

## Yeast Breads Tips and Recipes



- Research!
  - There are many resources available online between YouTube, Instagram, and Facebook, besides webpages. Advice: follow one and try their methods. If you do not get satisfactory results, try another. Everyone has different ways of doing things!
- Do what works for you.
- Follow the Recipe.
  - Use a kitchen scale to ensure the recipe remains exact.
- If you have never made yeast breads before, start with active dry yeast recipes.
  - The process is so much faster than sourdough and the bread is still delicious! I am not allowed to go to family dinners without bringing the dinner roll recipe attached! 😊
- Water- do not use chlorinated water in your breads. The chlorine will kill the yeast in your bread, and it will not rise. Be careful not to use too warm of water. Lukewarm is perfect!
- Let the Bread Cool 2 hours Before Slicing.
  - If the bread is warm when you cut it, it might be very dense. Let it cool on a rack.
- If you are making sourdough, be careful of timing when you start the process. If you mix dough late in the evening, your stretch and folds could go into the wee hours of the morning!
- The equipment suggested makes the task easier and more enjoyable and is merely a suggestion based on experience. In addition to the Dutch oven, I have open baked on a cookie sheet with a sheet pan of water underneath for humidity, and I have baked in enamel roasting pans. Results were a little bit different, but the bread was still delicious!
- If you store your starter on the counter at room temperature, it should be fed daily. If you keep it in the refrigerator, once a week is fine. Leave it on the counter a few hours after feeding to start fermentation again before returning it to the fridge. A day or two before you want to bake, take it out to feed and leave it at room temperature until you bake.
- What if I missed feedings and there's black liquid on top of the starter? This is hooch and it is alcohol created by the yeast in your starter. Stir it back in or drain it off.
- What if there are pink or orange streaks or dark spots in the starter? This is spoilage or mold growth. Throw it out and start over.
- Putting a stoneware pan on the rack under your sourdough in the oven can help prevent the bottom crust from burning or getting too tough.



## Sourdough Bread

500g Bread Flour  
350 g water  
10 g salt  
105 g active starter

1. Weigh all ingredients into mixing bowl and stir with dough whisk until shaggy dough forms.
2. Cover with shower cap or plastic wrap and let rest one hour (gluten begins to activate)
3. Stretch and folds every 30 minutes for 2 hours. Rotate quarter turns with each stretch.
4. Place in graduated plastic container to bulk ferment. Let rise double 4-8 hours).
5. Pour dough out onto rice floured surface (silicon mats work well).
6. Stretch dough gently to form a square.
7. Laminate-Fold into thirds and tuck ends.
8. Push and pull across counter surface to create tension in the surface of the dough, while tucking ends up inside the dough.
9. Lightly flour with rice flour and place face down in rice floured banneton.
10. Tuck loose ends and make a nice loaf shape. Lightly flour bottom and cover with shower cap.
11. Place in refrigerator overnight or up to 3 days to cold ferment.
12. Preheat oven and Dutch oven to 450 degrees.
13. Place dough from banneton onto lightly floured parchment paper.
14. Score bread to your liking and lower into Dutch oven on rack, placing a few ice cubes under the paper for humidity. Replace lid.
15. Bake 25 minutes at 450 degrees.
16. Remove lid and bake an additional 35 minutes at 450.
17. Remove bread from Dutch oven and allow to cool 2 hours on a baking rack before cutting.

**\*Note: if baking with whole wheat flour, a 50/50 mix of whole wheat flour and unbleached bread flour can be used.**



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## Genia's Dinner Rolls

### Ingredients:

- 1 cup milk (scalded)
- ½ cup shortening
- 2 tsp salt
- 2 packages active dry yeast
- ½ cup warm water
- 1 cup cool water
- 2 eggs
- 6 cups flour (possibly a little more)

### Instructions:

1. Scald milk and to it add shortening, sugar, and salt.
2. Dissolve 2 packages yeast in ½ c warm water.
3. Pour Scalded milk mixture into a large mixing bowl, and to that, add 1 cup cool water.
4. Whisk eggs into the cooled liquids.
5. Stir in 2-3 cups flour, then add the yeast mixture.
6. Add 3 more cups flour and work into the dough to form a ball. If it is sticky add a little more flour.
7. Cover and let rise to double.
8. Punch down dough and let rest 10 minutes.
9. Divide dough in half and shape dinner rolls into small balls.
10. Place on greased cookie sheets and cover. (makes two cookie sheets of rolls)
11. Let rise until double, (approximately one hour)
12. Bake rolls in a preheated 375-degree oven for 15 minutes. Rotate trays halfway through so they brown evenly on top and bottom.
13. Rolls will be golden brown.
14. Butter tops of rolls fresh out of the oven to keep crust tender and soft.
15. Store in airtight container.



