



Sourdough Bread

&

BONE BROTH SOUP



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About this ebook

A steaming bowl of soul-satisfying soup accompanied by crusty and chewy or soft and buttery bread could certainly be served as one's last meal.

That's likely because soup and bread are two of the most ancient foods known to man. Carvings inside the walls of Egyptian pyramids depict loaves of bread as the first items to be offered to the gods.

Although it's unclear when humans began making soup, 20,000-year-old pots that showed signs of being used in a fire were discovered in a cave in China.

Fast-forward to today, and the healing power of bone broth is all the rage. Although it may seem like a trend, humans have been boiling water with animal bones for thousands of years.

Nourishing, flavorful broth served with sourdough bread has the power to stop the noise of the world, even if just for a few minutes.

How it all began

My love affair with bread began in 2012 when I took a two-month artisan bread course at the French Pastry School in Chicago from master French bakers.

We dove deep into the history of bread-baking and how it's

changed so much since the industrial revolution and the creation of dry yeast.

I learned about how the hybridization of wheat grains over the last several decades has dramatically increased the amount of gluten-forming proteins (glutenin and gliadin) by 90% compared to ancient less adulterated grains.

But I also learned about how gluten forms, and how a sourdough culture **completely transforms bread**, making it a nutritional powerhouse that's easy to digest, even for people who think they are sensitive to "gluten".

In 2016, after reading *The Bone Broth Diet* by Dr. Kellyann Petrucci about the healing powers of collagen-rich broth, I began drinking it daily for 60 days.

The knee pain that I had been dealing with for two years after it had popped out of its socket was *suddenly gone*.

I have been hooked ever since.

Now I have merged my two food obsessions into one place and have created heart-warming and not-too-heavy bone broth soups and stews to be slurped up and enjoyed with sourdough bread.

Since 2002 I've been a licensed massage therapist and helped so many of my clients reduce or eliminate their back and joint pain, plus I've experienced my fair share of aches and pains from such a physically demanding career. All of that is to say, I am dedicated to finding natural ways of healing, especially through food.

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Bone Broth

What is bone broth?

Bone broth is broth that has been made by simmering bones from chicken, beef, fish, or game for hours in order to extract the collagen from the bones to create a nutrient-rich broth that can be drunk on its own or cooked in soups, stews, or added in place of regular broth in many dishes.

How is it different from "regular" broth or stock

Often stock or broth will be simmered with the meat on the bones and is made in much less time. Stock is richer than broth, but it's still not simmered for as long as necessary to extract a lot of collagen from the bones. True bone broth needs to be simmered for 12-24 hours to release all of the nutrients possible into the broth.

Is there any way to speed up the process?

Yes!! In this ebook, I've included a recipe and 3 Bone Broth Hacks for making collagen-rich bone broth in under 3 hours.

Where can I buy pre-made bone broth?

I fully realize that making bone broth at home is still a bit time-consuming. I make my own broth, but I also buy it so that I don't feel overwhelmed by the process. I've tried every broth on the market that I could find, but there are only two brands that I recommend and purchase myself.

Bona Fide Provisions can be found in the **freezer section** in grocery stores like Sprouts Market, Walmart, Publix, etc. At the time of writing this ebook, it can't be purchased online.

Kettle & Fire is the only brand of bone broth that I buy in cartons.

They use organic vegetables and bones from organically-raised cows and chickens. And because their broth is made in cartons, it's very cheap to ship, which means you can purchase it online. It's available in stores like Sprouts Market, Whole Foods, etc. Currently, if you buy 6 or more cartons from their website, you get FREE shipping. Plus you'll receive recurring coupons via email if you order directly from them.

For first-time purchases, use the discount code BESSIEBAKES15 to receive 15% off your order when you order from their website.

Here is the link to order Kettle & Fire:

<https://kettleandfire.com?afmc=bessiebakes>

Above is an affiliate link which means I receive a small commission at no cost to you if you make a purchase. I only recommend them because I've been purchasing their broth religiously since 2016.

*Making Bone Broth, & Bone
Broth Soup & Stew Recipes*

3 Life-Changing Hacks For Making Bone Broth at Home



Bone Broth Recipe

Use this method for chicken, beef, or game bones

Here I share 3 hacks for speeding up the process for making bone broth. You can mix chicken, beef, turkey, or lamb bones all in one pot if you prefer. Each combo will have its own unique flavor. You can also alter the spices to create your own flavor. The technique is what's important.

Ingredients:

- 3-5 pound whole chicken
- 1-2 pounds bone-in chicken drumsticks or wings
- 1-2 pounds bone-in chicken thighs
- 1-2 whole carrots chopped in large chunks
- 1/2 large onion cut in half
- 1-2 celery stalks chopped in large stalks
- 1 tsp whole peppercorns
- 1 large sprig fresh rosemary
- a few sprigs fresh rosemary
- handful fresh parsley
- 1 glug apple cider vinegar

For beef or game bones:

If using beef or game, look for marrow bones. You can also save bones from a roast after cooking it and reuse the bones for broth.

For chicken or turkey bones:

Use the bones from the thighs, wings, neck, and carcass. You can de-bone it yourself or read the simple hack below!

Hack #1: Ask your butcher to separate the meat from the bones

Pick out your meat at the store and **have the butcher separate the meat from the bones for you while you shop.** (You may need to call your butcher ahead of time for this and go during off-peak times)

This way, you can save the meat and cook it however you want separately, so you aren't simmering the meat together with the bones. And this saves A LOT of money because you can get several meals out of your meat purchase.

Hack #2: Use an Instant Pot or pressure cooker

It takes only **2 hours** (plus 30 minutes to increase and decrease the pressure) to pressure cook a pot of bone broth that would ordinarily take 12-24 hours on the stove top or in a slow cooker! Plus you can use the Instant Pot to make chili and stews in record time.

- The instant pot has several functions to make it the most versatile kitchen appliance! It's a steamer, food warmer, pressure cooker, yogurt maker, slow cooker, rice cooker, and it can even saute directly in the pot!
- Because of the different functions, you can transport cooked food to your party and family gatherings.

Hack #3: Use an Instant Pot-compatible strainer to instantly strain the veggies and spices

No more digging through the pot to chuck out veggies or spices! The **BEST** part is, **the strainer also grabs ALL of the skum** that rises to the surface so you don't have to fetch it out.

