

Sourdough Discard Cookbook

*Zero-Waste Recipes
That Fit Real Life*



Leanna Yarson

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WELCOME

You have a sourdough starter. It's alive, bubbling, and requires regular feeding—which leaves you with discard. This book is your practical guide to transforming that leftover starter into something delicious today. No fuss, no long waits.

This isn't a book about the deep craft of sourdough bread. You won't find recipes for 72-hour fermentations or "perfect peaks." Instead, every recipe is built for real, everyday cooking. The core idea is simple: **same-day, zero-waste results**. We treat your discard not as scrap to be used up, but as a versatile ingredient that adds flavor, tenderness, and lift to dishes from pancakes to pizza crusts.

Let's talk timing. Life is busy. Our recipes are designed to move from bowl to oven to table in a matter of hours, often while you're occupied with other tasks. There's no need to plan your day around the dough. The discard works for you, on your schedule.

You don't need to read this book from cover to cover. It's made to be opened anywhere. See a cup of discard? Turn to the "By Amount" index and choose a recipe. Craving crackers? Go straight to that page. We've included a concise guide up front on methods and ingredients to help you avoid common pitfalls and achieve consistent results. Skim it once, then use it as a reference.

Who is this book for? It's for you, someone who already maintains a starter and is looking for reliable, quick recipes that fit into your weekly rhythm. This is for baking between tasks: stirring batter while dinner simmers, or shaping flatbreads to accompany soup.

Who is this book not for? If you seek to explore the detailed science of fermentation or master an open-crumb artisan loaf, other books will serve you better. These recipes are not designed for long processes that build intense sourdough character. And if you don't yet have a starter, you'll need to establish one first because we begin where discard already exists.

You'll notice the tone here is practical and encouraging, but without fluff. There are no grand promises of perfection, no dramatic tales of my sourdough journey, and no lectures on saving the planet. The zero-waste aspect is simply the smart, logical core of the project. We trust that the satisfaction of using something well is motivation enough.

Our goal is to make using your discard as effortless as reaching for a carton of eggs. It becomes just another step in your cooking, one that consistently delivers delicious rewards. The results will be tasty, satisfying, and uniquely yours—shaped by your starter, your kitchen, and your schedule.

So, let's get started. Your discard isn't waiting, and neither are you. Pick a recipe, grab your jar, and let's make something good.

What We Mean by "Sourdough Discard" in This Book

In this book, "**sourdough discard**" is a technical ingredient: it is the portion of your mature, fermented starter that you remove during feeding. While the term "discard" suggests waste, we treat it as a versatile, pre-fermented asset for same-day recipes. This shift in perspective is fundamental; we are not salvaging a byproduct, but purposefully using a distinct ingredient to create immediate results.

It is crucial to understand what this discard is not. First, it is not your active, peak-rising starter used for leavening traditional bread. The discard we use may be unfed starter from the refrigerator, a portion past its peak, or one that has fully settled and become acidic. Its primary function here is not immense lift, but to deliver flavor, tender texture, and a subtle complexity that other ingredients cannot. It provides the sourdough character without a long fermentation.

Second, the removed portion is a concentrated product of fermentation, containing beneficial acids and developed gluten. Throwing it away wastes a valuable culinary ingredient. In this context, “discard” is the foundation for pancakes, crackers, quick breads, and more.

Therefore, when a recipe here calls for “sourdough discard,” it specifies that fermented ingredient for a precise purpose. Its acidity tenderizes gluten, reacts with baking soda for lift, and imparts a tangy depth. You are using a matured ingredient, not managing a leavening project. It is the practical key to fast, flavorful baking.

When Your Discard Is Ready to Use (And When It’s Not)

One of the most common questions about baking with discard is also the simplest: “Can I use this?” The beauty of our approach is that the answer is almost always “yes.” Unlike baking with a ripe, active starter—where timing is critical—using discard is far more forgiving. It’s about understanding what you have in your jar and how its state will influence your bake. The goal isn’t to wait for a perfect moment, but to know what to expect from the discard you have right now, whether it’s fresh from today’s feeding or has been resting in the fridge for a week.

The key is learning to read the visual and aromatic cues. Your discard is a live culture, and its appearance and smell tell a clear story about its activity and acidity. A bubbly, recently fed discard will be milder and may still have a hint of sweet, yeasty aroma. An older discard, especially from the fridge, will have a more pronounced, tangy, sometimes vinegary or boozy smell—this is not a defect, but a sign of robust acidity, which is a fantastic flavor booster for crackers, savory scones, and hearty flatbreads.

The compact table below serves as your quick-reference guide to diagnosing your discard. Use it to make an informed decision before you start a recipe.

State of Your Discard	What It Means	Good to Use?
Fresh & Bubbly (fed 8–24 hrs ago, room temp)	Mildly sour, some residual activity. Aromatic, yogurty.	Yes, ideal. Blends easily, offers a bright, gentle tang. Perfect for any recipe.
Peaked & Settled (fed 24+ hrs ago, room temp)	More acidic, pronounced tangy/boozy aroma, minimal rising power.	Yes, perfectly fine. Expect a stronger, more complex flavor. Excellent for savory bakes, crackers, and recipes using chemical leavening agents.
Refrigerated, 1–2 Weeks Old	Very tangy, likely separated. Stirred back to a uniform paste.	Yes, for most recipes. Its high acidity is an asset. May react more vigorously with baking soda. Ensure it’s well-integrated before using.
Refrigerated, >2 Weeks Old	Extremely tangy, potentially very thick or dark.	Conditionally. Stir vigorously. If it smells sharply acidic but not foul, it’s likely fine for strongly flavored savory or spiced sweet bakes. Start with a small test batch if unsure.
Discolored (pink, orange, green), Fuzzy Mold, or Foul Odor	Unhealthy, contaminated culture.	No. Discard it completely. Clean the jar thoroughly and begin anew with a fresh starter.

Finally, there is a critical distinction to make: the difference between *very acidic and spoiled*. A healthy, long-stored discard will have a strong, sour, even boozy aroma—this is the signature of robust fermentation. Spoilage, however, presents as unmistakably off: neon or pink streaks, fuzzy mold colonies, or a putrid, rotten smell. When in doubt, remember that a sour smell is typical; a foul smell is a warning. For absolute peace of mind, if your discard has been in the fridge for an extended period (over a month), consider using it in a fully baked good where it will be exposed to high oven heat, rather than in an unbaked application. With this simple framework, you can confidently reach for your jar, assess its condition in seconds, and proceed knowing exactly what role it will play in your next bake.

Why Hydration Matters: How Discard Influences Your Dough

The most common variable in your discard is its thickness, or hydration. Your starter might be a thick, dough-like 50% hydration or a thin, batter-like 125% hydration. When you scoop “a cup of discard” into a recipe, you’re adding not just flavor, but a significant amount of that existing water and flour. This means the same volume of discard from two different starters can introduce different amounts of moisture to your dough, which is the main reason batters can sometimes feel too loose or doughs too stiff.

Recognizing the Consistency of Your Discard

Learning to eyeball your discard’s state is a quick skill. **Thick discard** will hold its shape on a spoon, resembling a soft, sticky dough. **Thin discard** will pour slowly, like a heavy pancake batter, and may have visibly separated. There’s no wrong type, but knowing which you have is the first step to adjusting with confidence.

The Simple Correction Principle

You never need to recalculate an entire recipe. The principle is to **adjust the final dough or batter by feel**. The recipes provide a benchmark texture. If your mixture is too wet and sticky, incorporate more flour, one tablespoon at a time. If it’s too dry and shaggy, add liquid (water, milk, etc.), one teaspoon at a time. Mix briefly after each addition and stop as soon as the texture looks right.

Quick Guide: Adjusting On the Fly

Your Discard is...	Likely Result	Your Adjustment
Very Thick & Stiff	Dough may be dry, crumbly.	Add extra liquid, 1 tsp at a time, until cohesive.
Very Thin & Runny	Batter may be too loose, dough slack.	Add extra flour, 1 Tbsp at a time, until desired texture.
Standard (Pourable Paste)	Recipe will likely match description.	Proceed as written.

This method of tactile correction is far more reliable than strict adherence to volume measurements.

How Same-Day Baking Works in This Book

The core principle here is technical: we use sourdough discard for its inherent properties, not its leavening power. Reliable agents such as baking soda, baking powder, or instant yeast handle the primary rise, whereas the discard serves a different function. Its natural acidity tenderizes gluten, resulting in a softer crumb. Its pre-fermented state provides depth of flavor and improved texture that plain flour cannot achieve. This method captures taste and texture, which are the essential qualities of sourdough within a practical, same-day framework.

What Actually Affects Your Results

These recipes are engineered for success, but a handful of practical factors are always in play. Understanding them removes guesswork and builds your intuition as a baker.

- **Kitchen Temperature:** This is your invisible assistant. A warm kitchen (over 75°F/24°C) accelerates resting and proofing times. A cool one slows them down. Learn to watch the dough, not just the timer.
- **Dough/Batter Consistency:** This is your most reliable guide. The described texture in the recipe is your target. If your discard is very thick or thin, use the tactile adjustments from the previous section. Perfect consistency is more important than perfect measurement.
- **Mixing Method:** The technique directly impacts the texture. For tender, cake-like results (muffins, scones), mix gently and stop as soon as the ingredients are combined. For structured breads and rolls, thorough kneading or stretching is essential to develop strength.
- **The Short Rest:** Never underestimate a 10–20-minute rest. This brief pause allows flour to fully absorb liquid and gluten to relax, leading to a smoother dough and a markedly better final crumb. It is a small step with a significant payoff.

Confidence comes from knowing what to control. You don't need to manage every variable. Focus on these four elements—temperature, consistency, mixing, and resting—and you will have direct, reliable influence over your results every single time.

How to Use the Recipes with Confidence

Treat each recipe as a reliable blueprint. Feel free to adapt spices, herbs, cheeses, nuts, and mix-ins like chocolate or fruit because these are your opportunities for customization.

To ensure success, maintain the fundamental chemistry: the specified type of leavening agent (e.g., baking soda), the core flour, and the general wet-to-dry ratio. These are non-negotiable for the structure.

Your environment will introduce variables such as oven hot spots, flour humidity, and timing adjustments. The methods account for this. Follow the blueprint for the core ingredients, adapt the flavors to your taste, and you will achieve a consistent, delicious result.

BEFORE YOU BEGIN

The following recipes are the core of this book. They are written for clarity and action, assuming you will be actively following them alongside your daily routine.

How to Read the Recipes

The instructions are direct. Use your judgment: if a dough seems dry, add a splash of water; if a batter is too thick, add a touch more milk. The goal is the correct texture, not laboratory precision.

On Flexibility and Time

A “same-day” recipe means started and finished within one day, not in one continuous hour. Active hands-on time is minimal. The built-in pauses, or “rests,” allow you to step away and tend to other tasks.

Your Results

Your results will naturally vary. Factors like kitchen temperature, flour absorption, and the state of your discard are always in flux. This is not an error, but the nature of working with a living ingredient. Prioritize achieving the correct taste and texture, such as a tender crumb and a satisfying crust, over visual perfection.

You now have a reliable system. The principles are established, the methods are clear, and the flexibility is built in. From this point forward, using your discard is a matter of simple execution. Choose any recipe and proceed with confidence.



BREAKFAST RECIPES (SAME-DAY)





SOURDOUGH DISCARD PANCAKES

Fluffy, tangy pancakes made from discard, ready in a flash. A perfect, no-waste breakfast for a lazy morning.

Level: Easy

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 12–14 pancakes (serves 4)

Nutrition Info

(per 100 g cooked pancake):

Calories: ~230 kcal | Protein: 6 g |

Fat: 9 g | Carbs: 31 g

Note: For Blueberry-Lemon Pancakes, fold 1 cup of fresh blueberries and the zest of one lemon into the batter just before cooking.

Ingredients for 4 Servings:

- 1 ½ cups sourdough discard (12.75 oz / 360 g)
- 1 large egg
- 3 tbsp melted butter or neutral oil (1.5 oz / 42 g / 45 ml)
- 1 tbsp maple syrup or granulated sugar (0.75 oz / 21 g)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- 1 tsp baking powder (0.15 oz / 4 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- ½ tsp fine sea salt (0.04 oz / 1.2 g)
- ¼ cup milk or water (2 oz / 60 ml), optional, for thinning
- Butter or oil, for Cooking
- Maple syrup, berries, or yogurt, for Serving

Instructions:

1. In a large bowl, combine the discard, egg, melted butter, and maple syrup. Whisk until smooth.
2. Using a sieve, add the flour, baking powder, baking soda, and salt to the bowl and stir with restraint, stopping as soon as the mixture is combined. If the batter is very thick, stir in the milk or water. The ideal consistency should be pourable but not runny.
3. Heat a non-stick skillet or griddle over medium heat. Add a small amount of butter or oil.
4. Use roughly a quarter cup of batter per pancake. Cook until the top is dotted with bubbles and the edges look firm.
5. Turn the pancakes gently and cook the second side until evenly golden. Continue with the remaining batter, adding more fat to the pan if needed.
6. Serve the pancakes right away and finish them with the toppings you enjoy most.



SCRAMBLE-IN-A-MUFFIN CUPS

Ingredients for 4 Servings:

- 1 ½ cups sourdough discard (12.75 oz / 360 g)
- 4 large eggs
- ¼ cup milk or cream (2 oz / 60 ml)
- 1 cup shredded sharp cheddar cheese (4 oz / 113 g)
- 6 strips bacon, cooked crisp and crumbled (approx. 4 oz / 113 g)
- 2 tbsp chopped fresh chives or green onion (0.2 oz / 6 g)
- ½ tsp garlic powder (0.06 oz / 1.5 g)
- ½ tsp fine sea salt (0.04 oz / 1.2 g)
- ¼ tsp black pepper (0.02 oz / 0.6 g)
- Cooking spray or olive oil, for greasing

Instructions:

1. Set the oven's temperature to 375°F (190°C). Generously coat 8 cups of a muffin tin with cooking spray or oil.
2. In a spacious bowl, whisk the sourdough discard, eggs, and milk together until smooth.
3. Stir in the shredded cheese, crumbled bacon, chives, garlic powder, salt, and pepper until everything is evenly distributed.
4. Spoon the batter into the lined muffin cups, distributing it evenly and filling them roughly ¾ of the way.
5. Bake for 20–25 minutes, until the tops are browned and the centers are fully set.
6. Let the cups cool in the tin for 5 minutes before removing. Run a knife around the edges if needed to loosen. Serve warm.

All the goodness of a hearty breakfast scramble, baked into a handy, portable sourdough cup. A savory use for a discard.

Level: Easy

Prep Time: 10 minutes

Bake Time: 20–25 minutes

Yield: 8 muffin cups (serves 4)

Nutrition Info

(per 100 g baked cup):

Calories: ~210 kcal | Protein: 10 g |

Fat: 12 g | Carbs: 15 g

Note: For Vegetarian Cups, replace the bacon with 1 cup of sautéed diced vegetables (like bell peppers, onions, and spinach). These freeze well for up to a month; reheat in a toaster oven or microwave.



