

Recipe for: Sourdough Carob Brownies

from the kitchen of: Billie

$\frac{1}{2}$  C SAFFLOWER oil;  $\frac{1}{2}$  C RAW  
SUGAR;  $\frac{1}{4}$  C molasses; 1 egg;  
 $\frac{1}{4}$  C CAROB powder;  $\frac{1}{2}$  C sourdough  
starter; 1 C whole wheat flour; 2 T  
wheat germ;  $\frac{1}{4}$  T SALT;  $1\frac{1}{2}$  T baking  
powder;  $\frac{1}{2}$  T baking soda;  $\frac{1}{2}$  C chopped  
nuts.

serves: 12 brownies

Combine oil, sugar, molasses, egg, carob,  
and starter. mix together remaining  
ingredients. add to starter mixture  
and stir till well blended. Spread  
into greased 8" pan. Bake  $300^{\circ}$   
for 25 minutes or done. Cool &  
cut into squares.



Recipe for: Sourdough Oatmeal

from the kitchen of: Billie

1 C <sup>whole wheat</sup> starter; 2 pkgs yeast;  
 $\frac{1}{2}$  C warm water;  $1\frac{1}{4}$  C  
boiling water; 1 C quick cooking  
oats;  $\frac{2}{3}$  C light molasses;  $\frac{1}{3}$  C safflower  
oil; 1 T SALT; 5-6 C whole wheat flour;  
2 beaten eggs; 6 T quick cooking oats;  
1 beaten egg white; 1 T water.

(nite before add 1 C each: <sup>mix</sup> starter, warm water, wheat flour  $\frac{1}{3}$  Let  
stand covered overnight in warm place.  
(Return unused starter to pot).)

Measure starter out. Soften yeast in  
warm water. Combine oats, boiling  
water, molasses oil & salt. Let cool to  
lukewarm. stir in 2 C flour. Add  
to starter along w/ softened yeast &  
eggs. Stir in enough flour to make  
soft dough. knead 5-8 minutes till  
smooth & elastic. Shape into a ball.



Recipe for: Sourdough Granola/Apple  
muffins  
from the kitchen of: Billie



1 C starter

1/2 C milk

1 egg

1/4 C safflower oil

1/2 C honey

1 C applesauce; 1/2 t sea salt; 1 t baking powder; 1 1/2 C whole wheat flour

1 C granola

serves: 12 muffins

(note before, make starter)

Measure out starter in large bowl. Add milk, egg, oil, honey & applesauce. Mix well. Mix together salt,

baking powder and flour. Add to wet ingredients. Fold in granola.

Stir just until moistened. Fill greased muffin pans 2/3 full.

Bake 400° for 15-22 minutes or till done.

place in lightly greased bowl, turning once. Cover let rise till doubled (1-2 hrs) Punch down. Divide in half. Cover, let rest 10 minutes. Coat 2 well greased loaf pans w/ 3 T rolled oats each. Shape into loaves. Place in pans. Cover. Let rise 1 1/2 hrs or till doubled.

brush w/ mix of egg white & water. Sprinkle tops w/ oats. Bake 375°

for 40-50 minutes. Cover w/ foil tent if browning too rapidly for the last 15 minutes.

Recipe for: Sourdough Starter  
from the kitchen of: Billie



To care for your starter, do this:  
For a recipe mix 1 C starter  
1 C flour & 1 C warm water. It  
will be lumpy. Cover, let stand overnight  
in warm place. Before adding anything  
else return at least  $\frac{1}{2}$  C starter  
to starter pot. (may need to double  
starter recipe if you need lots  
of starter for pot or recipe). serves: \_\_\_\_\_

If you don't cook w/ starter weekly,  
add  $\frac{1}{2}$  c each str water & flour  
to sourdough pot. mix, cover, let  
stand overnight. Stir down, cover w/  
lid and refrigerate.

If it does not seem very bubbly  
after long use, sprinkle some yeast  
over and mix well.

Stir down liquid that forms  
on top.

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Recipe for: Super Hot Buttered Rum  
from the kitchen of: Billie



1 quart VANILLA ice cream

1 pound softened butter

1 pound brown sugar

2 + nutmeg

2 + cinnamon

Rum

Boiling water.

serves: lots

Cream together ice cream, butter  
spices and sugar. Freeze and  
store till needed.

To serve: spoon 3 T batter  
into a mug. Add jigger of rum  
and 6 oz. boiling water. Use  
cinnamon stick to stir in mixture.