Instructions:

- 1) Place the bones from the whole chicken, drumsticks, and thighs inside the Instant Pot strainer, including neck bones from the carcass.
- 2) Add the onion, celery, carrots, whole peppercorns, fresh herbs to the strainer.
- 3) Fill the Instant Pot below the fill line with water. Place the strainer inside the pot and check to make sure the water hasn't risen over the fill line. Add apple cider vinegar.
- 4) Do not add salt to your broth. You can add salt to your broth once you drink it or cook with it.
- 5) Make sure the Instant Pot lid is sealed. Flip the knob towards "sealing" to seal in the pressure
- 6) Plug in the Instant Pot and press "pressure cook". Turn the time to 2 hours or 120 minutes. The instant pot should say "on" at this point. This means that the pot is heating up and pressurizing. This should take about 30 minutes. Once the instant pot is up to temperature, it will start timing the 2-

- hour pressure cooking, so you will know how long this will take.
- 7) Once the instant pot is done with the cooking process, the heat will turn off. At this point, you will need to release the pressure from the pot. However, I do NOT recommend releasing the pressure manually from the pressure knob. Instead, allow the pressure to release naturally, which takes 10-25 minutes, but will keep steam/broth from shooting all over your ceiling!
 - 8) When the silver knob drops next to the knob, the pressure has released. Please watch the quick 2-minute video linked for this in the post to see exactly what I mean.
 - 9) Remove the lid and remove the strainer with all of the ingredients. Pour the liquid broth into a large vessel and ladle or funnel the broth into mason jars. Place the lid on, but not too tight.
 - 10) The broth will keep for about three days in the fridge, or up to one month in the freezer

For safety, watch the quick 1-minute video on quick or natural release method on the blog post:

<http://www.bessiebakes.com/3-life-changing-hacks-for-making-bone-broth-recipe/>

*Thai Pumpkin
Butternut Squash Soup
w/ Andouille Sausage*



Thai Pumpkin Butternut Squash Soup w/ Andouille Sausage

This easy squash soup is filled with Thai flavors and Cajun sausage or chicken sausage that soothes your soul and wakes up your palate! **Vegetarian option below.**

Ingredients:

- 2 links andouille sausage or chicken sausage, sliced
- 1 15-oz can of pure pumpkin (not pumpkin pie filling!)
- 1 10-oz bag chopped butternut squash, from freezer section, or one small butternut squash skinned and cubed
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 cups chicken bone broth
- 1 1/2 Tbsp. lemongrass paste, you can buy it in tubes
- 2 1/2 Tbsp. red curry paste
- 2 Tbsp. fresh ginger, chopped
- 1/2 cup coconut milk, unsweetened from a can
- salt and pepper to taste
- a drizzle of olive oil for sauteeing

Time-saving tips:

- 1) Use frozen and chopped butternut squash for ease of prep.
- 2) Skip pureeing this soup if you don't have an immersion blender. Simply use a potato masher to mash the butternut squash somewhat once it's cooked through.

Prep and chopping:

Chop the onion, garlic, and ginger. Slice the sausage links.

Instructions:

- 1) Heat a large pot over medium-high heat with a drizzle of olive oil. Saute the sausage until browned on both sides and cooked through (if using raw sausage).
- 2) Remove the sausage and set aside and lower the heat to medium. Saute the onions until softened 2-4 minutes, then add the ginger, garlic, red curry paste, and lemongrass paste and saute for 2-3 minutes until fragrant.
- 3) Add the chicken broth, coconut milk, pumpkin, butternut squash, and season with salt and pepper.

- 4) Partially cover and bring to a gentle simmer. Simmer for 10-15 minutes to help flavors develop.
- 5) Season with salt and pepper to taste.
- 6) Mash the butternut squash with a potato masher or use an immersion blender if you prefer a completely smooth soup.
- 7) Top with the andouille sausage and optional dollops of goat cheese.
- 8) Serve and enjoy!

Ingredient Substitutions:

- 1) If you can't find cajun andouille sausage or you prefer less heat, use mild chicken, turkey, or pork sausage of your choosing.
- 2) Instead of lemongrass paste, you can use a lemongrass stalk.

Vegetarian Option:

Use vegetable broth and omit the sausage. Add a touch of cayenne pepper or smoked paprika to taste for extra flavor.

For step-by-step photos visit this post:

<http://www.bessiebakes.com/thai-pumpkin-butternut-squash-soup-cajun-sausage-bone-broth/>

*Bone
Broth Chili
(w/ vegetarian option)*



Bone Broth Chili

Although the ingredient list seems long, it's mainly composed of spices and pantry ingredients which you likely already have. If you use an Instant pot, this comes together in one pot in under 40 minutes! Serves 4-6.

Ingredients:

- 1 pound ground beef
- 1 medium onion, diced
- 1 green bell pepper, diced
- 2 cloves garlic, chopped

Spices

- 2 Tbsp. chili powder
- 2 tsp. cumin
- 1 Tbsp. oregano
- 2 bay leaves
- 2 tsp. salt
- 1 tsp. chipotle powder for smoky flavor (opt.)
- 1 Tbsp. cocoa powder (opt.)

Beans, broth, and tomatoes

- 1 15 oz. can black beans, rinsed and drained
- 1 15 oz. can kidney beans, rinsed and drained
- 2 cups beef bone broth
- 1 15oz. can chopped tomatoes (preferably fire roasted)
- 1 (6 oz) can tomato paste
- 2 tsp Worcestershire sauce

Prep and chopping:

Chop the onion, bell pepper, and garlic. Rinse and drain the beans. In a pot over medium heat, saute the onion and bell pepper in olive oil for 3-5 minutes until softened. Add the spices, salt, (except for bay leaves and cocoa powder) and garlic and saute for 1 minute. Add the beef and saute stirring regularly for about 3-5 minutes or until beef turns brown.

In an Instant Pot:

Saute ingredients directly in Instant Pot on the "saute" button. After the beef has browned, add the canned tomatoes, tomato paste, Worcestershire, black and kidney beans, beef broth, and bay leaves.

Seal the pot with the lid and make sure the vent is turned to "sealing". Set the instant pot to "bean/chili" mode and set the timer for 19 minutes. It will take a few minutes for the pressure to heat up, then the timer will begin. After the pressure turns off, let the Instant pot go to "natural release" for 10 minutes before "venting" the pressure cooker. After the pressure releases, stir in the cocoa powder. Serve immediately.

On the stovetop:

Complete the prep and chopping steps. Use a dutch oven or large stockpot. After the beef has browned, add the canned tomatoes, tomato paste, Worcestershire, black and kidney beans, beef broth, and bay leaves. Cover partially and bring to a simmer. Simmer on low for 2-2.5 hours on the stovetop, stirring occasionally. Or bake in the oven on 350 degrees (in an oven-safe pot) for 2 hours. Stir in the cocoa powder and serve.

