

Sourdough Pancakes



Discard Only Version



8 servings



15 minutes

INGREDIENTS

4 cups sourdough
discard
8 eggs
2 tsp baking soda
1 tsp vanilla
3 tbs melted butter
Water or milk to thin it
out to pancake batter
consistency

NOTES

This works best with a thinner consistency starter. If your starter is really thick, plan to add additional liquid and blend a bit extra to break down the thickness.

DIRECTIONS

1. Add all ingredients to the blender. Blend until smooth.
2. Add more liquid as needed to get to a smooth pancake consistency. If your starter is really thick to start you will need to add a lot more liquid and blend for a longer period of time.
3. Bake on a hot skillet. Enjoy



German Pancakes



Discard Only Version



4 servings



30 minutes

INGREDIENTS

- 1 cup sourdough discard
- 6 eggs
- 1/3 cup milk
- 1tsp vanilla
- 2 tablespoons maple syrup
- 1/2tsp salt
- 6 tablespoons butter

NOTES

These are best hot out of the oven and don't work great as leftovers.

For our family of 7-8 we typically triple this recipe.

DIRECTIONS

1. Pre-heat 12" skillet with the butter in the skillet.
2. Blend all remaining ingredients in a blender.
3. Pour batter into pan with melted butter
4. Bake at 425 for 20 minutes or until nicely browned and puffy.
5. Slice and eat hot out of the oven. Add berries or your favorite pancake toppings.



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Sourdough Twists



Cinnamon or Berry filled Pastry



16 servings



12 hours

INGREDIENTS

- 1/4 cup active sourdough starter
- 4 cups flour
- 1 cup butter melted
- 1 cup sour cream
- 2 large eggs
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1/2 cup sugar

Filling:

- 1/2 cup sugar and 1 tablespoon cinnamon
- Or your favorite jam

DIRECTIONS

1. In your mixing bowl, mix together sourdough starter, flour, butter, sour cream/yogurt, eggs salt, and vanilla and stir until mixed well and can form a ball. Dough may not be totally smooth but will easily work into a ball. If it is not easy to work into a ball, add a bit more flour.
2. Cover with a loose lid for 8-12 hrs
3. The dough will have risen a bit, but overall, it looks the same as before sitting.
4. Preheat the oven to 375F.
5. Get your filling ready - either mixing cinnamon and sugar or getting out your jam.
6. Roll dough into a 15x18 inch rectangle, then spread your filling on the dough.
7. Fold the left 1/3 of your rectangle onto itself, kinda like folding a letter. Then take right 1/3 and fold over top of the left 1/3 again, imagine its a letter you're folding.
8. Turn your folded dough horizontally and roll into a 1/4 inch rectangle.
9. Then slice into 1 inch strips.
10. Grease or cover two baking sheets with parchment paper.
11. Twist the strips by picking up each end of the strip and twist in opposite directions.
12. Line the twists up on a baking sheet. They do not rise a lot so they can be pretty close together.
13. Bake for 15 minutes and enjoy!!!



Sourdough Tortillas



Perfect for burittos or soft tacos!



16 servings



1-4 hours

INGREDIENTS

- 1 cup starter
- 3/4 cup water
- 1/4 cup melted butter
- 3 cups flour
- 1.5 tsp salt

DIRECTIONS

1. Mix together and let sit for 6-8 hrs.
2. Then cut into 8 pieces and roll each piece into a very thin circle.
3. Bake for about 1 min per side on a hot cast iron pan
4. Pack with your favorite burrito or taco filling and enjoy!



Sourdough Crackers



The easiest discard recipe!



5 servings



25 minutes

INGREDIENTS

Sourdough starter

Optional additions:
cheese

Salt & Pepper

Seasoning salt - we love
rosemary seasoning salt
using rosemary vitality
essential oil & salt

DIRECTIONS

1. Spread your sourdough starter very thinly on a parchment paper covered cookie sheet.
2. Add any additional toppings you would like
3. Bake at 400 for 5 -10 minutes and score using a pizza cutter. Continue cooking until it reaches the crunchiness you would like.
4. Let cool and break crackers apart



Sourdough Waffles



A Bonus discard only recipe for you!



8 servings



25 minutes

INGREDIENTS

3 cups sourdough
discard
3 eggs
1tsp baking soda
2 tablespoons butter
Splash of sweetener - we
use maple syrup

DIRECTIONS

1. Blend together in blender and pour onto a hot buttered waffle iron.
2. cook for about a minute on each side.
3. Top with your favorite waffle toppings and enjoy!

Waffle iron tip: I love using my stove top cast iron waffle maker for a toxin free waffle iron option!

