Sprouting</p> <p>QUINOA 2hrs Soaking 1-2Days Sprouting</p>	<p>CASHEW 2-21/2hrs Soaking Does Not Sprout</p> <p>PECAN 4-6hrs Soaking Does Not Sprout</p> <p>ALMOND 8-12hrs Soaking 12hrs Sprouting</p> <p>WALNUT 4hrs Soaking Does Not Sprout</p> <p>BRAZILNUT Do Not Soak Does Not Sprout</p> <p>ADZUKI 8hrs Soaking 3-5Days Sprouting</p> <p>CHICKPEA 12hrs Soaking 12hrs Sprouting</p> <p>LENTIL 8hrs Soaking 12hrs Sprouting</p> <p>MUNG 1Day Soaking 2-5Days Sprouting</p> <p>KAMUT 7hrs Soaking 2-3Days Sprouting</p> <p>WHEAT 7hrs Soaking 2-3Days Sprouting</p> <p>OATS 8hrs Soaking 2-3Days Sprouting</p> <p>SPELT + RYE 8hrs Soaking 2-3Days Sprouting</p> <p>BARLEY 6-8hrs Soaking 2Days Sprouting</p> <p>BUCKWHEAT 15mins Soaking 1-2Days Sprouting</p>
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Make a tasty bread that's better for your body, any way you slice it!

SPROUTED & DEHYDRATED SEEDS For beginners, start with **Sesame Seeds** because they sprout quickly. Put up to 4 cups seeds in 1/2 gallon (64 oz) mason jar. Cover well with water (in cold climate, use warm water). Stir in 1 Tbs raw salt & 1/2 tsp hydrogen peroxide to prevent mold & increase sprouting. Cover & let sit overnight. In the morning. Use spouting lid or fine strainer to rinse & drain well. Let sit at an angle for 1 or 2 days, rinsing a couple times a day. When sprouts are starting to emerge, you can blend them in a food processor & save small portions to use in bread recipes. Or dehydrate on lowest setting for 12-24 hours or until crunchy but not burnt (taste-test every 6 hours). Your sprouts are easier to digest than raw seeds and are ready to throw onto salads or blend into flour. Use the same method for other seeds. Some may take a few days to sprout.



GARLIC ROSEMARY SOURDOUGH (2 loaves) Mix 2 1/2 C water, 1/4 C starter, 1/4 C Olive oil, 1/2 tsp crushed garlic, 2 Tbs freshly chopped rosemary, 2 tsp salt, 2 1/2 C whole wheat flour, 3 1/2 C white flour. Knead with bread-maker, dough hook or by hand for about 15 min, until smooth & pliable. (Can you stretch it thin and see light through it?) Lightly grease a large bowl & place dough smooth side up, covered, to double 6-24 hours, When almost doubled, it can go in the fridge overnight for a longer ferment (ideal). Return to room temp. When doubled, turn dough out onto floured surface. Lightly pat out some bubbles (not all). Shape to fit greased loaf pans, round pans, or shape into 2 round balls to fit on a large greased cookie sheet. Spray with oil & lightly cover with plastic wrap. Rise 2 hours until double. Heat oven to 375, with a pot on bottom rack filled with a few inches of water. Slash top of loaves with razor blade or serrated knife. Bake 30 min or until 190 degrees in the middle. Feel free to experiment with other herbs!



SOURDOUGH BLUEBERRY MUFFINS (18) Mix 1/2 C starter & 1 C sour cream until creamy. Add 1 1/2 C whole wheat flour, 1/4 C brown sugar & 1/2 tsp salt. If it holds together, it's not too thick. Add pure water if needed. Cover & set on countertop 6-12 hours. Then, in a small bowl, cream 1/2 C soft butter with 1/4 C brown sugar. Add 2 eggs & 1 tsp vanilla and blend well. Add to big bowl & mix until creamy. Add pure water if too thick too stir easily. In a small bowl, toss 2 C moist blueberries with 1/2 C sprouted wheat flour, then fold into batter. Spoon into greased muffin pan. Heat oven to to 350. Add Streusel topping (optional): 3 Tbs flour, 2 Tbs brown sugar, 1 Tbs butter & dash of cinnamon, mixed with fingers until crumbly. Bake 20 min. **Allergies:** Use applesauce in place of butter, but add to the first bowl of ingredients. Use plain coconut yogurt in place of sour cream. **Dry Goods:** Use dried blueberries, soaked & drained.



DRYING YOUR SOURDOUGH STARTER Great way to share starter with friends, even send it in the mail with rehydrating directions (below). You should always have dried starter on hand in case you kill your starter while on vacation or accidentally add chlorinated water! **Directions:** Cover a dish or a pan with plastic wrap or waxed paper to prevent sticking. After you have fed your starter and let it get active, pour some onto the dish with more wax paper on top. Set aside at room temperature till it gets brittle -may be a few days. Break into small pieces and grind in a blender, coffee grinder or food processor. There you are! It will keep a long time. The yeast has sporulated and will stay that way for years. At one time it was used to "chink" the walls in log cabins and some of that stuff has been reactivated.

REVIVING 1847 OREGON TRAIL DRY SOURDOUGH STARTER In a pint jar with breathable lid, add 1 Tbs warm pure water (no chlorine). Stir in 1/2 tsp of dry starter, let stand a few minutes. Add 1+ Tbs of water and stir until it resembles thin pancake batter. When mixture gets bubbly (4-12 hours) stir in 1/4 C water & 1/4 C flour. When it rises, add 1/2 C water & 1/2 C flour. When it rises again, you now have very active starter (about 1 cup) that is ready for baking or for storage in your refrigerator. Take out & feed at least twice a week. **NOTES:** White flour is fine. Adding a little organic whole wheat & rye is beneficial. Starter seems weak? To strengthen, leave it out and stir 3 x day, feed once a day. Put in the fridge at night. **TIPS & RECIPES AT CANYONSBNB.COM**