In the slow cooker/crockpot:

Complete the prep and chopping steps. Use a dutch oven or large stockpot. After the beef has browned, add the canned tomatoes, tomato paste, Worcestershire, black and kidney beans, beef broth, and bay leaves. Transfer ingredients to the slow cooker and cover with the lid. Cook on low for 8 hours or high for 4 hours. Stir in cocoa powder and heat through.

Optional toppings:

Shredded cheddar, sour cream, avocado, limes, and green onions.

Vegetarian Chili Option:

Omit the Worcestershire and use vegetable broth and add some veggie bouillon for extra flavor. Substitute cubes of butternut squash or sweet potatoes for ground beef. Complete the sauteing steps (without the beef obviously) and add the canned tomatoes, tomato paste, black and kidney beans, broth, and bay leaves. Simmer the soup for 10 minutes on low. Add the sweet potatoes or butternut squash and simmer for 15-20 minutes until they are cooked through but not mushy.

For video instruction and step-by-step photos:

<http://www.bessiebakes.com/bone-broth-instant-pot-chili-recipe-video-slow-cooker-stovetop/>

Easy Greek Avgolemono Soup

(GREEK LEMON CHICKEN SOUP)



Easy Greek Avgolemono Soup

(GREEK LEMON CHICKEN SOUP)

You won't believe how easy this Bone Broth Avgolemono Greek Lemon Chicken Soup Recipe is to put together! It literally takes about 20-25 minutes from start to finish to create a restaurant-worthy soup that can be enjoyed all year long. The key is to use high-quality chicken bone broth for the best flavor possible.

Ingredients:

- 4 cups chicken bone broth
- 2 lemons, 1 zested and 1 and 1/2 juiced, save the rest of the lemon for slicing
- 4 chicken thighs or 2 chicken breasts
- 2 eggs
- 2 small handfuls green beans, fresh or frozen
- 1/2 cup cauliflower rice, I used pre-chopped & frozen for time-savings
- 1/4 tsp. white pepper
- salt to taste

Instructions:

- 1) Heat the 4 cups of chicken bone broth over medium-high heat in a large pot to a simmer. Cover with a lid to help it heat up faster.
- 2) Add the chicken thighs or chicken breasts and simmer partially covered for about 15 minutes or until the chicken is cooked through. Timing depends on the size and type of chicken you use.
- 3) Remove the chicken and set aside to cool enough to handle. Shred or chop the chicken.

For the egg mixture:

- 1) While the chicken is cooking, whisk together the lemon juice, lemon zest, and 2 eggs until nice and frothy.

Tempering the egg mixture:

- 1) Once the chicken is removed from the pot, lower the temperature to medium heat.
- 2) Scoop out 1 cup hot broth from the pot.
- 3) Start whisking the egg mixture and **very slowly** drizzle in the hot broth while **whisking constantly** until all of the broth is combined.



Tempering the eggs



Finishing the soup:

- 1) Slowly pour the egg mixture into the pot of hot broth while **whisking constantly**.
- 2) Add green beans (fresh or frozen) and cauliflower rice and heat until cooked but still has some texture, about 3-5 minutes.
- 3) Add the chicken back in and season with salt and white pepper to taste.
- 4) Serve with a slice of lemon on top. Enjoy!

For step-by-step photos visit this post:

<http://www.bessiebakes.com/easy-bone-broth-avgolemono-greek-lemon-chicken-soup-recipe/>

Bone Broth Beef Stew



Bone Broth Beef Stew

Carrots, onions, and bone broth create a soul-satisfying brothy (not-too-heavy) beef stew that can be made in record time in an Instant Pot. **Options for the slow cooker and stovetop below too.**

Ingredients:

- 2.5-3 lbs beef stew meat (chuck)
- 2 1/2 cups beef bone broth
- 1 medium onion, diced
- 3 cloves garlic, chopped
- 3 whole carrots, skin removed and cut into 2-inch pieces on a diagonal
- 1 15-oz can tomato sauce
- 1 sprig fresh rosemary, chopped, or 1/2 tsp. dried
- 3 sprigs fresh thyme, de-stemmed and chopped, or 1/2 tsp. dried
- 2 Tbsp. Worcestershire
- large handful frozen peas (optional)
- salt and pepper
- olive oil for sauteing meat (up to 2 Tbsp)

Prep and chopping:

Chop the onion, garlic, and carrots. Chop the rosemary and thyme. Pat the stew meat with paper towels to absorb excess moisture so they will brown properly. Chop the chuck into cubes if it isn't already cubed.

Instant Pot Instructions:

- 1) Preheat the Instant Pot to "saute" for a few minutes.
- 2) Season the meat with salt and pepper. Add 2 tsp. olive oil for each batch. Saute the meat in batches so it browns evenly. You may need to do 2-3 batches. Once the meat is browned on both sides remove and place on a plate to set aside.
- 3) Add the carrots, onions, garlic, rosemary, and thyme to the pan and stir.
- 4) Add the beef broth, stew meat, tomato sauce, and Worcestershire sauce and give everything a good stir to combine.
- 5) Cover the Instant Pot with the lid and seal. Set the pressure valve to "Sealing" to ensure the steam stays inside.

- 6) Press the "Meat/Stew" button and set to 40 minutes. It will take a few minutes for the pressure to build then the timer will start.
- 7) Let the Instant Pot "Natural Release" the pressure for 10 minutes before moving the vent to "Venting".
- 8) Remove the lid and add the peas to warm through.
- 9) Serve and enjoy!

Slow Cooker Instructions:

- 1) Preheat a saute pan over medium-high heat. Add olive oil for each batch of stew meat.
- 2) Season the meat with salt and pepper. Saute the meat in batches so it browns evenly. You may need to do 2-3 batches. Once the meat is browned on both sides remove and place on a plate to set aside.
- 3) Add a little of the bone broth to the saute pan and stir to release the brown bits from the pan.
- 4) Add the stew meat, pan juices, and all the other ingredients (except for the peas) to the slow cooker. Stir to combine everything.
- 5) Cover and heat on low heat for 3-4 hours or on high heat for 7-8 hours.
- 6) When the slow cooker is finished, add the peas to the pot to heat through.
- 7) Serve and enjoy!

