

Starter Doughs Revisited

By ELLY

We've sort of been going round and round over starter doughs lately.

Great-Grandmother Keith used to keep her crock of starter for pancakes going all winter. Everyone remembers them as the best pancakes they ever ate but no one has a clue as to the recipe.

One caller said her mother made muffins with a starter and she would love to know how she did it.

Here is the starter recipe we published a couple of weeks ago and the bread recipe that goes with it. If anyone can come to our rescue with a muffin or biscuit starter we would be happy to pass it on.

SOURDOUGH STARTER

In a three - quart crock, dissolve one package active dry yeast in one quart lukewarm water. Add two teaspoons sugar and four cups sifted flour; beat to mix. Cover and let rise until light and slightly aged, up to 48 hours in a warm kitchen near stove. Starter may be kept in refrigerator seven to 10 days without attention. Then it should be stirred and equal amounts of flour and water added.

To use starter, pour off amount needed for recipe, and then add equal amounts of flour and water needed to replace amount poured off. Return to refrigerator.

SOURDOUGH BREAD

- 1 c. starter
- 1 c. flour
- 1 c. warm water
- 2 t. sugar
- 1/2 t. salt
- 1/2 t. baking powder

Mix all the ingredients together and let stand overnight in a large covered bowl. In the morning, add 1/2 cup warm water into which one package active dry yeast has been dissolved. Add two cups flour. Knead for five to 10 minutes. Let rise 1 1/2 to two hours under a towel soaked in warm water and place on a buttered bread pan or a round pizza pan. Bake in a preheated 425 - degree oven with a small pan of water in the bottom, after slitting the top of the bread sponge a few times with a very sharp knife or a razor blade. Bake until golden brown, remove from oven and sprinkle crust lightly with flour.

THE FOLLOWING starter and bread came from one of our readers. You'll note the difference in the two recipes.

SOUR DOUGH BREAD

- 4 1/2 c. warm water
 - 1 pkg. yeast
 - 1 c. starter
 - 4 c. unsifted flour
 - 2 t. sugar
 - 1/2 t. salt
 - 1/2 t. baking soda
 - 2 c. unsifted flour
- Put water in large mixing bowl. Add yeast, starter, flour, sugar and salt. Stir for three minutes with wooden spoon. Let rise until double in bulk. (1 1/2 - two hours)

Mix soda with one cup remaining flour - stir into dough and knead on a floured board adding the rest of the flour or more. Knead until satiny - at least eight minutes - until dough can absorb no more flour.

Shape into one round or two oblong loaves. Place on a slightly greased baking sheet, cover, leave in warm place and let rise until nearly double in bulk - about 1 1/2 hours. Brush with water and make diagonal slashes in top of loaf with a sharp knife. Put shallow pan of hot water on lower rack of oven. Bake in preheated 400 - degree oven for 45 minutes (50 minutes for one round loaf) or until medium dark brown.

STARTER
Blend one cup water with 1/4 cup non-fat dry milk. Place in covered jar for 24 hours. Stir in one cup flour and let stand for two to five days. Use when sour and bubbly... use sponge at least once every 12 days.

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