ANY-DAY DISCARD MUFFINS

A simple, one-bowl batter bakes into tender, tangy muffins. An infinitely adaptable base for your favorite add-ins.

Level: Easy

Prep Time: 8 minutes

Bake Time: 18–22 minutes

Yield: 10 standard muffins
(serves 4–5)

Nutrition Info

(per 100 g baked muffin):

Calories: ~260 kcal | Protein: 5 g |
Fat: 10 g | Carbs: 38 g

Note: Add-In Ideas: Fold in 1 cup fresh berries, 1 cup mashed banana, or 1 tbsp citrus zest. For a sweeter treat, add $\frac{3}{4}$ cup chocolate chips or chopped nuts. Baked muffins freeze beautifully for up to 3 months.

Ingredients for 4 Servings (Base Recipe):

- 1 $\frac{1}{2}$ cups sourdough discard (12.75 oz / 360 g)
- 1 large egg
- $\frac{1}{3}$ cup melted butter or vegetable oil (2.7 oz / 75 g / 80 ml)
- $\frac{1}{3}$ cup brown or granulated sugar (2.5 oz / 70 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- 1 tsp baking powder (0.15 oz / 4 g)
- $\frac{1}{2}$ tsp baking soda (0.1 oz / 3 g)
- $\frac{1}{2}$ tsp fine sea salt (0.04 oz / 1.2 g)

Instructions:

1. Set the oven's temperature to 375°F (190°C). Place 10 paper liners in a muffin tin, or lightly grease the cups.
2. In a large bowl, whisk together the discard, egg, melted butter, sugar, and vanilla until smooth.
3. Toss the flour, baking powder, baking soda, and salt into the bowl, then stir with a light hand until the dry parts are just incorporated. The batter should be dense and somewhat uneven—do not overmix.
4. If using, fold in 1 to 1 $\frac{1}{2}$ cups of your chosen add-in (see Note). Portion the batter equally among the lined muffin cups.
5. Bake for 18–22 minutes, then check by inserting a toothpick into the center—if it comes out clean and the tops are golden, they're done.
6. Let muffins cool in the tin for 5 minutes before transferring to a wire rack. Serve warm or at room temperature.



SOURDOUGH DISCARD WAFFLES

Ingredients for 4 Servings:

- 1 $\frac{3}{4}$ cups sourdough discard (14.8 oz / 420 g)
- 2 large eggs
- 6 tbsp melted unsalted butter or neutral oil (3 oz / 85 g / 90 ml)
- 1 tbsp honey or granulated sugar (0.7 oz / 20 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 $\frac{1}{4}$ cups all-purpose flour (5.6 oz / 160 g)
- 1 $\frac{1}{2}$ tsp baking powder (0.23 oz / 6 g)
- $\frac{1}{2}$ tsp baking soda (0.1 oz / 3 g)
- $\frac{1}{2}$ tsp fine sea salt (0.04 oz / 1.2 g)
- Oil or baking spray, for the waffle iron
- Butter, syrup, or fresh berries, for Serving

Instructions:

1. Heat your waffle iron to a medium-high temperature.
2. In a medium bowl, blend the discard, eggs, melted butter, honey, and vanilla until fully incorporated.
3. Add the flour, baking powder, baking soda, and salt to the wet ingredients through a sieve, then mix lightly until the batter comes together; small lumps are fine.
4. Apply a light coat of oil to the hot iron. Ladle batter onto the center, using about $\frac{2}{3}$ cup for a standard round iron. Close the lid.
5. Cook until the steam nearly stops and the waffle is deeply golden and crisp. It should release without resistance.
6. Enjoy immediately for the best texture. To keep warm, arrange waffles in one layer on a rack in a 200°F (95°C) oven.

A one-bowl batter transforms tangy discard into crisp, golden waffles with a fluffy center. Zero-waste breakfast perfection.

Level: Easy

Prep Time: 6 minutes

Cook Time: 10–12 minutes
(per batch)

Yield: 5–6 large waffles (serves 4)

Nutrition Info

(per 100 g cooked waffle):
Calories: ~275 kcal | Protein: 7 g |
Fat: 13 g | Carbs: 31 g

Note: For Cinnamon Spice Waffles, mix 1 tsp ground cinnamon and $\frac{1}{4}$ tsp nutmeg with the dry ingredients. For a savory twist, omit sugar/vanilla, add $\frac{3}{4}$ cup shredded cheese and 2 tbsp chopped herbs to the batter.



DISCARD DUTCH BABY

A dramatic, puffy pancake with custardy edges and a crisp, buttery base. This effortless, one-bowl skillet bake transforms sourdough discard into a stunning centerpiece.

Level: Easy

Prep Time: 5 minutes

Cook Time: 20–25 minutes

Yield: 1 large pancake (serves 2–3)

Nutrition Info (per 100 g):

Calories: ~230 kcal | Protein: 7 g |
Fat: 11 g | Carbs: 24 g

Note: For a Lemon-Blueberry version, add the zest of one lemon to the batter. Scatter ½ cup fresh blueberries over the batter in the skillet just before baking.

Ingredients for 1 Skillet:

- 3 large eggs
- ¾ cup whole milk or buttermilk (6 oz / 177 ml)
- ½ cup sourdough discard (4.25 oz / 120 g)
- 2 tbsp granulated sugar (1 oz / 30 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- ½ cup all-purpose flour (2.25 oz / 64 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- 3 tbsp unsalted butter (1.5 oz / 42 g)
- Powdered sugar, fresh berries, or maple syrup, for Serving

Instructions:

1. Set a 10-inch cast-iron or oven-safe skillet on the middle rack. Set the oven's temperature to 425°F (220°C).
2. In a medium bowl, blend the eggs, milk, sourdough discard, sugar, and vanilla with a whisk until completely smooth.
3. Whisk the flour and salt into the wet ingredients until just incorporated. The batter will be quite thin.
4. Carefully lift the hot skillet out of the oven while wearing oven mitts. Incorporate the butter and swirl until melted and sizzling, coating the bottom and sides.
5. Immediately pour the batter into the center of the hot skillet. Return it to the oven at once.
6. Bake for 20–25 minutes, keeping the oven door closed the whole time. It is ready when the edges are deep golden and puffed high, with a set center.
7. Serve promptly, as it will deflate slightly. Dust with powdered sugar and top with your chosen accompaniments.



SOURDOUGH CHEDDAR CHIVE SCONES

Ingredients for 4 Servings:

- 1 $\frac{3}{4}$ cups all-purpose flour (7.9 oz / 225 g)
- 2 $\frac{1}{2}$ tsp baking powder (0.38 oz / 11 g)
- $\frac{1}{2}$ tsp fine sea salt (0.04 oz / 1.2 g)
- $\frac{1}{4}$ tsp smoked paprika or black pepper (0.02 oz / 0.6 g)
- 5 tbsp cold unsalted butter, cubed (2.5 oz / 71 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- $\frac{1}{3}$ cup heavy cream or whole milk (2.8 oz / 80 ml)
- 1 $\frac{1}{4}$ cups shredded sharp cheddar cheese (5 oz / 142 g)
- $\frac{1}{4}$ cup finely chopped fresh chives (0.4 oz / 12 g)
- 1 tbsp milk or cream, for brushing

Instructions:

1. Set the oven's temperature to 425°F (220°C). Place parchment paper on a baking sheet.
2. Using a big bowl, mix the flour, baking powder, salt, and paprika. Add the cold butter cubes and cut them into the flour with a pastry cutter or your fingers until the mixture resembles coarse crumbs with some larger, pea-sized pieces.
3. Create a well in the center. Pour in the sourdough discard and cream. Stir gently with a fork until a shaggy dough begins to form.
4. Fold in the shredded cheddar and chives until just incorporated. Transfer the dough to a lightly floured surface and shape it into a 7-inch (18 cm) circle, about 1 inch in thickness.
5. Cut the circle into 8 equal wedges. Transfer wedges to the prepared baking sheet, spacing them about 2 inches apart. Apply a light coating of milk or cream to the tops with a brush.
6. Bake for 16–20 minutes, until the scones are golden brown on top and bottom. Leave on the sheet for 5 minutes to cool slightly, then serve warm.

Flaky, savory scones with tangy sourdough notes, packed with sharp cheese and fresh herbs. Ideal for a quick, elevated breakfast.

Level: Easy

Prep Time: 12 minutes

Bake Time: 16–20 minutes

Yield: 8 scones (serves 4)

Nutrition Info

(per 100 g baked scone):

Calories: ~320 kcal | Protein: 9 g |

Fat: 18 g | Carbs: 29 g

Note: For a Jalapeño Cheddar version, add 2 tbsp finely diced pickled jalapeños with the chives. Unbaked scone wedges freeze perfectly; bake from frozen, adding 2–3 minutes to the time.



VERSATILE SOURDOUGH CREPES

Delicate, thin crepes with a subtle tang, perfectly suited for any filling you desire. A quick, elegant way to use discard.

Level: Easy

Prep Time: 5 minutes

Cook Time: 15 minutes

Yield: 10–12 crepes (serves 4)

Nutrition Info

(per 100 g cooked crepe):

Calories: ~195 kcal | Protein: 6 g |

Fat: 8 g | Carbs: 24 g

Note: For Sweet Crepes, add 1 tbsp sugar and ½ tsp vanilla to the blender. For Savory Herb Crepes, add 1 tbsp chopped fresh herbs (like dill or parsley) to the batter.

Ingredients for 4 Servings (Base Batter):

- 1 cup sourdough discard (8.5 oz / 240 g)
- 3 large eggs
- 1 cup whole milk (8 oz / 240 ml)
- 3 tbsp melted unsalted butter or neutral oil (1.5 oz / 42 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- ¾ cup all-purpose flour (3.4 oz / 96 g)
- Butter or oil, for the pan

Instructions:

1. Combine the discard, eggs, milk, melted butter, and salt in a blender. Process on high speed for 20–30 seconds, stopping when completely smooth.
2. Add the flour and blend again for another 10–15 seconds, just until no dry streaks remain. The batter should have the consistency of thin cream. Let it rest for 5 minutes.
3. Warm an 8-inch non-stick skillet or crepe pan over medium heat and lightly coat the surface with butter or oil.
4. Pour about ¼ cup of batter into the center of the hot pan, immediately tilting and swirling to coat the bottom in a thin, even layer.
5. Cook for 60–90 seconds until the edges lift and the surface looks set. Gently flip and cook the other side for another 30–45 seconds until lightly spotted. Transfer to a plate.
6. Repeat with the remaining batter, stacking crepes with a piece of parchment between them if needed. Fill with sweet or savory toppings and serve.



MORNING GLORY DISCARD LOAF

Ingredients for 1 Loaf:

- 1 ½ cups all-purpose flour (6.75 oz / 192 g)
- 1 tsp baking soda (0.2 oz / 6 g)
- 1 ½ tsp ground cinnamon (0.1 oz / 3 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- 2 large eggs
- ¾ cup packed light brown sugar (6 oz / 170 g)
- ½ cup neutral oil, like avocado or vegetable (4 oz / 118 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 ½ cups finely grated carrots (5 oz / 142 g)
- 1 medium apple, peeled and grated (3.5 oz / 100 g)
- ½ cup shredded unsweetened coconut (1.5 oz / 42 g)
- ½ cup chopped walnuts or pecans (2 oz / 57 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Lightly grease a 9x5-inch loaf pan and line it with parchment paper.
2. Combine the flour, baking soda, cinnamon, and salt in a medium bowl and whisk until mixed.
3. In a large bowl, beat the eggs and brown sugar until smooth. Whisk in the oil, sourdough discard, and vanilla until fully combined.
4. Add the dry ingredients to the wet, mixing just until no flour pockets remain. Fold in the grated carrots, apple, coconut, and nuts. The batter will be very thick and packed with texture.
5. Move the batter into your prepared pan, smoothing the top. Bake for 50 to 60 minutes, until a toothpick inserted into the center is clean.
6. Let the loaf cool in the pan for 15 minutes, then transfer it to a wire rack to cool fully before slicing.

A moist, warmly-spiced breakfast loaf bursting with shredded carrots, apple, and coconut. Sourdough discard adds a subtle depth to this easy, one-bowl treat.

Level: Easy

Prep Time: 15 minutes

Bake Time: 50–60 minutes

Yield: 1 standard loaf
(approx. 1 lb 10 oz / 740 g)

Nutrition Info (per 100 g):

Calories: ~270 kcal | Protein: 5 g |
Fat: 11 g | Carbs: 38 g

Note: For a dairy-free version, ensure your sugar is certified vegan. The loaf freezes beautifully; wrap cooled slices tightly and freeze for up to 3 months. Toast directly from frozen.



BROWN BUTTER DISCARD COFFEE CAKE

A moist, tender cake with a nutty brown butter flavor and a generous layer of crunchy cinnamon streusel. Sourdough discard ensures a perfect texture with minimal effort.

Level: Easy

Prep Time: 20 minutes

Bake Time: 40–45 minutes

Yield: 1 (8x8-inch) cake
(approx. 1 lb 12 oz / 790 g)

Nutrition Info (per 100 g):
Calories: ~320 kcal | Protein: 4 g |
Fat: 15 g | Carbs: 42 g

Note: For a Lemon Blueberry twist, add 1 tbsp lemon zest to the batter and fold in 1 cup fresh blueberries after adding the flour. Substitute 1 tsp cinnamon with ½ tsp cardamom in the streusel.

Ingredients:

For the Streusel:

- ¾ cup all-purpose flour (3.4 oz / 96 g)
- ½ cup packed light brown sugar (4 oz / 113 g)
- 1 ½ tsp ground cinnamon (0.2 oz / 4 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- 5 tbsp cold unsalted butter, cubed (2.5 oz / 71 g)

For the Cake:

- ½ cup (1 stick) unsalted butter (4 oz / 113 g)
- 2 large eggs
- 1 cup sourdough discard (8.5 oz / 240 g)
- ⅔ cup granulated sugar (4.7 oz / 133 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 ½ cups all-purpose flour (6.75 oz / 192 g)
- 1 ½ tsp baking powder (0.2 oz / 7 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- ½ cup buttermilk or whole milk (4 oz / 118 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Grease an 8x8-inch baking pan.
2. Combine flour, brown sugar, cinnamon, and salt. Cut in cold butter until mixture resembles coarse crumbs. Set aside.
3. Melt ½ cup butter in a light-colored skillet over medium heat. Cook, swirling, until it turns golden brown and smells nutty (4–5 minutes). Pour into a heatproof bowl to stop cooking. Let cool slightly.
4. In a large bowl, whisk browned butter, discard, sugar, eggs, and vanilla. In another bowl, whisk flour, baking powder, baking soda, and salt. Add dry mix to wet, alternating with buttermilk, stirring just until combined.
5. Spread half the batter in the pan. Sprinkle with half the streusel. Carefully spread remaining batter over top. Finish with the remaining streusel.
6. Bake for 40–45 minutes, until a toothpick inserted into the center comes out clean. Let it cool completely in the pan on a wire rack before slicing.