Stovetop Instructions:

- 1) Preheat a large dutch oven or stock pot over medium-high heat.
- 2) Season the meat with salt and pepper. Add 2 tsp. olive oil for each batch. Saute the meat in batches so it browns evenly. You may need to do 2-3 batches.
- 3) Add the onions, carrots, herbs, and garlic and stir to coat and help release the brown bits.
- 4) Add the Worcestershire, tomato sauce, and bone broth. Stir to combine.
- 5) Cover partially and bring to a simmer. Lower the heat to low or medium-low to keep it simmering.
- 6) Simmer for 90 minutes-2 hours or until the stew meat is tender.
- 8) Add the peas to heat through. Season with salt and pepper to taste.
- 9) Serve and enjoy!!

Prepping in Advance & Time-saving Tips:

- 1) Pat your meat dry in advance and store in the fridge in an airtight container. DO NOT season with salt and pepper until ready to cook.
- 2) Use **baby carrots** instead of whole carrots to save on chopping time.
- 3) Chop the carrots and onions in advance and store in an airtight container in the fridge. (Wait to chop the garlic and herbs until right before cooking)
- 4) Browning in 2-3 batches can take several minutes per batch. If you are short on time, simply brown one batch only to get the yummy brown bits on the bottom of the pan.

For step-by-step photos and a video visit this post:

<http://www.bessiebakes.com/bone-broth-instant-pot-beef-stew-recipe-crockpot-stovetop-too/>

*White Bean
Chicken Meatball
Soup w/ Pesto*



White Bean Chicken Meatball Soup w/ Pesto

Chicken meatballs and tender white beans make this a hearty soup with loads of flavor!

Ingredients:

- 3/4 pound ground chicken
- 1/2 pound uncooked chicken sausage (for better flavor and more fat)
- 2 cloves garlic, chopped
- 1 tsp ground cumin
- 1 small onion, diced
- 1 carrot, finely chopped
- 1 red bell pepper, finely diced
- 1 Tbsp butter
- 1 sprig rosemary, chopped
- 2 1/2 cups chicken bone broth
- 1-2 cans butter beans or white beans of choice (use 2 cans if you like a lot of beans in your soup)
- 1 tsp salt for meatballs plus more for seasoning soup
- 1/2 tsp black pepper for meatballs plus more for seasoning soup
- 4 tsp. olive oil
- Pesto for drizzling in soup

Prep and chopping:

- 1) Chop the onion, garlic, carrot, red bell pepper, and rosemary.
- 2) Add the ground chicken and chicken sausage in a bowl. Add the garlic, cumin, 1 tsp salt, 1/2 tsp pepper, and 2 tsp olive oil. Stir to combine.
- 3) Wet your hands and roll into small meatballs.
- 4) Rinse and drain the beans.

Instructions:

- 1) Heat a dutch oven or a large stockpot over medium heat. Add 1 tsp. olive oil and saute the meatballs in batches to brown the outside. Set aside each batch after they have browned.
- 2) Add 2 tsp olive oil and 1 Tbsp butter to the pot and saute the onions, carrots, red bell pepper, garlic, and rosemary in the same pot for about 3 minutes or until the onions have softened.
- 3) Add the chicken broth and stir to release the brown bits from the bottom of the pan.

- 4) Add the beans and meatballs to the pot. Cover partially and bring the broth to a simmer. Reduce heat to low or medium-low to keep it simmering.
- 5) Simmer for about 5-7 minutes or until the meatballs are cooked through.
- 6) Season to taste with salt and pepper.
- 7) Serve with dollops of pesto on top!

For step-by-step photos, visit this post:

<http://www.bessiebakes.com/white-bean-chicken-meatball-soup-with-pesto-bone-broth/>

Sourdough Bread

& Gluten-Free Cornbread

What's the importance of a Sourdough Starter?



The legend of sourdough.

Some historians believe that sourdough bread originated in Egypt sometime between 4000 and 3000 B.C. Legend says that a woman was making the unleavened bread of that time (meaning bread with no yeast) and she forgot a portion of the dough and left it outside near the warm, humid Nile River.

Later, she found the dough and discovered it had greatly increased in size, so she added it to the next batch of dough. Thus, sourdough was born.

Whether or not this story is true, it makes sense that this natural fermentation process would be discovered by accident.

What is a sourdough starter?

A culture (aka a mother or starter) is created from a natural fermentation process from wild yeast and wild bacteria. Wild yeast and wild bacteria are present in our air, water, and flour. When flour and water are combined and fed more flour and water daily, the fermentation process can begin, resulting in an active live culture that can be used to ferment bread and make it rise. Another name for sourdough bread is naturally leavened bread.

Why is sourdough so important for bread?

A sourdough culture **BREAKS DOWN GLUTEN**, making it easier to digest. People with gluten intolerance have likely (their entire lives) been eating mass-market bread and processed food without a sourdough culture that has only been fermented for 2-4 hours. The way bread is made in modern times is a recipe for disaster for our digestive system, even if you don't think you have a "gluten intolerance".

Lactobacillus, the bacteria found in a sourdough culture, breaks down and **neutralizes phytic acid**. Phytic acid is an organic compound that is found in the outer layer of grains, hence the part where all the nutrients are.

All whole grains, even gluten-free grains, contain phytic acid. The irony of phytic acid is that it blocks absorption in your intestinal track of the very nutrients found in the outer portion of the grains such as calcium, magnesium, copper, zinc, and iron! Luckily, the lactobacillus found in a sourdough starter helps to neutralize phytic acid making it possible for your body to **ABSORB KEY NUTRIENTS**.

One of the biggest problems of the American diet is that we are overfed and undernourished. I believe eating bread (especially whole grain bread) that hasn't been treated with a sourdough culture and allowed to slowly ferment is a key reason this problem exists.

To read more about this topic, go to the blog post below to learn how to get your sourdough started and how to take care of it the **EASY WAY** without having to feed it every day.

Plus, **scroll down to the comment section** as there are many great questions people have asked that I answer to help you along the process.

The Lazy Baker's Guide to Caring For a Sourdough Starter

<http://www.bessiebakes.com/lazy-bakers-guide-caring-sourdough-starter/>

Sourdough Bread

Baking terms

Mixing and kneading the dough:

The sourdough bread recipes in this book don't require much kneading at all. Instead, we will allow long fermentation to strengthen the bread naturally. This means it takes only a few minutes to blend the ingredients, and then we let nature do its work. **However, the brioche rolls do require extra kneading.**

Fermenting the dough:

Because we aren't kneading the dough much beyond blending everything together, we need to let the dough ferment all day or overnight to help create those beautiful holes, and chewy interior in the bread. Actually, I find this process to be much easier on your schedule, because recipes that require a lot of kneading and short fermentation need to be messed with every 2-3 hours, taking far too much time out of the middle of your day. This allows you to start your bread at night, then shape and proof it in the morning and bake. Or mix in the morning, then shape, proof, and bake in the evening.