## Sourdough Discard Blueberry Muffins with Crumb Topping

### Dry Ingredients:

2 cups (240 g) all-purpose flour  
1 cup (200g) granulated sugar  
2 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
1Tbsp corn starch  
Zest of one lemon  
1 cup blueberries (fresh/frozen)

### Wet Ingredients:

8 Tbsp (113g) butter (melted)  
2 Large eggs  
½ cup (125g) sourdough starter discard  
3 Tbsp (45g) sour cream or plain Greek yogurt  
1 tsp vanilla extract

### Crumb topping:

3 Tbsp (45 g) butter (melted)  
½ cup (100g) granulated sugar  
½ cup all-purpose flour



### Instructions:

1. **Crumb topping:** Place the melted butter, flour and sugar in a bowl and use a fork to **mix** until it becomes a coarse crumble. **Set** aside.
2. **Preheat** the oven to **350°F (176°C)**. Line a 12-count muffin tin with paper liners or grease generously to prevent sticking.
3. **Dry ingredients:** In a large mixing bowl **combine** the flour, sugar, baking soda, baking powder, corn starch, lemon zest and salt with a fork. **Add** the blueberries and toss the mixture to coat. **Set** aside.
4. **Wet ingredients:** In a medium mixing bowl, **whisk** all the wet ingredients until smooth. **Pour** the wet ingredients into the dry ingredients and **stir** until just combined. *(If the batter is too stiff, add 1-2 tablespoons of water or milk to help thin it down.)*
5. **Divide** the batter evenly into 12 muffins and sprinkle the **top** with the crumble topping. Make sure to **press** the crumble, gently, on the top of the batter.
6. **Bake** for 30-35 minutes or until a toothpick inserted into the center of a muffin comes out clean. Let muffins **cool** in the tin for 10 minutes before **removing** to cool on a cooling rack.



## Sourdough Discard Pancakes

### Ingredients:

- 2 cups all-purpose flour (260g)
- 2 tsp baking powder (10g)
- 1 tsp baking soda (6g)
- 2 Tbsp granulated sugar (30g)
- 1 tsp salt (6g)
- 1 cup sourdough discard @ room temperature (250g)
- 1 ½ cups 2% milk at room temperature (12 oz)
- 1 large egg, beaten at room temperature.
- 2 Tbsp vegetable oil (24g)



### Instructions:

1. In a large bowl, whisk together the flour, baking powder and soda, sugar and salt.
2. Add the sourdough starter, milk, egg, and oil to the top of the dry ingredients. Mix well just until combined. It is ok if it is a little lumpy. Do not overmix.
3. Grease a pancake griddle or cast-iron skillet with melted butter or oil. Heat the skillet over medium-low heat.
4. Ladle 1/3 cup of batter on the hot griddle. Cook until the batter starts bubbling on top, then gently flip the pancake.
5. Cook for an additional 1-2 minutes on the second side until the pancake is cooked through and golden brown.
6. Serve warm with butter and maple syrup.

## Sourdough Discard Crackers

### Ingredients:

- 2 Tbsp (28g) butter (melted)
- ¼ tsp (1g) fine sea salt
- 2 tsp dried herbs (or seasoning of your choice)
- ¼ tsp (1g) salt for sprinkling on top

### Instructions:

1. Preheat oven to 325 degrees.
2. Line baking sheet with parchment paper.
3. Melt butter in a mixing bowl and let cool.
4. Weigh the sourdough discard, dried herbs, and salt into the bowl of melted butter and mix thoroughly until well combined. Use an off-set spatula to spread the mixture in a thin, even layer onto the parchment paper. Sprinkle the top with salt.
5. Bake for 10 minutes. Remove from oven and score the crackers.
6. Bake for an additional 20-50 minutes or until the crackers are golden brown.
7. Let cool completely before breaking into squares.

\*NOTE: because these crackers are so thin, they can brown easily. Do not overbake!

- Variation: Omit salt and herbs and add a quarter cup of peanut butter and stir well. I use these for dog treats and the dogs love them!