MORNING GLORY BREAKFAST COOKIES

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- ½ cup plain Greek yogurt (4.25 oz / 120 g)
- ⅓ cup honey or maple syrup (3.8 oz / 110 g)
- 1 large egg
- 2 tbsp melted coconut oil or butter (1 oz / 28 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 ¼ cups old-fashioned rolled oats (4.4 oz / 125 g)
- ¾ cup whole wheat or all-purpose flour (3.4 oz / 96 g)
- 1 tsp ground cinnamon (0.08 oz / 2.5 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- ½ cup mix-ins: raisins, chopped nuts, or seeds (2.5 oz / 70 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Place parchment paper on a baking sheet.
2. In a large bowl, stir together the discard, yogurt, honey, egg, melted oil, and vanilla until smooth.
3. Add the oats, flour, cinnamon, baking soda, and salt to the wet ingredients. Mix until just combined.
4. Fold in your chosen mix-ins (raisins, nuts, or seeds).
5. Scoop about ¼ cup of dough for each cookie onto the prepared sheet, spacing them 3 inches apart. Gently flatten each mound slightly.
6. Bake for 14–16 minutes, until the edges are golden and the centers are set. Let cool on the sheet for 10 minutes before enjoying.

Soft, cake-like cookies packed with oats and sweetened with honey. A wholesome, grab-and-go breakfast made from sourdough discard.

Level: Easy

Prep Time: 10 minutes

Bake Time: 14–16 minutes

Yield: 10 large cookies (serves 4–5)

Nutrition Info

(per 100 g baked cookie):

Calories: ~245 kcal | Protein: 6 g |
Fat: 8 g | Carbs: 38 g

Note: For Banana Nut Cookies, replace the yogurt with ½ cup mashed ripe banana and add ½ cup chopped walnuts. Store baked cookies in the fridge for a week or freeze for longer storage.



DISCARD FRENCH TOAST CASSEROLE

All the rich, custardy goodness of overnight French toast, baked the same morning. Sourdough discard creates a delightfully tender interior with a crisp, golden top.

Level: Easy

Prep Time: 15 minutes

Bake Time: 45–50 minutes

Yield: 1 (9x13-inch) casserole (serves 6–8)

Nutrition Info (per 100 g):
Calories: ~210 kcal | Protein: 7 g |
Fat: 9 g | Carbs: 25 g

Note: For a Berry Bliss version, scatter 1 ½ cups of fresh or frozen mixed berries (blueberries, raspberries) over the bread cubes before adding the custard. If using frozen, do not thaw.

Ingredients:

- 1 (14–16 oz) loaf sturdy bread, like brioche or challah, cubed (16 oz / 450 g)
- 1 ½ cups sourdough discard (12.75 oz / 360 g)
- 4 large eggs
- 1 ¾ cups whole milk or half-and-half (14 oz / 414 ml)
- ⅓ cup pure maple syrup or packed brown sugar (3 oz / 85 g)
- 2 tsp pure vanilla extract (0.33 oz / 10 ml)
- 1 tsp ground cinnamon (0.2 oz / 2.8 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)

For the Topping:

- 3 tbsp unsalted butter, softened (1.5 oz / 42 g)
- ⅓ cup all-purpose flour (1.5 oz / 42 g)
- ⅓ cup packed brown sugar (2.7 oz / 75 g)
- ½ tsp ground cinnamon (0.1 oz / 1.4 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Generously butter a 9x13-inch pan, then distribute the bread cubes in an even layer.
2. In a spacious bowl, whisk the sourdough discard, eggs, milk, maple syrup, vanilla, cinnamon, and salt until completely smooth.
3. Evenly pour the custard mixture over the bread cubes and press down lightly to submerge them. Allow it to soak for 10–15 minutes.
4. In a small bowl, use a fork to mix the softened butter, flour, brown sugar, and cinnamon until it forms coarse crumbs.
5. Distribute the crumb topping in an even layer over the bread.
6. Bake for 45–50 minutes, until the top is deeply golden brown, the center is set, and no liquid custard seeps when pressed.
7. Allow the casserole to rest for 10 minutes before serving, and finish with a sprinkle of powdered sugar or a drizzle of maple syrup.



CAST IRON SOURDOUGH BISCUITS

Ingredients for 4 Servings:

- 2 ¼ cups all-purpose flour (10.1 oz / 285 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- ¾ tsp fine sea salt (0.06 oz / 1.8 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- 8 tbsp cold unsalted butter, cubed (4 oz / 113 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- ½ cup cold buttermilk or whole milk (2.8 oz / 80 ml)
- 2 tbsp melted butter, for brushing (1 oz / 28 g)

Instructions:

1. Set the oven's temperature to 425°F (220°C). Set a 10-inch cast iron skillet in the oven to preheat.
2. Combine flour, baking powder, salt, and baking soda in a large bowl and whisk. Add the cold cubed butter, then cut it into the dry mixture with a pastry blender or forks until the mixture resembles coarse crumbs with some pea-sized pieces.
3. Make a well in the center. Add the discard and cold buttermilk. Stir gently with a fork just until a shaggy dough forms.
4. Turn the dough onto a floured surface. Pat into a ¾-inch thick rectangle. Fold the dough in half, give it a quarter turn, and pat it out again. Repeat this fold-and-pat process 2 more times.
5. Pat dough to a 1-inch thickness. Cut into 8 rounds with a floured 2.5-inch cutter. Carefully lift the hot skillet out of the oven. Place biscuits inside, edges touching.
6. Brush tops with melted butter. Bake 18–22 minutes until deeply golden. Cool in the skillet for 5 minutes before serving.

Flaky, tender biscuits with golden edges, baked together in a skillet. The tangy discard creates exceptional layers.

Level: Easy

Prep Time: 12 minutes

Bake Time: 18–22 minutes

Yield: 8 biscuits (serves 4)

Nutrition Info

(per 100 g baked biscuit):

Calories: ~305 kcal | Protein: 6 g |

Fat: 15 g | Carbs: 36 g

Note: For Herb & Garlic Biscuits, add 1 tsp dried herbs and ¼ tsp garlic powder to the dry ingredients. Baked biscuits freeze well. Reheat in a warm oven.



SAVORY SNACKS & QUICK BAKES





GARLIC & PARMESAN DISCARD PULL-APART BREAD

Ingredients for the Dough:

- 2 ½ cups all-purpose flour (11.25 oz / 320 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- 1 tsp fine sea salt (0.1 oz / 3 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- ¾ cup whole milk or buttermilk (6 oz / 177 ml)
- ¼ cup unsalted butter, melted (2 oz / 57 g)
- 1 large egg

For the Garlic-Parmesan Filling:

- 6 tbsp unsalted butter, melted (3 oz / 85 g)
- 4–5 large garlic cloves, finely minced (0.5 oz / 14 g)
- ½ cup finely grated Parmesan cheese (1.5 oz / 42 g)
- 2 tbsp finely chopped fresh parsley (0.2 oz / 6 g)
- ¼ tsp black pepper (0.02 oz / 0.6 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Generously grease a 9x5-inch loaf pan.
2. Whisk flour, baking powder, and salt in a bowl. In another, combine discard, milk, melted butter, and egg. Pour wet mix into dry, stirring just until a shaggy dough forms.
3. Turn the dough onto a floured surface. Knead gently 8–10 times until it just holds together. Roll into a 12x20-inch rectangle.
4. Mix melted butter and minced garlic. Brush generously over the dough rectangle. Sprinkle with Parmesan, parsley, and pepper. Slice the dough vertically into 6 even strips. Stack strips, then cut into 6 squares.
5. Place dough squares loosely in the greased pan, layering them on their sides. Pour any remaining garlic butter over top.
6. Bake for 30–35 minutes, until golden brown and cooked through. A skewer inserted into the center should come out clean.
7. Cool in the pan for 5 minutes, then turn out onto a plate and serve while warm.

Warm, fluffy bread clusters infused with garlic butter and sharp Parmesan, ready to tear and share. Sourdough discard adds remarkable tenderness without a long rise.

Level: Easy

Prep Time: 20 minutes

Bake Time: 30–35 minutes

Yield: 1 standard loaf
(approx. 1 lb 8 oz / 680 g)

Nutrition Info (per 100 g):

Calories: ~310 kcal | Protein: 8 g |
Fat: 16 g | Carbs: 32 g

Note: For a Spicy 'Nduja & Mozzarella version, replace the garlic butter with ¼ cup softened 'nduja (spicy spreadable salami) mixed with 3 tbsp melted butter. Layer with ½ cup shredded low-moisture mozzarella instead of Parmesan.



SAVORY SOURDOUGH CHEESE CRACKERS

Sharp, crispy crackers with a distinctive tang, loaded with cheddar and herbs. A quick, from-scratch snack using discard.

Level: Easy

Prep Time: 15 minutes

Bake Time: 14–18 minutes

Yield: Approx. 50 crackers (serves 4 as a snack)

Nutrition Info

(per 100 g baked crackers):

Calories: ~395 kcal | Protein: 12 g | Fat: 21 g | Carbs: 38 g

Note: For Pepper Jack & Rosemary Crackers, swap cheddar for pepper jack cheese and thyme for minced fresh rosemary. Store in an airtight container for up to a week.

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- 1 ½ cups finely grated sharp cheddar cheese (6 oz / 170 g)
- 4 tbsp cold unsalted butter, cubed (2 oz / 57 g)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- ½ tsp fine sea salt (0.04 oz / 1.2 g)
- ½ tsp smoked paprika (0.05 oz / 1.5 g)
- 1 tsp fresh thyme leaves or ½ tsp dried thyme (0.02 oz / 0.6 g)
- ¼ tsp garlic powder (0.02 oz / 0.6 g)
- 2–3 tbsp ice water (1–1.5 oz / 30–45 ml), if needed

Instructions:

1. Set the oven's temperature to 375°F (190°C). Line two baking sheets with parchment paper.
2. In a food processor, combine the discard, grated cheese, cubed butter, flour, salt, paprika, thyme, and garlic powder. Pulse until the mixture forms coarse, sandy crumbs.
3. If the dough doesn't clump together when pinched, add ice water, 1 tablespoon at a time, pulsing briefly after each addition.
4. Turn the dough onto a lightly floured surface. Gently knead just to bring it together. Roll out to ⅛-inch thickness.
5. Cut into 1-inch squares or desired shapes using a knife or cutter. Place crackers on prepared sheets, spacing them slightly apart. Prick each cracker with a fork.
6. Bake for 14–18 minutes, rotating sheets halfway, until edges are golden brown and firm. Cool completely on the sheets—they will crisp as they cool.



EVERYTHING DISCARD PRETZEL BITES

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- ½ cup warm water (4 oz / 120 ml)
- 2 tbsp unsalted butter, melted (1 oz / 28 g)
- 1 tbsp honey or brown sugar (0.7 oz / 20 g)
- 2 ¾ cups all-purpose flour (12.4 oz / 350 g)
- 1 tsp instant yeast (0.11 oz / 3 g)
- 1 ¼ tsp fine sea salt (0.1 oz / 3 g)
- For Boiling: 8 cups water (64 oz / 1.9 L) + ½ cup baking soda (3.5 oz / 100 g)
- For Topping: 1 large egg, beaten + 3 tbsp Everything Bagel Seasoning (0.9 oz / 25 g)

Instructions:

1. In a large bowl, combine discard, warm water, melted butter, and honey. Stir in 2 cups flour, yeast, and salt to form a shaggy dough.
2. Turn onto a floured surface. Knead for 5–7 minutes, adding remaining flour as needed, until dough is smooth and slightly tacky. Place in a greased bowl, cover, and rest for 30 minutes.
3. Set the oven's temperature to 425°F (220°C). Line two baking sheets with parchment. Bring the 8 cups water and baking soda to a simmer in a large pot.
4. Divide the dough into 8 pieces. Roll each into a 20-inch rope and cut into 1-inch bites.
5. Boil bites in batches for 30 seconds per side. Lift out with a slotted spoon, let drain thoroughly, and transfer to baking sheets.
6. Brush boiled bites with beaten egg and sprinkle generously with seasoning. Bake for 12–15 minutes until the color turns rich golden brown. Allow to cool slightly before serving.

Soft, chewy pretzel bites with a tangy depth, coated in classic "everything" seasoning. A satisfying, homemade snack.

Level: Intermediate

Prep Time: 20 minutes

Bake Time: 12–15 minutes

Yield: About 40 bites (serves 4)

Nutrition Info

(per 100 g baked bites):

Calories: ~280 kcal | Protein: 8 g |

Fat: 5 g | Carbs: 48 g

Note: For a Cheddar Jalapeño version, knead ½ cup shredded cheddar and 2 tbsp minced jalapeño into the dough before resting. Serve warm with mustard or cheese sauce.



SKILLET SOURDOUGH FLATBREAD

Soft, pliable flatbreads with signature sourdough tang, ready in minutes. Perfect for wraps, tearing, or dipping.

Level: Easy

Prep Time: 10 minutes

Cook Time: 12 minutes

Yield: 8 flatbreads (serves 4)

Nutrition Info

(per 100 g cooked flatbread):

Calories: ~235 kcal | Protein: 7 g |

Fat: 4 g | Carbs: 42 g

Note: To make Garlic-Herb Flatbread, spread a mixture of melted butter, minced garlic, and parsley over the cooked bread. Enjoy it fresh, or keep it in an airtight container and warm it up again.

Ingredients for 4 Servings:

- 1 ½ cups sourdough discard (12.75 oz / 360 g)
- ⅓ cup plain yogurt or milk (2.8 oz / 80 ml)
- 2 tbsp olive oil (1 oz / 30 ml)
- 1 tsp fine sea salt (0.08 oz / 2.5 g)
- 2 cups all-purpose flour, plus more for dusting (9 oz / 255 g)
- 1 tsp baking powder (0.15 oz / 4 g)
- Optional: 1 tsp dried herbs (oregano, thyme) or garlic powder (0.08 oz / 2.5 g)
- Olive oil or butter, for cooking

Instructions:

1. In a bowl, combine discard, yogurt, olive oil, and salt. Mix in 1 ½ cups flour, baking powder, and optional herbs to form a shaggy dough.
2. Turn onto a floured surface. Knead for 3–4 minutes, adding remaining flour as needed, until smooth. Cover and rest for 15 minutes.
3. Divide the dough into 8 equal pieces. On a floured surface, roll each piece into a thin, 7–8-inch circle. Stack with parchment between them.
4. Heat a dry cast-iron or non-stick skillet over medium-high heat. Lightly brush with oil or butter.
5. Cook one flatbread at a time for 60–90 seconds per side, until puffed in spots and browned in patches. Adjust the heat if browning too quickly.
6. Keep cooked flatbreads wrapped in a clean kitchen towel to stay soft and pliable. Serve warm.