Shaping the dough:

The easiest shapes to do for bread are round shapes. They don't require a lot of practice to get the right shape. Because photos can only show so much, I included links to blog posts on my site that have more step-by-step photos and **shaping videos** to show the process more clearly.

What kind of baking vessels do I use?

If you are an experienced bread baker, you can bake the breads free-form (meaning without a vessel) in your oven. However, if you're just getting started, I recommend using a **cast iron skillet** for round shapes and loaf pans for rectangular loaves.

Each of these recipes makes two large loaves, one that can be baked in a 9 to 11-inch wide cast iron skillet, and one loaf in a loaf pan. You can bake both in a cast iron skillet, or make two loaves in a loaf pan.

If you only have one of each kind of pan, you can use a brownie pan with parchment paper in the bottom as a substitute, or keep one of the doughs in the fridge to slow down fermentation. If you do this, shape them free-form on a piece of parchment paper, and gently lift them into the baking vessel once the vessel is ready and the dough is proofed.

Again, I'll show you this process in the videos so it's not confusing.

What does "proof" the dough mean?

Proofing refers to the final fermentation or rising of the dough once it's shaped and the last step before baking.

Can I slow down fermentation?

Say you're fermenting the dough and something comes up and you can't finish the process in the time that you have. You simply cover the dough and place in the fridge to slow down the process. Or, after your dough is shaped and ready to proof, you can place it in the fridge for up to 2 days, and when you're ready to proof the dough and bake, take it out of the fridge. This is great for baking fresh bread during the week.

The importance of using a kitchen scale instead of measuring cups.

Forget about using measuring cups and spoons for the bread recipes!

Although I have those measurements included in some of the bread recipes, it's FAR better and easier to use a digital kitchen scale instead. You simply place your mixing bowl on a scale and pour the ingredients in the bowl to get the correct weight. The weight of flour, water, etc. is much more accurate. No more fiddling with cumbersome cups and spoons!

Do you have any questions about these recipes?

Is your head spinning with questions?!

DON'T WORRY, I totally understand! Bread baking is one part science and one part intuition and practice. There is quite a lot of flexibility with the fermentation and shaping process, so that can lead to lots of confusion.

If you are stuck on a recipe or need help getting started, feel free to email me at:

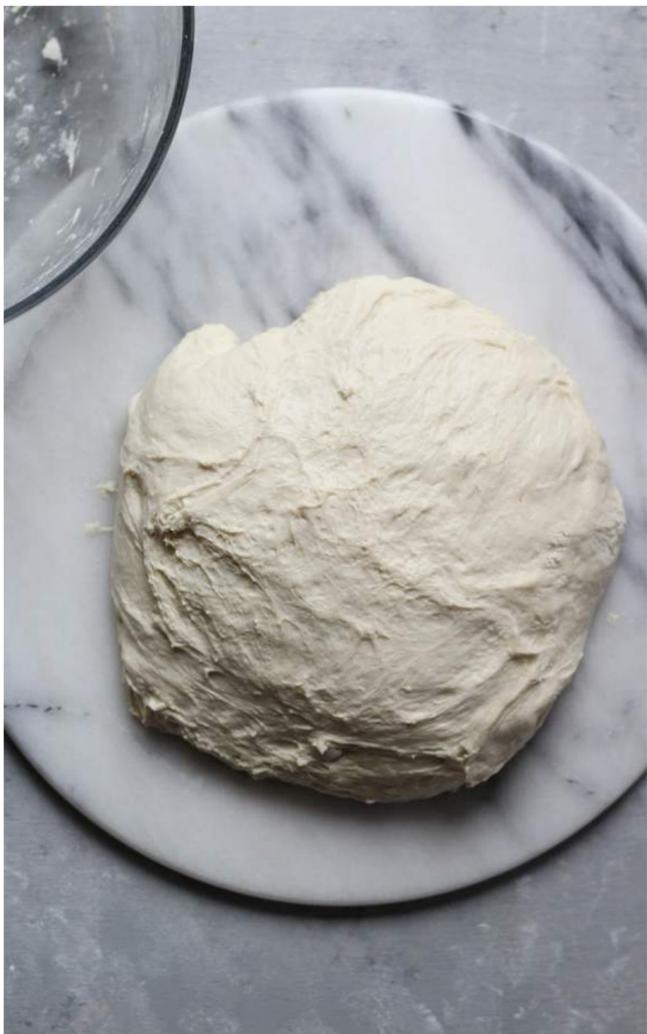
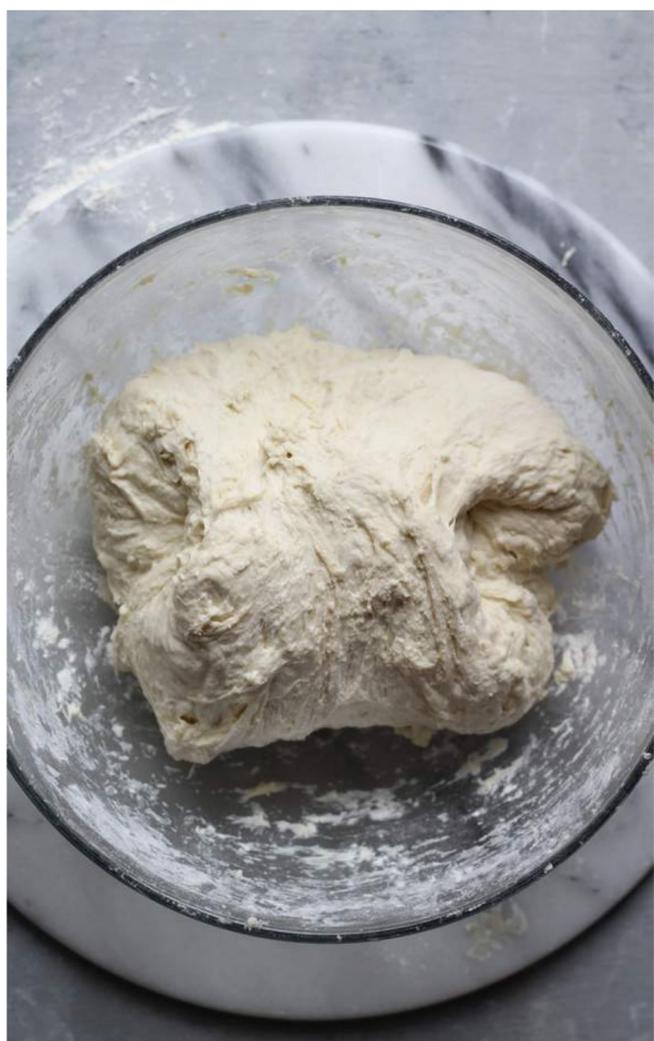
leslie@bessiebakes.com

or

bessiebakesblog@gmail.com

You can also comment on any of the corresponding blog posts and ask a question linked in this ebook.

Traditional Sourdough Bread



Traditional Sourdough Bread

This is an easy Sourdough Bread recipe that you can mix in a bowl and doesn't require much kneading (1-2 minutes). It's chewy on the inside and crusty on the outside.

Ingredients:

- Bread Flour 880 grams
- All-purpose Flour 120 grams
- Honey 4 grams
- Salt 20 grams
- Water 700 grams
- 1/2 cup Ripe Sourdough Starter 94 grams

Recipe Notes:

Just like the sourdough spelt bread, you simply mix the dough together for until it forms a ball, give it a fold, and let ferment on your counter for 8-12 hours. The fermentation time is forgiving because you won't be kneading the dough much and a sourdough starter is a slower process. You can start the dough in the morning and bake it in the evening, or start the dough in the evening and bake it the next morning.

Instructions:

- 1) Mix the flours and salt together in an extra large bowl.
- 2) Add the water, honey, and sourdough starter and stir with a wooden spoon until it comes together. Start to knead it by hand until all of the ingredients form a sticky ball. It will be a mess so dump the dough onto your kitchen counter to finish kneading.
- 3) Knead for about 1-2 minutes until the dough is formed. You don't need to worry about developing the gluten, as the long fermentation will do that on its own.
- 4) Give the dough a fold by stretching the left and right side of the dough towards the center, then stretch the top and bottom of the dough towards the center. This will help strengthen the dough. Flip the dough over in the bowl and cover with plastic wrap.
- 5) Let the dough ferment for about 8-12 hours.

Shaping the Dough

- 6) Take the dough out of the bowl and dump onto the counter. Don't add flour to the counter to make it easier to shape.
- 7) Scrape the dough from the bowl and for two large loaves, cut the dough in half. Shape into rounds or loaf style. You can make whatever sizes you want.

The shaping video is linked below.

8) Place the round or "boule" shape in a 9-12-inch wide cast iron skillet, or you can line a dutch oven with parchment paper and place the round in there. For the loaf shape, place in a loaf tin. Put the skillet or loaf tin inside a plastic bag and tie it so that there are no air holes as long as it fits inside the bag. **Watch the shaping video for visual instruction.**

(If you are more experienced with shaping dough, you can bake it without a vessel.)

9) Ferment the dough for about 90 minutes to 2 hours, or until it's doubled in size.

10) Preheat oven to 450 degrees before the dough is done proofing.

Baking the Dough

11) Sift bread flour or all-purpose flour over the top of the dough to make it easier to score the dough.

12) With a thin, small serrated knife or bread lame, "score" the top of the dough with a pattern or a line in the center from one side of the top of the dough to the other. **See video for visual instruction.**

13) Bake for about 40 minutes or until the top is golden brown. To check for doneness, remove the bread from the oven and tap on the bottom of the bread. If it sounds hollow, it's done, if it sounds dense, it needs a few more minutes. You can put it back in the oven directly on the rack (without a baking vessel).

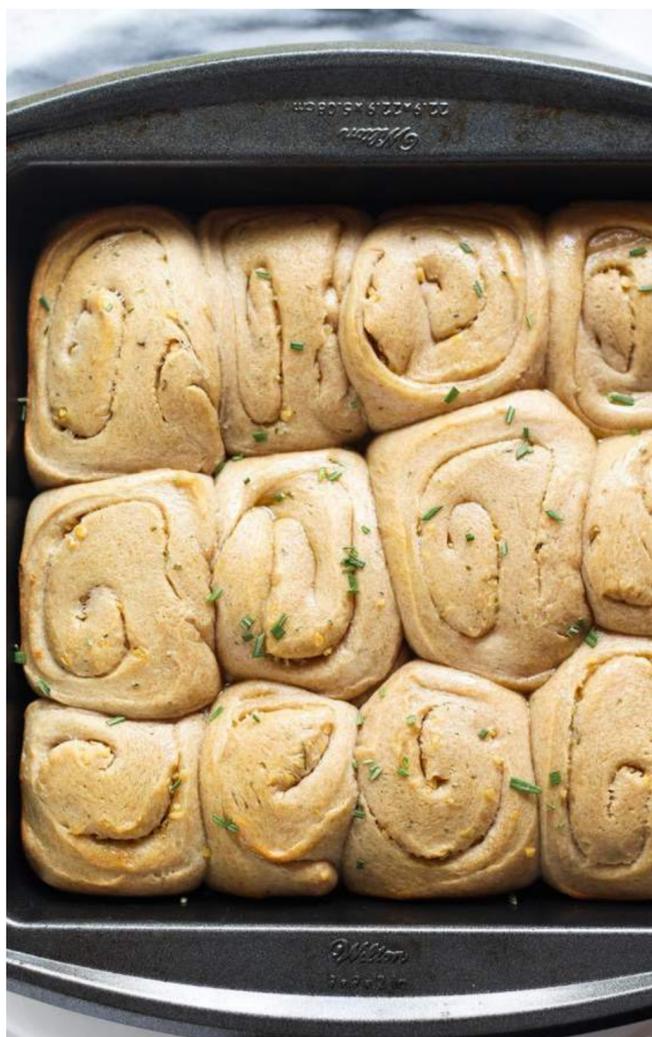
14) Let rest for at least 30 minutes before cutting for ease of slicing.

15) Once cut open, cool completely and cover in plastic wrap. It will keep for about a week on the counter or you can freeze it for much longer.