JALAPEÑO CREAM CHEESE PINWHEELS

Ingredients for 4 Servings:

Dough:

- 1 cup sourdough discard (8.5 oz / 240 g)
- ½ cup whole milk (2.8 oz / 80 ml)
- 2 tbsp melted butter (1 oz / 28 g)
- 2 cups all-purpose flour (9 oz / 255 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- ¾ tsp fine sea salt (0.06 oz / 1.8 g)

Filling:

- 4 oz cream cheese, softened (113 g)
- ½ cup shredded sharp cheddar (2 oz / 57 g)
- 2–3 tbsp finely diced jalapeños (1–1.5 oz / 30–45 g)
- 1 tbsp chopped fresh chives or cilantro (0.1 oz / 3 g)

To Finish:

- 1 tbsp melted butter for brushing (0.5 oz / 14 g)

Instructions:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment.
2. In a bowl, mix discard, milk, and melted butter. Add flour, baking powder, and salt. Stir to form a shaggy ball, then knead on a floured surface 8–10 times until cohesive.
3. In another bowl, combine cream cheese, cheddar, jalapeños, and chives until smooth.
4. Roll the dough into a 10x12-inch rectangle. Evenly distribute the filling over the surface, keeping a ½-inch edge clear.
5. Starting from a long side, tightly roll the dough into a log. Cut into 8 even pieces with a sharp knife, placing each piece cut-side up on the baking sheet.
6. Bake 18–22 minutes until golden. Brush with melted butter immediately after baking. Serve warm.

Flaky, tangy rolls swirled with a spicy cream cheese and jalapeño filling. A warm, pull-apart snack inspired by classic poppers.

Level: Easy

Prep Time: 15 minutes

Bake Time: 18–22 minutes

Yield: 8 rolls (serves 4)

Nutrition Info

(per 100 g baked roll):

Calories: ~315 kcal | Protein: 7 g |

Fat: 19 g | Carbs: 29 g

Note: For a Bacon Jalapeño version, add ¼ cup cooked, crumbled bacon to the filling. Best enjoyed fresh, but can be reheated in a warm oven.



MEDITERRANEAN FETA & TOMATO SCONES

Tender, crumbly scones bursting with briny feta, sun-dried tomatoes, and herbs. A savory taste of the Mediterranean.

Level: Easy

Prep Time: 12 minutes

Bake Time: 17–20 minutes

Yield: 8 scones (serves 4)

Nutrition Info

(per 100 g baked scone):

Calories: ~310 kcal | Protein: 8 g |

Fat: 17 g | Carbs: 30 g

Note: For Olive & Rosemary Scones, replace tomatoes with $\frac{1}{3}$ cup chopped kalamata olives and oregano with 1 tsp minced fresh rosemary. Freeze unbaked wedges on a tray, then store in a bag; bake from frozen, adding 2–3 minutes.

Ingredients for 4 Servings:

- 2 cups all-purpose flour (9 oz / 255 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- $\frac{1}{2}$ tsp fine sea salt (0.04 oz / 1.2 g)
- $\frac{1}{2}$ tsp dried oregano (0.03 oz / 1 g)
- 6 tbsp cold unsalted butter, cubed (3 oz / 85 g)
- $\frac{3}{4}$ cup sourdough discard (6.4 oz / 180 g)
- $\frac{1}{3}$ cup cold whole milk or buttermilk (2.8 oz / 80 ml)
- $\frac{3}{4}$ cup crumbled feta cheese (3 oz / 85 g)
- $\frac{1}{3}$ cup finely chopped oil-packed sun-dried tomatoes, patted dry (1.5 oz / 45 g)
- 2 tbsp chopped fresh parsley or basil (0.2 oz / 6 g)
- 1 tbsp milk or cream, for brushing

Instructions:

1. Set the oven's temperature to 425°F (220°C). Line a baking sheet with parchment.
2. Combine flour, baking powder, salt, and oregano in a large bowl and whisk. Add the cubed butter, and cut it into the flour with a pastry cutter until the mixture looks like coarse crumbs with pea-sized bits.
3. Make a well in the center. Add the discard and cold milk. Stir gently with a fork until a shaggy dough begins to form.
4. Fold in the crumbled feta, chopped tomatoes, and parsley until just incorporated.
5. Turn the dough onto a floured surface. Pat into a 7-inch circle, about 1-inch thick. Divide into 8 wedges and transfer to the baking sheet.
6. Brush tops with milk. Bake 17–20 minutes until golden. Let cool on the sheet for 5 minutes before serving.



CLASSIC SOURDOUGH PRETZEL KNOTS

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- $\frac{3}{4}$ cup warm water (6 oz / 180 ml)
- 2 tbsp unsalted butter, melted (1 oz / 28 g)
- 1 tbsp brown sugar or barley malt syrup (0.7 oz / 20 g)
- 3 cups all-purpose flour (13.5 oz / 384 g)
- 1 tsp instant yeast (0.11 oz / 3 g)
- 1 $\frac{1}{4}$ tsp fine sea salt (0.1 oz / 3 g)
- For Boiling: 8 cups water (64 oz / 1.9 L) + $\frac{1}{3}$ cup baking soda (2.6 oz / 75 g)
- For Topping: 1 large egg yolk + 1 tbsp water (for egg wash), coarse pretzel salt

Instructions:

1. In a large bowl, combine discard, warm water, melted butter, and sugar. Stir in 2 cups flour, yeast, and salt to form a rough dough.
2. Turn onto a floured surface. Knead for 6–8 minutes, adding remaining flour gradually, until smooth and elastic. Cover and rest 20 minutes.
3. Set the oven's temperature to 425°F (220°C). Line two baking sheets with parchment. Bring the 8 cups water and baking soda to a gentle boil.
4. Divide the dough into 8 pieces. Roll each into a 20-inch rope. Tie into a simple knot, tucking ends underneath.
5. Boil knots, 2–3 at a time, for 30 seconds per side. Remove with a slotted spoon, drain well, and place on baking sheets.
6. Whisk egg yolk with water; brush over boiled knots. Sprinkle generously with coarse salt. Bake 12–15 minutes until deep mahogany brown. Cool slightly on a rack.

Soft, chewy pretzel knots with a tangy twist and a dark, shiny crust. Just like the mall, but better.

Level: Intermediate

Prep Time: 20 minutes

Bake Time: 12–15 minutes

Yield: 8 pretzel knots (serves 4)

Nutrition Info

(per 100 g baked pretzel):

Calories: ~265 kcal | Protein: 7 g | Fat: 3 g | Carbs: 51 g

Note: For Cinnamon Sugar Pretzels, omit the salt topping. After baking, brush warm knots with melted butter and roll in a mix of $\frac{1}{4}$ cup sugar + 1 tsp cinnamon. Serve with mustard or cheese sauce.



OLIVE & ROSEMARY DISCARD FOCACCIA

A dimpled, golden flatbread with a crisp crust and soft interior, studded with briny olives and fragrant rosemary. This no-knead version uses sourdough discard for complex flavor in under an hour.

Level: Easy

Prep Time: 15 minutes

Bake Time: 20–25 minutes

Yield: 1 half-sheet pan focaccia (approx. 1 lb 10 oz / 740 g)

Nutrition Info (per 100 g):

Calories: ~250 kcal | Protein: 6 g | Fat: 8 g | Carbs: 38 g

Note: For a Sun-Dried Tomato & Garlic variation, replace olives with ½ cup chopped oil-packed sun-dried tomatoes. Add 3 minced garlic cloves to the dough with the discard. Sprinkle focaccia with grated Pecorino Romano cheese before baking.

Ingredients:

- 3 ½ cups all-purpose flour (15.75 oz / 447 g)
- 1 ½ tsp fine sea salt (0.15 oz / 4.5 g)
- 1 tbsp instant yeast (0.35 oz / 10 g)
- 1 ¼ cups lukewarm water (10 oz / 296 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)
- ¼ cup extra virgin olive oil, plus more for pan and topping (2 oz / 60 ml)
- ¾ cup pitted Kalamata or green olives, roughly chopped (4 oz / 113 g)
- 2 tbsp fresh rosemary needles, roughly chopped (0.2 oz / 6 g)
- 1 tsp flaky sea salt, for finishing (0.1 oz / 3 g)

Instructions:

1. Set the oven's temperature to 425°F (220°C). Pour 2 tablespoons of olive oil onto an 18x13-inch baking sheet, tilting it to spread the oil evenly across the surface.
2. In a spacious bowl, whisk together the flour, fine sea salt, and instant yeast. Create a well in the center.
3. To the well, add the lukewarm water, sourdough discard, and ¼ cup olive oil. Stir with a sturdy spoon until a sticky, shaggy dough forms and no dry flour remains.
4. Transfer the dough directly to the oiled pan. Using oiled hands, gently press and stretch the dough to roughly fit the pan. It does not need to reach the edges perfectly. Drape a damp towel over it and allow it to rest for 20 minutes.
5. After resting, use your fingertips to dimple the dough deeply all over. Press the chopped olives and rosemary into the dimples. Drizzle lightly with additional oil and sprinkle with flaky sea salt.
6. Bake for 20–25 minutes, until the focaccia is deeply golden brown and the bottom sounds hollow when tapped.
7. Transfer to a wire rack. Let cool for 10 minutes before slicing. Serve warm or at room temperature.



PARMESAN PEPPER CHEESE TWISTS

Ingredients for 4 Servings:

- 1 sheet frozen puff pastry (approx. 8 oz / 227 g), thawed but cold
- ½ cup sourdough discard (4.25 oz / 120 g)
- ¾ cup finely grated Parmesan cheese (3 oz / 85 g)
- 1 tsp coarsely ground black pepper (0.08 oz / 2.5 g)
- ½ tsp smoked paprika or garlic powder (0.05 oz / 1.5 g)
- 1 large egg, beaten (for egg wash)

Instructions:

1. Set the oven's temperature to 400°F (200°C). Place parchment paper on a baking sheet.
2. Unfold the puff pastry on a floured surface and gently roll to blend the seams, forming a 10×12-inch rectangle.
3. Spread the sourdough discard over the pastry in an even layer, leaving a ½-inch border on one of the long sides.
4. In a small bowl, mix Parmesan, black pepper, and paprika. Sprinkle evenly over the discard.
5. Fold the pastry in half lengthwise, pressing gently to seal the bare edge. Roll lightly to press layers together. Cut crosswise into ½-inch strips.
6. Hold each strip by the ends and twist several times. Place on a baking sheet, pressing ends down. Brush lightly with beaten egg.
7. Bake 13–16 minutes until puffed and golden. Cool on the sheet for 5 minutes before serving.

Flaky, layered pastry twists with a sharp parmesan crust and a kick of black pepper. An elegant, effortless snack.

Level: Easy

Prep Time: 15 minutes

Bake Time: 13–16 minutes

Yield: About 20 twists (serves 4)

Nutrition Info

(per 100 g baked twists):

Calories: ~385 kcal | Protein: 10 g |

Fat: 23 g | Carbs: 33 g

Note: For Everything Bagel Twists, replace the Parmesan mixture with 3 tablespoons of Everything Bagel Seasoning. Store cooled twists in an airtight container for up to 3 days. Re-crisp in a warm oven.



ZA'ATAR SOURDOUGH PINWHEELS

Flaky, spiraled rolls with a tangy core and the aromatic, herbal punch of za'atar. An irresistible savory pull-apart.

Level: Easy

Prep Time: 15 minutes

Bake Time: 18–22 minutes

Yield: 8 pinwheels (serves 4)

Nutrition Info

(per 100 g baked pinwheel):

Calories: ~290 kcal | Protein: 6 g |

Fat: 15 g | Carbs: 33 g

Note: For a Spicy Harissa Swirl, replace the za'atar mixture with 3 tbsp olive oil mixed with 1–2 tbsp harissa paste. Best served warm.

Ingredients for 4 Servings:

Dough:

- 1 cup sourdough discard (8.5 oz / 240 g)
- ⅓ cup whole milk or yogurt (2.8 oz / 80 ml)
- 2 tbsp olive oil (1 oz / 30 ml)
- 2 cups all-purpose flour (9 oz / 255 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- ¾ tsp fine sea salt (0.06 oz / 1.8 g)

Filling:

- 3 tbsp olive oil (1.5 oz / 45 ml)
- ¼ cup za'atar seasoning (1 oz / 30 g)
- 2 tbsp toasted sesame seeds (0.5 oz / 15 g)
- Optional: ¼ cup finely crumbled feta (1 oz / 30 g)

To Finish:

- 1 tbsp milk or yogurt for brushing

Instructions:

1. Set the oven's temperature to 400°F (200°C). Lightly grease an 8×8-inch pan, or line it with parchment paper.
2. In a bowl, mix discard, milk, and olive oil. Add flour, baking powder, and salt. Stir to form a shaggy dough, then knead on a floured surface 8–10 times until smooth.
3. In a small bowl, combine olive oil, za'atar, and sesame seeds.
4. Roll the dough into a 10x12-inch rectangle. Spread the za'atar mixture evenly over the surface. Sprinkle with feta if using.
5. Starting from a long side, tightly roll the dough into a log. Slice into 8 equal pieces. Place cut-side up in the prepared pan.
6. Brush tops with milk. Bake 18–22 minutes until golden. Let cool in the pan for 5 minutes before serving.



SESAME THIMBLE CRACKERS

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- ⅓ cup olive oil or melted butter (2.8 oz / 80 ml)
- 1 ¾ cups all-purpose flour (7.9 oz / 225 g)
- ½ tsp fine sea salt (0.04 oz / 1.2 g)
- ½ tsp garlic powder (0.05 oz / 1.5 g)
- ¼ cup white sesame seeds (1.2 oz / 35 g)

For Filling (optional):

- Olive tapenade, herbed goat cheese, or spinach-artichoke dip

Instructions:

1. Set the oven's temperature to 375°F (190°C). Line two baking sheets with parchment.
2. In a bowl, mix discard and olive oil. Add flour, salt, and garlic powder. Stir until a soft dough forms.
3. Put sesame seeds on a small plate. Pinch off pieces of dough and roll them into 1-inch balls, then roll each ball in the seeds to coat.
4. Place balls 2 inches apart on baking sheets. Using the handle of a wooden spoon or your thumb, press a deep well into the center of each.
5. Bake 14–16 minutes until edges are lightly golden. Let cool completely on the sheets—they will crisp as they cool.
6. Once cool, fill the wells with your chosen savory spread just before serving.

Crisp, tender crackers with a toasted sesame rim and a savory well for your favorite dip or spread. Elegant and easy.

Level: Easy

Prep Time: 15 minutes

Bake Time: 14–16 minutes

Yield: About 24 crackers (serves 4)

Nutrition Info

(per 100 g baked cracker, unfilled):
Calories: ~360 kcal | Protein: 9 g |
Fat: 16 g | Carbs: 44 g

Note: For a Poppy Seed & Onion version, use 2 tbsp each of poppy seeds and dried minced onion instead of sesame seeds. Store unfilled crackers in an airtight container for up to 5 days.