For more step-by-step photos and video instruction, see the blog post here:

<http://www.bessiebakes.com/easy-sourdough-bread-recipe-shaping-video-shaped-2-ways/>

Sourdough Brioche Garlic Rosemary Rolls



Sourdough Brioche Garlic Rosemary Recipe

Brioche dough is a rich and buttery dough and lends delectable breads and pastries. Because of the amount of butter and eggs, it's best to knead this dough in a stand mixer because it takes 10-15 minutes to develop the gluten. Obviously, you would **throw this dough out the window if you had to do it by hand.**

Ingredients:

For the dough

- 1 1/2 cups plus 1 Tbsp Spelt Flour or Whole Wheat Flour, 250 grams
- 1 1/2 cups plus 1 Tbsp All Purpose Flour, 250 grams
- 3/4 cups plus 1 Tbsp Milk, cold 200 grams
- 2 Eggs about 100 grams
- 1 tsp Salt, 10 grams
- 1/4 cup Ripe Sourdough Starter, 78 grams
- 1/4 cup Sugar, 50 grams
- 11 Tbsp Butter, slightly softened, 150 grams
- 1 Tbsp Fresh Rosemary, finely chopped

For the Garlic Filling

- 3-5 Garlic Cloves, finely chopped use enough to evenly cover the inside of the roll
- 2 Tbsp Butter, melted

Instructions:

1) Mix all ingredients for the dough together except for the butter in a stand mixer. Mix on 1st speed for about 5 minutes. Turn the mixer on 2nd speed and mix until the dough comes together and pulls away from the side of the bowl. Turn the mixer back to 1st speed and add butter to incorporate. Turn back to 2nd speed and mix until the dough pulls away from the side of the bowl and is shiny and elastic.

Fermenting the Dough

1) Form the ball into a round shape and cover with plastic wrap. Let ferment all day or overnight at room temperature (about 8-10 hours), so it doubles in size. A sourdough culture ferments dough much more slowly than dry yeast, so you won't have to worry about it over-fermenting.

Shaping and Proofing the Dough

1) Take the dough out of the fridge and gently flatten to a 10 x 12 rectangle. Brush the 2 Tbsp of melted butter over the top to cover. You may not need all of it.

Sprinkle the garlic evenly all over the top. Roll the dough semi-tightly into a log shape. Cut the dough into 12 pieces and place them in a square pan.

2) Cover the pan with plastic wrap and let proof. The best way to proof it is to put it on top of the oven with the oven turned on to create a warm space. It should take about 45 minutes to proof. It will have increased in size by about 30%.

Baking the Rolls

1) Preheat the oven to 375 degrees. Bake for about 20-25 minutes. You can check for doneness by piercing the inside with a knife to see if it comes out clean.

2) To serve, brush a bit more butter on top while they are warm.

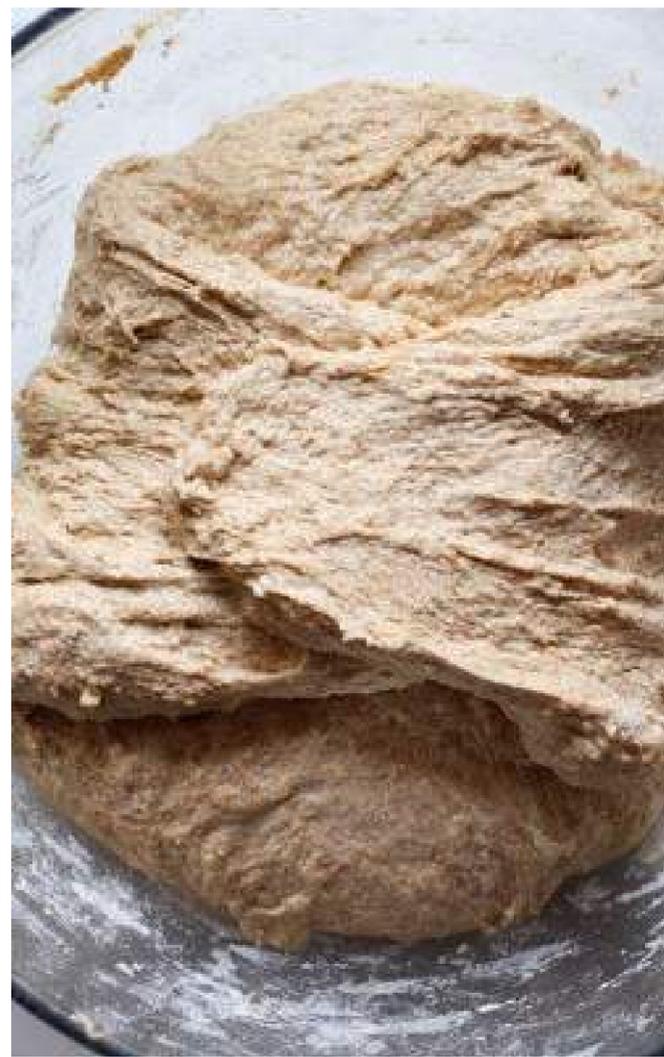
Recipe Notes:

The best way to ensure that your sourdough starter is ripe is to feed it 8-12 hours before you mix the dough. It should have risen and have a bubbly top.

Read the full blog post with even more step-by-step photos and two more ways to use this dough (**cinnamon rolls and hamburger buns**):

<http://www.bessiebakes.com/sourdough-spelt-brioche-3-ways-cinnamon-rolls-garlic-rolls-hamburger-buns/>

Sourdough Honey Spelt Bread



Sourdough Honey Spelt Bread

This is an easy no-knead recipe that lets time and fermentation do the work for you. You will only need a few minutes of hands-on time to make the most amazing whole grain sourdough bread! You may sub whole wheat flour for spelt flour.

Ingredients:

- 4 1/2 cups plus 1 Tbsp. Spelt flour (or Sprouted Spelt flour) or Whole Wheat Flour 696 grams or 24.65 oz
- 1 3/4 cup plus 2 Tbsp All-purpose flour 232 grams or 8.25 oz
- 1/2 cup plus 1 Tbsp sourdough starter (ripe) 148 grams or 5.25 oz
- 3 cups plus 1 Tbsp Water (room temp) 668 grams or 23.85 oz
- 2 tsp salt (preferably sea salt) 18 grams or 0.65 oz
- 4 tsp Honey (or maple syrup for vegans) 37 grams or 1.35 oz

Instructions:

For the Sourdough Starter

1) Feed your sourdough starter about 12 hours before mixing your dough to ensure it's ripe and ready to use.

For the Dough

- 1) In a large bowl, mix the spelt flour, all-purpose flour, and salt together. Mix the water and honey in another bowl.
- 2) Mix the water and honey mixture with the flours until it starts to combine. Add the sourdough starter and continue to mix with your hand or a wooden spoon until it forms into a ball of dough. It will be wet and sticky.
- 3) If you want to develop the gluten a little more, you can knead it by hand for about two more minutes, but it's not necessary.
- 4) Scrape the dough from the sides of the bowl and add it to the bottom of the dough. Give the dough a fold as shown in the photos. Cover with plastic wrap and let ferment for 10-12 hours in a warm spot in your kitchen until doubled in size.