EVERYDAY BAKING





“NO-WAIT” DISCARD SANDWICH BREAD

Ingredients:

- 4 ½ cups bread flour or all-purpose flour (20.25 oz / 575 g)
- 1 tbsp instant yeast (0.35 oz / 10 g)
- 2 tsp fine sea salt (0.2 oz / 6 g)
- 1 ½ cups lukewarm water (12 oz / 355 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)
- 3 tbsp unsalted butter, melted (1.5 oz / 42 g)
- 2 tbsp honey or granulated sugar (1.5 oz / 42 g)
- Non-stick spray or oil for the pan

Instructions:

1. Set the oven's temperature to 375°F (190°C). Lightly grease a 9x5-inch metal loaf pan.
2. Using a spacious mixing bowl, combine the flour, instant yeast, and salt.
3. Create a well in the center and add the lukewarm water, sourdough discard, melted butter, and honey. Stir with a sturdy spoon until a rough dough forms and no dry flour remains.
4. Set the dough on a lightly floured countertop and work it for 5–7 minutes until it turns smooth and stretchy. The texture should be soft, yet not too sticky.
5. Shape the dough into a log roughly the length of your pan. Place it seam-side down in the prepared pan. Score the top lengthwise with a sharp knife.
6. Transfer the pan to the oven and bake for 45–50 minutes, until the loaf is dark golden and hollow-sounding when you tap its base.
7. Immediately lift the bread from the pan and transfer it to a wire rack. Allow it to cool all the way through before cutting to get clean slices.

A soft, sliceable loaf perfect for sandwiches, ready in about an hour without any proofing time. Sourdough discard provides a subtle, complex flavor.

Level: Easy

Prep Time: 15 minutes

Bake Time: 45–50 minutes

Yield: 1 (9x5-inch) loaf
(approx. 2 lb / 900 g)

Nutrition Info (per 100 g):

Calories: ~260 kcal | Protein: 7 g |
Fat: 6 g | Carbs: 44 g

Note: For a Seeded Whole Wheat variation, substitute 2 cups of the bread flour with whole wheat flour. After shaping, brush the loaf with water and roll the top in a mix of oats, sunflower seeds, and flax seeds before placing in the pan.



QUICK SOFT DINNER ROLLS

Light, fluffy rolls with a hint of sourdough tang, ready in just about an hour. Perfect for weeknight meals.

Level: Easy

Prep Time: 15 minutes
(+ 45 minutes rise)

Bake Time: 15–18 minutes

Yield: 8 rolls (serves 4)

Nutrition Info

(per 100 g baked roll):

Calories: ~255 kcal | Protein: 7 g |
Fat: 6 g | Carbs: 42 g

Note: For Garky Herb Butter Rolls, mix 2 tbsp melted butter with 1 minced garlic clove and 1 tsp dried parsley. Brush on after baking. Rolls freeze well; reheat wrapped in foil.

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- $\frac{3}{4}$ cup warm whole milk (6 oz / 180 ml)
- 3 tbsp unsalted butter, melted (1.5 oz / 42 g)
- 2 tbsp honey or sugar (1.4 oz / 40 g)
- 1 large egg
- 1 tbsp instant yeast (0.33 oz / 9 g)
- 1 $\frac{1}{2}$ tsp fine sea salt (0.1 oz / 3 g)
- 3 $\frac{1}{2}$ –4 cups all-purpose flour (15.75–18 oz / 450–510 g)
- 2 tbsp melted butter for brushing (1 oz / 28 g)

Instructions:

1. In a large bowl, combine discard, warm milk, melted butter, honey, egg, yeast, and salt. Stir in 3 $\frac{1}{2}$ cups flour to form a shaggy dough.
2. Turn onto a floured surface. Knead 5–7 minutes, adding flour as needed, until smooth and elastic.
3. Put the dough into a greased bowl, cover it, and let it sit in a warm spot for 30 minutes until it becomes lightly puffed.
4. Punch down the dough. Divide into 8 equal pieces. Shape into smooth balls and place in a greased 9x9-inch pan. Cover and rise 15 minutes.
5. Set the oven's temperature to 375°F (190°C). Bake rolls 15–18 minutes until golden brown.
6. Brush hot rolls with melted butter. Cool in the pan 10 minutes before serving.



DISCARD FOCACCIA (CLASSIC)

Ingredients:

- 4 cups bread flour or all-purpose flour (18 oz / 510 g)
- 2 tsp instant yeast (0.25 oz / 7 g)
- 2 tsp fine sea salt (0.2 oz / 6 g)
- 1 $\frac{3}{4}$ cups lukewarm water (14 oz / 415 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)
- $\frac{1}{4}$ cup extra virgin olive oil, plus more for the pan and finishing (2 oz / 60 ml)
- 1–2 tsp flaky sea salt for topping (0.1–0.2 oz / 3–6 g)
- Fresh rosemary sprigs (optional), for garnish

Instructions:

1. Pour 2 tablespoons of olive oil into a 9x13-inch rimmed baking sheet, tilting to coat the entire surface, including the sides.
2. In a spacious bowl, blend the flour, instant yeast, and fine sea salt. Stir in the lukewarm water, sourdough discard, and $\frac{1}{4}$ cup olive oil, mixing until a sticky, uneven dough develops and every bit of flour is absorbed.
3. Transfer the dough directly to the oiled pan. Gently stretch it to roughly cover the bottom. Cover the pan and leave the dough to rest for about 15–20 minutes.
4. After resting, use oiled fingers to create deep dimples across the entire surface of the dough. Drizzle generously with more olive oil. Sprinkle with flaky sea salt and press in rosemary sprigs, if using.
5. Place the pan on the center rack of a cold oven. Set the oven's temperature to 425°F (220°C) and bake for 20–25 minutes, or until the top is a deep, golden brown.
6. Right after baking, brush the hot focaccia with one more tablespoon of olive oil. Allow it to rest in the pan for 10 minutes before transferring to a wire rack.

A golden, crisp-crusted flatbread with a tender, airy interior, dimpled and drenched in fine olive oil. Sourdough discard adds a subtle depth to this simple, timeless bake.

Level: Easy

Prep Time: 20 minutes

Bake Time: 20–25 minutes

Yield: 1 (9x13-inch) focaccia (approx. 1 lb 10 oz / 740 g)

Nutrition Info (per 100 g):

Calories: ~240 kcal | Protein: 5 g | Fat: 7 g | Carbs: 38 g

Note: For a Roasted Garlic & Thyme version, toss 1 whole head of garlic cloves (peeled) with 1 tablespoon of olive oil and roast at 400°F (200°C) for 15 minutes until soft. Smash and spread over the dough before dimpling in Step 4. Use fresh thyme leaves instead of rosemary.



DISCARD NAAN

Soft, pillowy flatbreads with irresistible charred blisters, cooked in minutes. Sourdough discard lends a subtle tang and tender texture.

Level: Easy

Prep Time: 15 minutes
(plus 20 min rest)

Cook Time: 2–3 minutes per naan

Yield: 6 medium naan
(approx. 1 lb 5 oz / 600 g)

Nutrition Info

(per 100 g cooked naan):

Calories: ~250 kcal | Protein: 6 g |
Fat: 7 g | Carbs: 40 g

Note: For a Spicy Peshawari-Style version, mix $\frac{1}{4}$ cup finely chopped dried apricots, 2 tbsp chopped almonds, 1 tbsp brown sugar, and $\frac{1}{4}$ tsp chili flakes. After rolling, sprinkle this mixture over the dough circle, fold edges to seal, and gently roll out again before cooking.

Ingredients:

- 2 $\frac{3}{4}$ cups all-purpose flour, plus more for dusting (12.4 oz / 350 g)
- 1 tsp instant yeast (0.12 oz / 3.5 g)
- 1 tsp granulated sugar (0.2 oz / 4 g)
- 1 tsp fine sea salt (0.1 oz / 3 g)
- $\frac{3}{4}$ cup plain whole-milk yogurt (6 oz / 170 g)
- $\frac{1}{2}$ cup sourdough discard (4.25 oz / 120 g)
- $\frac{1}{4}$ cup lukewarm water (2 oz / 60 ml)
- 2 tbsp melted ghee or butter, for cooking and brushing (1 oz / 28 g)
- 1–2 garlic cloves, minced, for Garlic Naan (optional) (0.2 oz / 6 g)
- 2 tbsp chopped fresh cilantro, for garnish (optional) (0.2 oz / 6 g)

Instructions:

1. In a spacious mixing bowl, blend the flour, yeast, sugar, and salt. Add the yogurt, sourdough discard, and water, mixing just until a coarse dough comes together. Knead the dough on a floured work surface for 3–4 minutes until smooth, ensuring it stays soft and just a bit sticky.
2. Set the dough in a lightly oiled bowl, cover, and leave it at room temperature for 20 minutes. Expect little growth, but a more supple, relaxed texture.
3. Divide the dough into 6 equal pieces. On a floured surface, roll each piece into an oval or circle, about $\frac{1}{8}$ -inch thick.
4. Heat a dry cast-iron or heavy skillet over medium-high heat until very hot. Place one rolled naan in the skillet. Cook for 1–2 minutes until large bubbles form, and the underside has deep brown spots.
5. Flip the naan. Cook for another 30–60 seconds. Optionally, use tongs to hold it over an open gas flame for a few seconds to char and puff further.
6. Immediately brush the hot naan with melted ghee. For Garlic Naan, mix minced garlic into the ghee before brushing. Sprinkle with cilantro if desired. Enclose the warm naan in a clean towel to retain its softness.
7. Continue with the remaining dough, adjusting the heat as needed.



FEATHERLIGHT POTATO ROLLS

Ingredients for 4 Servings:

- ½ cup warm whole milk (4 oz / 120 ml)
- 2 tbsp honey or sugar (1.4 oz / 40 g)
- 2 tsp instant yeast (0.22 oz / 6 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- ⅔ cup mashed russet potato, room temperature (5.3 oz / 150 g)
- 3 tbsp unsalted butter, softened (1.5 oz / 42 g)
- 1 large egg
- 1 ½ tsp fine sea salt (0.1 oz / 3 g)
- 3 ½–4 cups all-purpose flour (15.75–18 oz / 450–510 g)

For Finishing:

- 2 tbsp melted butter (1 oz / 28 g)

Instructions:

1. Using a large bowl, combine warm milk, honey, and yeast. Let sit for 5 minutes until foamy.
2. Add discard, mashed potato, softened butter, egg, and salt. Mix well. Stir in 3 ½ cups flour until a shaggy dough forms.
3. Turn onto a floured surface. Knead 6–8 minutes, adding flour as needed, until smooth and elastic. Place the dough in a lightly oiled bowl, cover, and let it rest for 60–90 minutes until it grows to twice its size.
4. Punch down the dough. Divide into 10 equal pieces. Shape each into a smooth ball. Arrange in a greased 9-inch round pan. Cover and rise 45–60 minutes.
5. Set the oven's temperature to 375°F (190°C). Bake rolls 18–20 minutes until golden brown.
6. Brush hot rolls with melted butter. Cool in the pan 10 minutes before serving.

Cloud-soft, tender dinner rolls with a subtle tang, enriched by mashed potato. Stays moist for days.

Level: Easy

Prep Time: 15 minutes

Bake Time: 18–20 minutes

Yield: 10 rolls (serves 4–5)

Nutrition Info

(per 100 g baked roll):

Calories: ~245 kcal | Protein: 6 g |

Fat: 7 g | Carbs: 39 g

Note: For Garlic-Herb Rolls, add 1 tsp dried rosemary and ½ tsp garlic powder to the dough. Rolls freeze perfectly after baking. Thaw and reheat wrapped in foil.



CLASSIC SOURDOUGH ENGLISH MUFFINS

Hearty, tangy muffins with a craggy interior perfect for toasting. Cooked on the stovetop for authentic texture.

Level: Intermediate

Prep Time: 20 minutes
(+ 1 hour rise)

Cook Time: 12–14 minutes

Yield: 8 muffins (serves 4)

Nutrition Info

(per 100 g baked muffin):

Calories: ~235 kcal | Protein: 7 g |
Fat: 4 g | Carbs: 43 g

Note: For Whole Wheat Muffins, substitute 1 cup of all-purpose flour with whole wheat flour. Store cooled muffins in an airtight bag for a week or freeze for longer.

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- $\frac{3}{4}$ cup warm whole milk (6 oz / 180 ml)
- 2 tbsp unsalted butter, melted (1 oz / 28 g)
- 2 tsp honey or sugar (0.5 oz / 14 g)
- 1 tsp instant yeast (0.11 oz / 3 g)
- 3 cups all-purpose flour (13.5 oz / 384 g)
- 1 $\frac{1}{4}$ tsp fine sea salt (0.1 oz / 3 g)
- $\frac{1}{2}$ tsp baking soda (0.1 oz / 3 g)
- Cornmeal or semolina, for dusting
- Butter or oil, for the griddle

Instructions:

1. In a large bowl, combine discard, warm milk, melted butter, honey, and yeast. Mix in 2 cups flour, salt, and baking soda to form a sticky dough.
2. Turn onto a floured surface. Knead 5–7 minutes, adding remaining flour gradually, until smooth and tacky. Place in a greased bowl, cover, and rise 60 minutes until puffy.
3. Sprinkle a surface with cornmeal. Roll the dough $\frac{3}{4}$ -inch thick. Cut into rounds with a 3-inch cutter. Place on a cornmeal-dusted sheet, sprinkle the tops with more cornmeal. Cover and rise 30 minutes.
4. Place a griddle or large skillet on medium-low heat and brush it with a thin layer of butter or oil.
5. Cook muffins 6–7 minutes per side, until deeply golden and cooked through. Check the center with an instant-read thermometer; it should read roughly 200°F (93°C).
6. Cool on a wire rack. Split with a fork before toasting.



MASTER RECIPE: EVERYDAY DISCARD COUNTRY LOAF

Master Instructions:

1. Combine the flour, yeast, and salt in a large bowl and whisk until evenly mixed. Incorporate water and discard, and mix with a sturdy spoon until a coarse, shaggy dough forms.
2. Transfer the dough to a lightly floured surface and knead for 8–10 minutes until it feels smooth and springy. It should be slightly tacky, not sticky.
3. Move the dough into a greased bowl, cover it, and let it rise in a warm spot for about 1 hour, or until it is almost doubled in size.
4. Gently deflate dough. Shape into a tight round boule or oval batard. Place seam-side up in a floured proofing basket or bowl lined with a floured towel. Cover and let rise for 45 minutes. Preheat the oven and a Dutch oven to 450°F (230°C) for the final 30 minutes.
6. Carefully invert the dough onto the parchment. Score the top. Transfer the parchment and dough into the hot Dutch oven. Cover and bake for 30 minutes. Remove lid. Bake uncovered for 10–15 minutes until deep golden brown. Cool completely on a wire rack.

Variations (follow Master Recipe, modifying as below):

- **Whole Wheat Discard Batard:** Substitute 2 cups (9 oz / 255 g) of the bread flour with whole wheat flour. Add 1 tbsp (0.5 oz / 14 g) honey to the water. Shape into an oval batard.
- **Seeded Discard Harvest Loaf:** Add ½ cup (2.5 oz / 70 g) mixed seeds (sunflower, flax, pumpkin) to the dry ingredients. Before the second rise, roll the shaped dough in additional seeds.
- **Oatmeal & Honey Discard Bread:** Replace 1 cup (4.5 oz / 128 g) bread flour with rolled oats. Add 2 tbsp (1.5 oz / 42 g) honey to the water. Soak oats in the water for 10 minutes before mixing.
- **Cheddar & Beer Discard Bread:** Replace the water with an equal amount of room-temperature amber ale or lager. After kneading, fold in 1 ½ cups (6 oz / 170 g) shredded sharp cheddar cheese.
- **Roasted Garlic & Herb Discard Bread:** Fold 1 head of roasted, mashed garlic cloves and 2 tbsp (0.2 oz / 6 g) chopped fresh rosemary or thyme into the dough after kneading. Shape into a round boule.