Shaping the Dough

1) Scrape the dough from the bowl and for two large loaves, cut the dough in half. Shape into rounds or loaf style. Watch the two minute shaping video in this post for instructions. You can make whatever sizes you want. Since I had one 9 1/2 inch cast iron skillet and one small one, I cut the dough so that one piece was two thirds of the dough and the other was one third the size. You can also simply shape ONE LARGE ROUND if your cast iron skillet is 10-12 inches wide, as this would be too large for two half rounds.

- 2) Line a large salad bowl (or bowl of that size) with linen couche or two clean kitchen towels. Sift lots of spelt flour or all-purpose flour on the couche or towels to prevent the dough from sticking. The all-purpose flour will lend a prettier top. Place the shaped dough bottom side up and wrap thoroughly in plastic wrap to prevent air holes from getting in.
- 3) Let the dough ferment again for 10-12 hours in a warm spot in your kitchen until it's doubled in size. You can also choose to slow fermentation down even more and put it in your fridge for up to 24 hours. Once you pull it out of the fridge, if it's not doubled in size, then ferment it at room temp for about 2-3 hours.

Baking the spelt sourdough

- 1) Preheat the oven to 450 degrees and place a sheet pan, or oven-safe skillet on the bottom rack to allow it to heat up.
- 2) When you are ready to bake your bread, remove the plastic wrap from the dough and invert the round shaped dough onto the cast iron skillet, or a round cake or brownie pan that has been oiled and floured. **Watch the shaping video that is linked below.**
- 3) If you wish to bake two rounds and you only have one cast iron skillet, then just bake one round at a time and keep one piece of dough covered in the fridge while the other is baking to slow down fermentation.
- 4) For a large round loaf, score the dough with one line down the middle and diagonal lines down the sides. You can also score with an X too.
- 5) Place the loaves or the rounds in the middle rack of the oven. Throw in one cup of ice onto the sheet pan or skillet on the bottom rack and close the oven door immediately to trap the steam.
- 6) Bake for about 35-45 minutes, or until the top is a deep brown. For the round, you can check for doneness by removing it from the pan and tapping the bottom. If it sounds hollow, it's ready.
- 7) Let cool for at least 30 minutes before cutting into the bread.
- 8) You can cool the bread completely, wrap in plastic wrap and freeze for future use.

Recipe notes:

This sourdough bread will stay fresh at room temperature for about one week. Once you have cut into the bread, cover it with plastic wrap.

For the full blog post with more step-by-step photos and a quick shaping video:

<http://www.bessiebakes.com/sourdough-honey-spelt-bread/>

Gluten-Free Southern Cornbread

(SKILLET OR MUFFINS)



Gluten-Free Southern Cornbread Muffins

If you are short on time or you avoid gluten, then I'd highly recommend this savory cornbread recipe that satisfies and pairs perfectly with soups and stews! You will love this recipe even if you love traditional bread.

Makes 6-8 Muffins or one cast iron skillet pan

Ingredients:

- 2 cups Cornmeal, preferably organic 238 grams
- 1 1/2 Tbsp Baking powder 17 grams
- 1/2 cup Gluten-free flour or all-purpose flour 68 grams
- 1 1/2 tsp salt 7 grams
- 1 1/4 cups Buttermilk or 1 cup milk mixed w/ 1 Tbsp. vinegar, **300 grams total liquid**
- 2 large eggs
- 1/4 cup neutral oil like grapeseed oil 54 grams

Optional additions (you can add one or all of these or omit altogether)

- 1/2 cup heaping fresh or frozen corn 80 grams
- 1 cup cheddar cheese, cut into chunks 70 grams
- 2 Tbsp large poblano, roasted 110 grams or so

Instructions:

If using optional additions

Roast a whole poblano directly under a broiler until the skin is charred, turn to char all sides. Remove skin and seeds and chop poblano, set aside. Cut the cheddar cheese into chunks or shred.

- 1) Preheat oven to 450 degrees.
- 2) Heat the muffin pan or cast iron skillet in the oven until hot, about 3-5 minutes.
- 3) Whisk cornmeal, flour, salt, and baking powder in a large bowl.
- 4) Add buttermilk, then whisk in eggs and oil.
- 5) Fold in poblanos, cheese, and corn if using.
- 6) Remove skillet or muffin pan from the oven and pour batter directly into the pan. It should be sizzling, so be careful!!
- 7) For a cast iron skillet, bake until the crust is golden brown about 25-30 minutes. For muffins, bake about 13-15 minutes or until the top springs back when touched.
- 8) Serve immediately with butter and a drizzle of honey (optional)!

You can preserve the cornbread by letting it cool completely, then wrapping it in plastic wrap and placing in the freezer.

Tools & Baking Resources

King Arthur Flour Sourdough Starter:

This is an established sourdough starter that you can purchase that is active, so you can begin to feed it and have your own starter at home for baking these recipes.

<https://www.kingarthurfLOUR.com/shop/items/classic-fresh-sourdough-starter-1-oz>

King Arthur Flour Sourdough Starter & Crock Set:

Purchase a sourdough starter and a sourdough crock together.

<https://www.kingarthurfLOUR.com/shop/items/sourdough-starter-and-crock-set>

Bread Lame:

Although you can use a thin serrated knife, it's certainly nice to have a bread lame to "score" your bread before baking.

Amazon Affiliate Link --> **<https://amzn.to/2FtaSEM>**

Digital Scale:

This is the digital kitchen scale I've been using for years and I love it!

Amazon Affiliate Link --> **<https://amzn.to/2QVLd8Z>**

Metal Bench Scraper:

Use a bench scraper to help shape your dough and remove sticky dough from your counter. This tool is a MUST for baking bread!

Amazon Affiliate Link --> **<https://amzn.to/2zgNV1I>**



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PINTEREST**

Thanks for reading **Sourdough Bread & Bone Broth Soup!** I'm Leslie from **bessiebakes.com** and I created these recipes in the hopes that you would be inspired to cook and bake the most soul-satisfying food possible.

On my site, you'll find whole foods recipes, sourdough bread and pastry tutorials, and all-natural baking recipes with a focus on organic ingredients whenever possible.

SUBSCRIBE

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<http://www.bessiebakes.com/resources/>

** Or if you are interested in learning about all things bone broth and whole foods recipes, go to this page and subscribe to that list:

<http://www.bessiebakes.com/bone-broth-community/>

Bon Appetit Ya'll,
Leslie O.