A versatile, crackle-crust loaf with a soft, airy crumb and subtle tang. This master formula is your foundation for countless flavorful variations.

Level: Easy

Prep Time: 25 minutes
(plus 1 hour rest)

Bake Time: 40–45 minutes

Yield: 1 round boule
(approx. 2 lb / 900 g)

Nutrition Info (per 100 g):
Calories: ~250 kcal | Protein: 7 g |
Fat: 1 g | Carbs: 53 g

Master Ingredients:

- 5 cups bread flour (22.5 oz / 640 g)
- 2 tsp instant yeast (0.25 oz / 7 g)
- 2 tsp fine sea salt (0.2 oz / 6 g)
- 1 ¾ cups lukewarm water (14 oz / 415 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)



DISCARD PIZZA DOUGH (SAME-DAY)

A supple, flavorful dough that yields a crisp-chewy crust, ready for toppings in about 90 minutes. Sourdough discard adds depth without a long ferment.

Level: Easy

Prep Time: 20 minutes
(plus 1 hour rise)

Bake Time: 10–15 minutes per pizza

Yield: 2 (12-inch) pizza crusts
(approx. 1 lb 6 oz / 625 g total)

Nutrition Info

(per 100 g raw dough):

Calories: ~255 kcal | Protein: 7 g |
Fat: 2 g | Carbs: 52 g

Note: This dough freezes beautifully. Following Step 4, wrap each dough ball securely in plastic and freeze for up to three months. Thaw overnight in the refrigerator, then continue with Step 5.

Ingredients for 2 Crusts:

- 4 cups bread flour, plus more for dusting (18 oz / 510 g)
- 2 tsp instant yeast (0.25 oz / 7 g)
- 1 ½ tsp fine sea salt (0.15 oz / 4.5 g)
- 1 ¼ cups lukewarm water (10 oz / 295 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)
- 2 tbsp olive oil (1 oz / 30 ml)

Instructions:

1. In a spacious bowl, whisk together flour, yeast, and salt. Incorporate the lukewarm water, discard, and olive oil.
2. Stir until a shaggy dough forms. Move the dough to a floured work surface and knead for 7 to 8 minutes, until it becomes smooth and springy. The dough should remain soft with a light tack.
3. Set the dough in a bowl lightly coated with oil, cover, and let it rest in a warm area for 1 hour, or until it has nearly doubled.
4. Gently press the dough down to release the air, then divide it into two equal pieces. Shape each piece into a smooth ball.
5. Place dough balls on a floured surface, cover, and let rest for 15–20 minutes to relax the gluten.
6. Preheat the oven and pizza stone (if you have one) to its maximum setting—500°F/260°C or hotter—and let it heat for at least 30 minutes. Stretch each dough ball into a 12-inch circle, add toppings, and bake on the preheated surface for 10–15 minutes until the crust is puffed and blistered.



DISCARD CORNBREAD

Ingredients:

- 1 ½ cups fine-ground yellow cornmeal (8.25 oz / 234 g)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- 2 tbsp granulated sugar (1 oz / 28 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- 1 tsp fine sea salt (0.1 oz / 3 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- 1 cup buttermilk or whole milk (8 oz / 237 ml)
- 2 large eggs
- ½ cup unsalted butter, melted (2.7 oz / 75 g)
- 2 tbsp bacon drippings, lard, or additional butter for the skillet (1 oz / 28 g)

Instructions:

1. Set the oven's temperature to 425°F (220°C). Place the bacon drippings (or fat of choice) in a 10-inch cast iron skillet or 9x9-inch baking pan and set it in the oven to heat.
2. Combine the cornmeal, flour, sugar, baking powder, and salt in a large bowl and whisk until evenly mixed.
3. In a separate bowl or measuring cup, blend the sourdough discard, buttermilk, eggs, and melted butter with a whisk until smooth.
4. Pour the wet ingredients into the dry. Stir just until combined; a few small lumps are fine. Do not overmix.
5. Carefully lift the hot skillet out of the oven. Swirl the hot fat to coat the bottom and sides. Immediately pour the batter into the center of the skillet.
6. Bake for 25–30 minutes, until the top has browned and a toothpick inserted in the center comes out free of crumbs.
7. Allow the cornbread to rest in the skillet for 10 minutes before cutting. Serve while still warm.

A supremely moist, tender crumb with a crisp, buttery crust and a pleasant tang. This one-bowl batter bakes into the perfect side for any meal.

Level: Easy

Prep Time: 10 minutes

Bake Time: 25–30 minutes

Yield: 1 (10-inch) skillet or 9x9-inch pan
(approx. 1 lb 10 oz / 740 g)

Nutrition Info (per 100 g):

Calories: ~270 kcal | Protein: 6 g |
Fat: 11 g | Carbs: 37 g

Note: For a Jalapeño & Cheddar variation, fold 1 diced jalapeño and 1 cup (4 oz / 113 g) shredded sharp cheddar cheese into the batter before pouring it into the skillet. Reduce sugar to 1 tablespoon.



SAVORY DISCARD PULL-APART LOAF

Fluffy, garlicky dough layers swirled with vibrant pesto, melted mozzarella, and toasted pine nuts. An impressive, shareable centerpiece that's surprisingly simple.

Level: Easy

Prep Time: 25 minutes

Bake Time: 30–35 minutes

Yield: 1 standard loaf
(approx. 2 lb / 900 g)

Nutrition Info (per 100 g):
Calories: ~310 kcal | Protein: 10 g
Fat: 15 g | Carbs: 33 g

Note: For a Sun-Dried Tomato & Feta version, replace pesto with ½ cup (4 oz / 113 g) softened cream cheese mixed with 2 tbsp olive oil. Use 1 cup chopped sun-dried tomatoes and 1 cup crumbled feta for the filling. Omit pine nuts and Parmesan.

Ingredients for the Dough:

- 4 cups all-purpose flour (18 oz / 510 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- 1 ½ tsp fine sea salt (0.15 oz / 4.5 g)
- 1 ½ cups sourdough discard (12.75 oz / 360 g)
- 1 cup whole milk or buttermilk (8 oz / 237 ml)
- ¼ cup olive oil (2 oz / 60 ml)

For the Filling:

- ¾ cup prepared basil pesto (6 oz / 170 g)
- 1 ½ cups shredded low-moisture mozzarella (6 oz / 170 g)
- ⅓ cup grated Parmesan cheese (1 oz / 28 g)
- ¼ cup pine nuts, toasted (1.2 oz / 35 g)
- 2 garlic cloves, minced (0.2 oz / 6 g)
- 2 tbsp melted butter, for brushing (1 oz / 28 g)

Instructions:

1. Set the oven's temperature to 375°F (190°C). Generously grease a 9x5-inch loaf pan.
2. Whisk the flour, baking powder, and salt together in a bowl. In another, combine discard, milk, and oil. Stir wet into dry until a shaggy dough forms. Knead on a floured surface 8–10 times until smooth.
3. Roll dough into a 10x20-inch rectangle. Spread pesto evenly over the surface. Sprinkle with mozzarella, Parmesan, pine nuts, and garlic.
4. Slice the rectangle vertically into 6 even strips. Stack strips, then cut the stack into 6 squares.
5. Place dough squares loosely in the greased pan, layering them cut-side up. Drizzle with melted butter.
6. Bake for 30–35 minutes, until golden brown and bubbly. If the surface starts browning too quickly, drape a sheet of foil over it.
7. Cool in the pan for 10 minutes. Run a knife around the edges, then invert onto a plate. Serve warm.



RUSTIC SAME-DAY BAGUETTES

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- 1 cup warm water (8 oz / 240 ml)
- 1 tsp instant yeast (0.11 oz / 3 g)
- 1 ½ tsp fine sea salt (0.1 oz / 3 g)
- 3–3 ½ cups bread flour (13.5–15.75 oz / 384–450 g)
- Rice flour or cornmeal, for dusting

Instructions:

1. In a large bowl, combine discard, warm water, and yeast. Stir in salt and 3 cups flour to form a shaggy dough.
2. Turn onto a floured surface. Knead 8–10 minutes, adding flour sparingly, until smooth and elastic. Place in a greased bowl, cover, and rise 90 minutes until nearly doubled.
3. Gently deflate dough. Divide in half. Shape each into a tight oval, cover, and rest 15 minutes.
4. Shape each oval into a 14-inch-long baguette. Place seam-side down on a floured couche or towel, creating folds between loaves to support them. Cover and rise 45–60 minutes.
5. Set the oven's temperature to 475°F (245°C) with a baking stone or sheet inside. Place a pan on the oven floor. Score risen loaves with 3–4 diagonal slashes.
6. Transfer loaves to the hot stone. Pour one cup of hot water into the pan to produce steam. Bake 18–22 minutes until richly golden, then let it cool completely on a wire rack.

Crisp, golden crust with a soft, tangy interior. An accelerated method delivers authentic flavor and texture in hours, not days.

Level: Intermediate

Prep Time: 20 minutes
(+ 2.5 hours rise)

Bake Time: 18–22 minutes

Yield: 2 small baguettes (serves 4)

Nutrition Info

(per 100 g baked bread):

Calories: ~265 kcal | Protein: 8 g |
Fat: 1 g | Carbs: 55 g

Note: For a Seeded Crust, mist shaped loaves with water and roll in sesame or poppy seeds before the final rise. For the best crunch, bake fully cool before slicing.



GRILL-READY SOURDOUGH BUNS

Pillow-soft, sturdy buns with a subtle tang, perfect for holding burgers and dogs. No store-bought comparison.

Level: Easy

Prep Time: 20 minutes
(+ 1.5 hours rise)

Bake Time: 15–18 minutes

Yield: 4 burger buns or 8 hot dog buns (serves 4)

Nutrition Info

(per 100 g baked bun):

Calories: ~275 kcal | Protein: 8 g |
Fat: 6 g | Carbs: 46 g

Note: For Brioche-Style Buns, increase butter to $\frac{1}{4}$ cup. For a Whole Grain version, substitute 1 cup of all-purpose flour with whole wheat flour. Buns freeze perfectly.

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- $\frac{3}{4}$ cup warm whole milk (6 oz / 180 ml)
- 3 tbsp unsalted butter, melted (1.5 oz / 42 g)
- 1 large egg
- 2 tbsp honey or sugar (1.4 oz / 40 g)
- 1 tsp instant yeast (0.11 oz / 3 g)
- 1 $\frac{1}{2}$ tsp fine sea salt (0.1 oz / 3 g)
- 3 $\frac{1}{2}$ –4 cups all-purpose flour (15.75–18 oz / 450–510 g)

For Finishing:

- 1 egg beaten with 1 tbsp water, sesame or poppy seeds (optional)

Instructions:

1. In a large bowl, combine discard, warm milk, melted butter, egg, honey, and yeast. Mix in 3 $\frac{1}{2}$ cups flour and salt to form a shaggy dough.
2. Turn onto a floured surface. Knead 6–8 minutes, adding flour as needed, until smooth and elastic. Place in a greased bowl, cover, and rise 60 minutes until puffy.
3. Punch down the dough. For burger buns, divide into 4 pieces; for hot dog buns, divide into 8 pieces. Shape into smooth balls or 5-inch logs.
4. Place on parchment-lined sheets, spacing 3 inches apart. Cover and rise 30–45 minutes until nearly doubled.
5. Set the oven's temperature to 375°F (190°C). Gently brush risen buns with egg wash. Sprinkle with seeds if desired.
6. Bake for 15–18 minutes until a deep golden color develops. Let it cool fully on a wire rack before slicing.



WHOLE WHEAT POCKET PITAS

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- $\frac{3}{4}$ cup warm water (6 oz / 180 ml)
- 2 tbsp olive oil (1 oz / 30 ml)
- 1 tsp instant yeast (0.11 oz / 3 g)
- 1 $\frac{1}{2}$ tsp fine sea salt (0.1 oz / 3 g)
- 1 $\frac{1}{2}$ cups whole wheat flour (6.75 oz / 192 g)
- 1 $\frac{1}{2}$ –2 cups all-purpose flour (6.75–9 oz / 192–255 g)

Instructions:

1. In a large bowl, combine discard, warm water, olive oil, and yeast. Stir in salt and whole wheat flour. Add 1 $\frac{1}{2}$ cups all-purpose flour to form a shaggy dough.
2. Turn onto a floured surface. Knead 5–7 minutes, adding flour as needed, until smooth and slightly tacky. Put the dough in a greased bowl, cover, and let it rise for about an hour, until puffy.
3. Set the oven's temperature to 475°F (245°C) with a baking steel or inverted baking sheet inside.
4. Divide the dough into 8 pieces. Roll each into a ball, then roll out into a 6-inch circle, about $\frac{1}{8}$ -inch thick. Keep unused dough covered.
5. Place 2–3 rolled pitas directly onto the hot steel. Bake 3–4 minutes until puffed and lightly browned. They should puff fully.
6. Remove and wrap immediately in a clean kitchen towel to keep soft. Repeat with the remaining dough.

Nutty, soft whole wheat pitas with a classic pocket, thanks to a hot oven and tangy sourdough boost.

Level: Easy

Prep Time: 20 minutes
(+ 1 hour rise)

Bake Time: 3–4 minutes per batch

Yield: 8 pitas (serves 4)

Nutrition Info

(per 100 g baked pita):

Calories: ~250 kcal | Protein: 8 g |
Fat: 3 g | Carbs: 48 g

Note: For Herbed Pitats, add 1 tsp dried oregano and $\frac{1}{2}$ tsp garlic powder to the dough. If a pita doesn't puff, it's still delicious—use as flatbread. Best eaten day-of, but can be frozen.



SKILLET DISCARD CORNBREAD

A robust cornbread with an intensely crisp, buttery crust and a moist, tender crumb. Baked in a preheated skillet for maximum texture and flavor.

Level: Easy

Prep Time: 10 minutes

Bake Time: 20–25 minutes

Yield: 1 (10-inch) skillet cornbread (approx. 1 lb 8 oz / 680 g)

Nutrition Info (per 100 g):

Calories: ~265 kcal | Protein: 6 g | Fat: 10 g | Carbs: 38 g

Note: For a Spicy Maple Bacon version, omit honey. Fold $\frac{3}{4}$ cup cooked, chopped bacon and 1 diced jalapeño into the batter. Before baking, drizzle 1 tbsp maple syrup over the batter and sprinkle with extra bacon.

Ingredients:

- 1 $\frac{1}{2}$ cups stone-ground cornmeal (8.25 oz / 234 g)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- 1 tsp fine sea salt (0.1 oz / 3 g)
- $\frac{1}{2}$ tsp baking soda (0.1 oz / 3 g)
- 1 $\frac{1}{4}$ cups buttermilk (10 oz / 296 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)
- 2 large eggs
- $\frac{1}{4}$ cup honey or maple syrup (3 oz / 85 g)
- 6 tbsp unsalted butter, divided (3 oz / 85 g)

Instructions:

1. Set a 10-inch cast iron skillet inside the oven. Set the oven's temperature to 425°F (220°C).
2. In a large bowl, whisk cornmeal, flour, baking powder, salt, and baking soda.
3. In another bowl, whisk buttermilk, discard, eggs, and honey until smooth.
4. Melt 4 tablespoons of butter. Stir into the wet ingredients. Pour wet mix into dry, stirring just until combined.
5. Carefully remove the hot skillet. Add the remaining 2 tablespoons of butter, swirling to melt and coat the pan.
6. Immediately pour batter into the center of the hot skillet. It should sizzle slightly.
7. Bake for 20–25 minutes until golden, the center is set, and the edges pull from the pan. Cool 10 minutes in the skillet before serving.



SWEET BAKING & SIMPLE DESSERTS





BROWN BUTTER SOURDOUGH COOKIES

Chewy, caramel-edged cookies with deep nutty flavor from browned butter and a tangy hint from discard. Irresistibly textured.

Level: Easy

Prep Time: 15 minutes (+ cooling)

Bake Time: 10–12 minutes

Yield: 12 large cookies (serves 4)

Nutrition Info

(per 100 g baked cookie):

Calories: ~415 kcal | Protein: 5 g |

Fat: 22 g | Carbs: 51 g

Note: For Salted Pecan Cookies, reduce chocolate chips to 1 cup and fold in $\frac{3}{4}$ cup toasted, chopped pecans. Dough balls freeze perfectly; bake from frozen, adding 1–2 minutes.

Ingredients for 4 Servings:

- $\frac{1}{2}$ cup unsalted butter (4 oz / 113 g)
- $\frac{3}{4}$ cup sourdough discard (6.4 oz / 180 g)
- $\frac{3}{4}$ cup packed dark brown sugar (5.6 oz / 160 g)
- $\frac{1}{4}$ cup granulated sugar (1.8 oz / 50 g)
- 1 large egg + 1 yolk
- 2 tsp pure vanilla extract (0.34 oz / 10 ml)
- 2 cups all-purpose flour (9 oz / 255 g)
- 1 tsp baking soda (0.15 oz / 4 g)
- $\frac{3}{4}$ tsp fine sea salt (0.06 oz / 1.8 g)
- 1 $\frac{1}{2}$ cups semi-sweet chocolate chips or chunks (9 oz / 255 g)
- Flaky sea salt, for finishing

Instructions:

1. Place the butter in a saucepan and melt it over moderate heat. Swirl until foamy and golden-brown with a nutty aroma. Pour into a large bowl, scraping in solids. Cool 15 minutes.
2. To the browned butter, add discard, both sugars, egg, yolk, and vanilla. Whisk vigorously for 1 minute until thick and smooth.
3. Scatter the flour, baking soda, and salt over the wet mixture. Fold until just combined. Fold in chocolate chips. Cover and chill dough 30 minutes.
4. Set the oven's temperature to 375°F (190°C). Line baking sheets with parchment. Scoop dough into 3-tablespoon mounds, spacing 3 inches apart.
5. Bake 10–12 minutes until the edges are set and the centers stay soft without being wet. Sprinkle flaky salt on top immediately.
6. Cool on the baking sheets for 5 minutes, then transfer to a rack. Enjoy warm or at room temperature.



BUTTERSCOTCH CHOCOLATE CHUNK BLONDIES

Ingredients for 4 Servings:

- ½ cup unsalted butter, melted (4 oz / 113 g)
- 1 cup packed dark brown sugar (7.5 oz / 213 g)
- ¾ cup sourdough discard (6.4 oz / 180 g)
- 1 large egg
- 2 tsp pure vanilla extract (0.34 oz / 10 ml)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- ½ tsp baking powder (0.08 oz / 2 g)
- ½ tsp fine sea salt (0.04 oz / 1.2 g)
- 1 ¼ cups semi-sweet chocolate chunks or chips (7.5 oz / 213 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Line an 8x8-inch baking pan with parchment, leaving overhang.
2. Using a large bowl, whisk melted butter and brown sugar until smooth. Add discard, egg, and vanilla; whisk until fully combined.
3. Add flour, baking powder, and salt directly to the wet mixture. Fold gently until just a few dry streaks remain.
4. Incorporate 1 cup of the chocolate chunks. Spread batter evenly into the prepared pan. Sprinkle remaining ¼ cup chunks on top.
5. Bake 25–28 minutes, until the top feels firm, the edges start to pull away from the pan, and a toothpick inserted near the center comes out with a few moist crumbs.
6. Cool completely in the pan on a rack. Use parchment to lift out, then cut into squares.

Dense, chewy blondies bursting with butterscotch flavor and melty chocolate. One bowl, no mixer, and impossible to stop eating.

Level: Easy

Prep Time: 10 minutes

Bake Time: 25–28 minutes

Yield: 8 large blondies (serves 4–6)

Nutrition Info

(per 100 g baked blondie):

Calories: ~385 kcal | Protein: 5 g |

Fat: 18 g | Carbs: 52 g

Note: For Salted Caramel Blondies, drizzle ¼ cup thick caramel sauce over batter before baking and sprinkle with flaky salt after. Keep in an airtight container for up to four days.



LEMON & POPPY SEED DISCARD LOAF

A moist, tender loaf bursting with fresh lemon flavor and studded with nutty poppy seeds. Topped with a simple, vibrant glaze for the perfect sweet-tart finish.

Level: Easy

Prep Time: 15 minutes

Bake Time: 50–55 minutes

Yield: 1 standard loaf
(approx. 1 lb 12 oz / 790 g)

Nutrition Info (per 100 g):
Calories: ~290 kcal | Protein: 5 g |
Fat: 10 g | Carbs: 45 g

Note: For an Earl Grey & Lemon variation, steep 2 tablespoons of loose Earl Grey tea in the yogurt for 30 minutes before using. Incorporate 1 teaspoon of vanilla extract into the wet ingredients. Omit poppy seeds.

Ingredients for the Loaf:

- 2 cups all-purpose flour (9 oz / 255 g)
- 1 ½ tsp baking powder (0.2 oz / 7 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- 1 cup granulated sugar (7 oz / 200 g)
- 2 tbsp lemon zest (from about 2 large lemons)
- ¾ cup sourdough discard (6.4 oz / 180 g)
- ½ cup plain whole-milk yogurt or buttermilk (4 oz / 118 ml)
- 2 large eggs
- ⅓ cup fresh lemon juice (2.7 oz / 80 ml)
- ⅓ cup neutral oil, like avocado or vegetable (2.7 oz / 80 ml)
- 2 tbsp poppy seeds (0.25 oz / 7 g)

For the Glaze:

- 1 cup powdered sugar (4 oz / 113 g)
- 2–3 tbsp fresh lemon juice (1–1.5 oz / 30–45 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Grease a 9x5-inch loaf pan and line with parchment paper.
2. Use a medium-sized bowl to whisk together the flour, baking powder, baking soda, and salt.
3. Using your fingers, rub the sugar and lemon zest together in a large bowl until the fragrance is released. Add the discard, yogurt, eggs, lemon juice, and oil, and whisk until the mixture is smooth.
4. Combine the dry ingredients with the wet, mixing just until the batter is smooth and free of flour streaks. Then fold in the poppy seeds.
5. Transfer the batter into the lined pan and bake for 50–55 minutes, until a toothpick inserted in the center is clean when removed.
6. Leave the loaf in the pan for 15 minutes to cool, then set it on a wire rack to cool fully.
7. Mix powdered sugar and lemon juice, whisking until the glaze is thick but still pourable. Drizzle it over the cooled loaf.



BAKED CINNAMON SUGAR CAKE DONUTS

Ingredients for 4 Servings:

Donuts:

- $\frac{3}{4}$ cup sourdough discard (6.4 oz / 180 g)
- $\frac{1}{3}$ cup granulated sugar (2.5 oz / 70 g)
- $\frac{1}{4}$ cup milk (2 oz / 60 ml)
- 3 tbsp melted butter or neutral oil (1.5 oz / 42 g)
- 1 large egg
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 $\frac{1}{4}$ cups all-purpose flour (5.6 oz / 160 g)
- 1 tsp baking powder (0.15 oz / 4 g)
- $\frac{1}{2}$ tsp baking soda (0.1 oz / 3 g)
- $\frac{1}{2}$ tsp ground nutmeg or cinnamon (0.05 oz / 1.5 g)
- $\frac{1}{4}$ tsp fine sea salt (0.02 oz / 0.6 g)

Coating:

- $\frac{1}{2}$ cup granulated sugar (3.5 oz / 100 g)
- 1 $\frac{1}{2}$ tsp ground cinnamon (0.13 oz / 4 g)
- 4 tbsp melted butter (2 oz / 57 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Grease a donut pan.
2. In a large bowl, whisk discard, sugar, milk, melted butter, egg, and vanilla until smooth.
3. Incorporate flour, baking powder, baking soda, nutmeg, and salt directly into the bowl. Stir until just combined.
4. Spoon or pipe batter into prepared donut pan, filling each cavity $\frac{3}{4}$ full. Bake 10–12 minutes until springy to the touch.
5. Let it cool in the pan for 5 minutes, then move it to a wire rack. Combine sugar and cinnamon in a shallow bowl for the coating.
6. While the donuts are warm, brush them with melted butter and then roll them in cinnamon sugar until evenly coated. Eat them right away.

Moist baked donuts with a tender crumb and a hint of tang, coated in cinnamon sugar straight from the oven.

Level: Easy

Prep Time: 10 minutes

Bake Time: 10–12 minutes

Yield: 8 donuts + holes (serves 4)

Nutrition Info

(per 100 g baked donut):

Calories: ~320 kcal | Protein: 5 g |
Fat: 12 g | Carbs: 48 g

Note: For a Lemon Glaze variation, omit the cinnamon sugar. Whisk together 1 cup powdered sugar, 2 tbsp lemon juice, and 1 tsp zest. Dip the cooled donuts in the glaze. They're best enjoyed the day they're made.



SOURDOUGH DISCARD CRUMB CAKE

A soft, tender cake blanketed under an exceptionally thick, buttery cinnamon crumb topping. Sourdough discard ensures a moist, flavorful base.

Level: Easy

Prep Time: 20 minutes

Bake Time: 40–45 minutes

Yield: 1 (9x9-inch) cake
(approx. 2 lb / 900 g)

Nutrition Info (per 100 g):
Calories: ~350 kcal | Protein: 4 g |
Fat: 16 g | Carbs: 48 g

Note: For a Blueberry Swirl variation, gently fold 1 cup fresh blueberries into the cake batter. Before adding crumb topping, dollop ¼ cup blueberry jam over the batter and swirl lightly with a knife. Proceed as directed.

Ingredients for the Crumb Topping:

- 1 ½ cups all-purpose flour (6.75 oz / 192 g)
- 1 cup packed light brown sugar (8 oz / 227 g)
- 1 ½ tbsp ground cinnamon (0.3 oz / 9 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- 10 tbsp unsalted butter, melted (5 oz / 142 g)

For the Cake:

- 1 ¾ cups all-purpose flour (7.9 oz / 225 g)
- 1 tsp baking powder (0.15 oz / 4.5 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- ½ cup unsalted butter, softened (4 oz / 113 g)
- ¾ cup granulated sugar (5.3 oz / 150 g)
- 2 large eggs
- 1 cup sourdough discard (8.5 oz / 240 g)
- ⅓ cup buttermilk or plain yogurt (2.7 oz / 80 ml)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Grease and line a 9x9-inch baking pan.
2. Whisk flour, brown sugar, cinnamon, and salt. Stir in melted butter until large, moist crumbs form. Set aside.
3. Combine the flour, baking powder, baking soda, and salt in a bowl and whisk well.
4. Using a separate bowl, cream softened butter and sugar until light. Beat in eggs one at a time. Mix in discard, buttermilk, and vanilla (batter may look curdled).
5. Carefully add the dry ingredients to the wet ingredients and fold until just combined. Pour the batter into the prepared pan and smooth it out evenly.
6. Break the crumb topping into pea-to-pebble-sized pieces and distribute evenly over the batter, covering completely.
7. Bake 40–45 minutes, until a tester inserted into the cake (not crumb) comes out clean. Cool completely in the pan before slicing.



DISCARD FRUIT COBBLER TOPPING

Ingredients for the Cobbler Topping:

- 2 cups all-purpose flour (9 oz / 255 g)
- ½ cup granulated sugar (3.5 oz / 100 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- ½ cup whole milk or buttermilk (4 oz / 118 ml)
- ⅓ cup unsalted butter, melted (2.7 oz / 75 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 tbsp coarse sugar, for sprinkling (optional) (0.5 oz / 15 g)

Instructions:

1. Set the oven's temperature to 375°F (190°C). Prepare your chosen fruit filling (e.g., 8–10 cups sliced fruit mixed with sugar and thickener) in a 9x13-inch baking dish.
2. Using a medium-sized bowl, whisk together the flour, sugar, baking powder, and salt.
3. In another bowl, combine the sourdough discard, milk, melted butter, and vanilla. Stir until smooth.
4. Pour the wet ingredients into the dry. Gently stir just until a soft, shaggy dough forms. Do not overmix.
5. Drop large, uneven spoonfuls of the dough over the hot or room-temperature fruit filling. Leave some gaps for steam to escape.
6. Sprinkle the dough mounds with coarse sugar, if using.
7. Bake for 25–35 minutes (time varies with fruit filling), until the topping is deeply golden and a toothpick inserted into it comes out clean. The fruit should be bubbling vigorously around the edges.

A tender, slightly tangy, and biscuit-like blanket for any seasonal fruit filling. This simple batter bakes into a golden, craggy crown over sweet, bubbling fruit.

Level: Easy

Prep Time: 10 minutes

Bake Time: 25–35 minutes
(with fruit)

Yield: Topping for 1 (9x13-inch) fruit cobbler (approx. 1 lb / 450 g topping)

Nutrition Info

(per 100 g topping only, unbaked):
Calories: ~280 kcal | Protein: 5 g |
Fat: 10 g | Carbs: 42 g

Note: For a Cardamom & Almond variation, add 1 tsp ground cardamom to the dry ingredients. Substitute ½ cup (1.5 oz / 42 g) of the flour with finely ground almonds. Sprinkle topping with sliced almonds before baking.



FIVE-MINUTE CHOCOLATE MUG CAKE

An intensely chocolate, single-serving cake with a gooey center, ready in minutes. The ultimate instant dessert using discard.

Level: Easy

Prep Time: 2 minutes

Cook Time: 1 minute 15 seconds

Yield: 1 large mug cake
(serves 1, scale as needed)

Nutrition Info

(per 100 g cake):

Calories: ~335 kcal | Protein: 7 g |
Fat: 15 g | Carbs: 44 g

Note: For a Salted Caramel Mug Cake, omit chocolate chips. Before microwaving, press 1 soft caramel candy into the center of the batter. After cooking, sprinkle with flaky salt. Best made and eaten immediately. For 4 servings, mix ingredients in a bowl, then divide equally among 4 mugs before cooking.

Ingredients for 1 Serving (Scale x4 for 4 mugs):

- ¼ cup sourdough discard (2.1 oz / 60 g)
- 2 tbsp granulated sugar (0.9 oz / 25 g)
- 1 ½ tbsp neutral oil or melted butter (0.75 oz / 22 g)
- 1 tbsp milk or water (0.5 oz / 15 ml)
- ¼ tsp pure vanilla extract (0.04 oz / 1.2 ml)
- 3 tbsp all-purpose flour (0.85 oz / 24 g)
- 1 ½ tbsp unsweetened cocoa powder (0.25 oz / 7 g)
- ½ tsp baking powder (a small pinch)
- Tiny pinch of fine sea salt
- 1 tbsp chocolate chips (0.35 oz / 10 g)

Instructions:

1. In a standard 12-oz microwave-safe mug, whisk together the discard, sugar, oil, milk, and vanilla until smooth.
2. Place the flour, cocoa powder, baking powder, and salt into the mug and stir until they're just combined with no dry streaks left.
3. Stir in the chocolate chips. Smooth the top with the spoon.
4. Microwave on high for 1 minute and 15 seconds. Start checking at 1 minute—the top should look set, but a few moist crumbs are fine.
5. Let cool for 1 minute in the mug. The cake will be very hot. Enjoy it straight from the mug with a spoon.



JAM & BUTTER THUMBPRINTS

Ingredients for 4 Servings:

- ½ cup unsalted butter, softened (4 oz / 113 g)
- ⅓ cup granulated sugar (2.5 oz / 70 g)
- ½ cup sourdough discard (4.25 oz / 120 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 ½ cups all-purpose flour (6.75 oz / 192 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- ¼ tsp baking powder (0.04 oz / 1 g)
- ½ cup jam or fruit preserves (5.3 oz / 150 g) — raspberry, apricot, or blackberry work well

Instructions:

1. Set the oven's temperature to 350°F (175°C). Line a baking sheet with parchment.
2. Using a medium bowl, cream softened butter and sugar until light. Beat in discard and vanilla until combined.
3. Add flour, salt, and baking powder directly to the bowl. Mix on low until a soft dough forms.
4. Form the dough into 1-inch balls and set them on a baking sheet with 2 inches of space between them. Press a deep well into each ball with your thumb or a spoon handle.
5. Fill each well with roughly ½ teaspoon of jam, ensuring you don't overfill.
6. Bake 12–14 minutes, until the edges turn a light golden color. Let cool on the baking sheet for 5 minutes, then move to a rack.

Tender, buttery shortbread-like cookies with a jewel-like jam center. The sourdough adds a subtle, sophisticated tang.

Level: Easy

Prep Time: 15 minutes

Bake Time: 12–14 minutes

Yield: 16 cookies (serves 4)

Nutrition Info

(per 100 g baked cookie):

Calories: ~370 kcal | Protein: 4 g | Fat: 19 g | Carbs: 46 g

Note: For a Lemon Curd variation, fill cookies with lemon curd instead of jam and add 1 tsp lemon zest to the dough. Store them in one layer to prevent them from sticking.



BANANA BREAD DISCARD CAKE

An exceptionally moist and flavorful loaf with a tender crumb and deep banana richness. Sourdough discard intensifies the sweetness and creates the perfect texture.

Level: Easy

Prep Time: 15 minutes

Bake Time: 55–65 minutes

Yield: 1 standard loaf
(approx. 2 lb / 900 g)

Nutrition Info (per 100 g):
Calories: ~285 kcal | Protein: 5 g |
Fat: 10 g | Carbs: 45 g

Note: For a Cinnamon Crunch version, mix 2 tbsp sugar with 1 tsp cinnamon. Sprinkle half over the batter in the pan, swirl lightly with a knife, then top with the remaining sugar mix before baking. Omit nuts/chips.

Ingredients:

- 1 $\frac{3}{4}$ cups all-purpose flour (7.9 oz / 225 g)
- 1 tsp baking soda (0.2 oz / 6 g)
- $\frac{1}{2}$ tsp baking powder (0.1 oz / 3 g)
- $\frac{3}{4}$ tsp fine sea salt (0.08 oz / 2.3 g)
- $\frac{1}{2}$ cup unsalted butter, softened (4 oz / 113 g)
- $\frac{3}{4}$ cup packed light brown sugar (6 oz / 170 g)
- 2 large eggs
- 1 cup mashed very ripe bananas (about 2–3 medium) (8 oz / 225 g)
- $\frac{3}{4}$ cup sourdough discard (6.4 oz / 180 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- $\frac{1}{2}$ cup chopped walnuts or chocolate chips (optional) (2 oz / 57 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Prepare a 9x5-inch loaf pan by greasing it and lining it with parchment.
2. In a medium-sized bowl, stir the flour, baking soda, baking powder, and salt together using a whisk.
3. In a spacious bowl, cream softened butter and brown sugar until light. Beat in eggs one at a time.
4. Mix in mashed bananas, sourdough discard, and vanilla until fully combined.
5. Gently fold the dry ingredients into the wet mixture until just combined. If desired, fold in walnuts or chocolate chips.
6. Pour batter into the prepared pan. Bake for 55–65 minutes, testing the center with a toothpick—if it comes out clean, it's done.
7. Keep it in the pan for 20 minutes, then shift to a wire rack to cool all the way through before cutting.



DISCARD BERRY BUCKLE

Ingredients for the Streusel:

- $\frac{2}{3}$ cup all-purpose flour (3 oz / 85 g)
- $\frac{1}{2}$ cup granulated sugar (3.5 oz / 100 g)
- 1 tsp ground cinnamon (0.2 oz / 2.8 g)
- $\frac{1}{4}$ tsp fine sea salt (0.02 oz / 0.6 g)
- 5 tbsp cold unsalted butter, cubed (2.5 oz / 71 g)

For the Cake:

- 1 $\frac{1}{2}$ cups all-purpose flour (6.75 oz / 192 g)
- 1 $\frac{1}{2}$ tsp baking powder (0.2 oz / 7 g)
- $\frac{1}{2}$ tsp fine sea salt (0.05 oz / 1.5 g)
- $\frac{1}{2}$ cup unsalted butter, softened (4 oz / 113 g)
- $\frac{3}{4}$ cup granulated sugar (5.3 oz / 150 g)
- 2 large eggs
- $\frac{1}{2}$ cup sourdough discard (4.25 oz / 120 g)
- $\frac{1}{3}$ cup buttermilk or whole milk (2.7 oz / 80 ml)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 2 $\frac{1}{2}$ cups fresh or frozen blueberries or raspberries (12 oz / 340 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Grease a 9x9-inch baking pan.
2. Mix flour, sugar, cinnamon, and salt. Cut in cold butter until crumbly. Refrigerate.
3. In one bowl, whisk flour, baking powder, and salt. In another, cream the butter and sugar. Beat in the eggs, then add the buttermilk and vanilla.
4. Gently fold the dry ingredients into the wet mixture until just mixed. Then fold in 2 cups of berries.
5. Spread batter in pan. Scatter remaining $\frac{1}{2}$ cup berries over top.
6. Sprinkle chilled streusel evenly over the berries.
7. Cook for 45–50 minutes, and test the center with a toothpick—if it's clean, it's done. Cool completely before serving.

A moist, buttery cake packed with juicy berries and crowned with a crunchy cinnamon streusel. The tangy discard batter perfectly complements the sweet fruit.

Level: Easy

Prep Time: 20 minutes

Bake Time: 45–50 minutes

Yield: 1 (9x9-inch) buckle
(approx. 2 lb / 900 g)

Nutrition Info (per 100 g):

Calories: ~275 kcal | Protein: 4 g |
Fat: 11 g | Carbs: 41 g

Note: For a Peach & Ginger variation, replace berries with 2 $\frac{1}{2}$ cups diced fresh peaches. Add 1 tbsp finely grated fresh ginger to the wet ingredients. Substitute $\frac{1}{4}$ tsp ground ginger for the cinnamon in the streusel.



SALTED CARAMEL SHORTBREAD BARS

Three layers of perfection: a tender shortbread crust, a luscious salted caramel filling, and a flaky salt finish. Irresistibly rich.

Level: Intermediate

Prep Time: 20 minutes

Bake Time: 25–30 minutes

Yield: 8 bars (serves 4–6)

Nutrition Info

(per 100 g baked bar):

Calories: ~420 kcal | Protein: 4 g |

Fat: 22 g | Carbs: 53 g

Note: For Chocolate Drizzle Bars, melt ¼ cup chocolate chips and drizzle over cooled bars before cutting. Store refrigerated in an airtight container.

Ingredients for 4 Servings:

Shortbread Base:

- 1 cup all-purpose flour (4.5 oz / 128 g)
- ¼ cup granulated sugar (1.8 oz / 50 g)
- ½ cup cold unsalted butter, cubed (4 oz / 113 g)
- ¼ cup sourdough discard (2.1 oz / 60 g)

Caramel Layer:

- ½ cup unsalted butter (4 oz / 113 g)
- ⅓ cup packed dark brown sugar (2.5 oz / 70 g)
- 3 tbsp honey or light corn syrup (2.2 oz / 63 g)
- 1 (14 oz) can sweetened condensed milk (397 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- ½ tsp fine sea salt (0.04 oz / 1.2 g)

Topping:

- Flaky sea salt

Instructions:

1. Set the oven's temperature to 350°F (175°C). Line an 8x8-inch pan with parchment.
2. In a bowl, combine flour and sugar. Cut in cold butter until crumbly. Stir in discard until dough clumps. Press firmly into the pan. Bake 15 minutes.
3. While base bakes, melt butter in a saucepan over medium heat. Stir in brown sugar, honey, and condensed milk. Cook, stirring constantly, 5–7 minutes until thickened and golden. Remove from the heat and mix in the vanilla and salt.
4. Pour hot caramel over the baked base. Return to oven; bake 10–12 minutes until caramel is bubbly and set at edges.
5. Cool entirely in the pan on a rack, then refrigerate for 2 hours or more until the mixture is firm.
6. Lift the dessert out by the parchment, dust with flaky salt, and slice into squares. Serve at room temperature.



DISCARD GINGERBREAD LOAF

Ingredients:

- 2 ¼ cups all-purpose flour (10.1 oz / 286 g)
- 1 ½ tsp ground ginger (0.3 oz / 3.5 g)
- 1 tsp ground cinnamon (0.2 oz / 2.8 g)
- ½ tsp ground cloves (0.1 oz / 1.4 g)
- 1 tsp baking soda (0.2 oz / 6 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- ½ cup unsalted butter, softened (4 oz / 113 g)
- ½ cup packed dark brown sugar (4 oz / 113 g)
- 1 large egg
- ½ cup molasses (not blackstrap) (5.6 oz / 160 g)
- ¾ cup sourdough discard (6.4 oz / 180 g)
- ½ cup hot water or strong brewed coffee (4 oz / 118 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Prepare a 9x5-inch loaf pan by greasing it and fitting it with parchment paper.
2. Whisk together flour, ginger, cinnamon, cloves, baking soda, and salt in a bowl.
3. Combine the softened butter and brown sugar in a spacious bowl and cream until light. Beat in the egg, then mix in the molasses and vanilla until fully smooth.
4. Alternately add the dry ingredients and the hot water to the wet mixture, beginning and ending with the dry, mixing just until combined.
5. Fill the prepared pan with the batter and bake for 50–55 minutes. A toothpick inserted into the center should come out clean when it's finished.
6. Keep the loaf in the pan for 20 minutes, then transfer it to a wire rack to cool completely.
7. For the best flavor, wrap the cooled loaf and let it rest overnight before slicing.

A deeply spiced, moist loaf with the perfect balance of molasses sweetness and tangy depth. An aromatic treat that improves with time.

Level: Easy

Prep Time: 15 minutes

Bake Time: 50–55 minutes

Yield: 1 standard loaf
(approx. 1 lb 12 oz / 790 g)

Nutrition Info (per 100 g):

Calories: ~270 kcal | Protein: 4 g |
Fat: 8 g | Carbs: 46 g

Note: To make a Lemon Glazed option, combine 1 cup (4 oz / 113 g) powdered sugar with 2–3 tablespoons fresh lemon juice and whisk until smooth. Drizzle the glaze over the cooled loaf, and stir 1 tablespoon lemon zest into the batter with the wet ingredients.



OLIVE OIL & CITRUS DISCARD CAKE

An exceptionally moist, fragrant cake with a delicate crumb and vibrant citrus notes. Extra virgin olive oil and sourdough discard create a sophisticated, gluten-friendly treat.

Level: Easy

Prep Time: 15 minutes

Bake Time: 45–50 minutes

Yield: 1 (9-inch) round cake (approx. 1 lb 10 oz / 740 g)

Nutrition Info (per 100 g):
Calories: ~300 kcal | Protein: 4 g |
Fat: 16 g | Carbs: 36 g

Note: For a Rosemary-Infused version, gently heat the olive oil with 2 sprigs of fresh rosemary until fragrant, then cool completely before using. Omit citrus zest and juice; use ½ cup plain yogurt instead. Top with a simple lemon glaze.

Ingredients:

- 1 ½ cups fine almond flour (5.25 oz / 150 g)
- ½ cup gluten-free oat flour or all-purpose flour (2.25 oz / 64 g)
- 1 ½ tsp baking powder (0.2 oz / 7 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- 3 large eggs
- ¾ cup granulated sugar (5.3 oz / 150 g)
- ½ cup extra virgin olive oil (4 oz / 118 ml)
- ¾ cup sourdough discard (6.4 oz / 180 g)
- 2 tbsp citrus zest (from 1 lemon & 1 orange) (0.2 oz / 6 g)
- ¼ cup fresh orange juice (2 oz / 60 ml)

For the Citrus Glaze (Optional):

- 1 cup powdered sugar (4 oz / 113 g)
- 1–2 tbsp fresh lemon or orange juice (0.5–1 oz / 15–30 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Prepare a 9-inch round pan by greasing it and fitting it with parchment paper.
2. Combine almond flour, oat flour, baking powder, baking soda, and salt in a bowl and whisk until blended.
3. Whisk together the eggs and sugar in a large bowl until pale and thick. Gradually pour in the olive oil while whisking, then add the yogurt, citrus zest, and juice and mix until combined.
4. Gently fold the dry ingredients into the wet until just combined.
5. Pour batter into the prepared pan. Bake for 45–50 minutes, until the top is golden and a tester comes out clean.
6. Cool the cake in the pan for 20 minutes, then lift it onto a wire rack to finish cooling.
7. If using, whisk powdered sugar and enough citrus juice to form a thick glaze. Drizzle over the cooled cake.



DISCARD PEACH & ALMOND GALETTE

Ingredients for the Crust:

- 1 ½ cups all-purpose flour (6.75 oz / 192 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- ½ cup cold unsalted butter, cubed (4 oz / 113 g)
- ½ cup sourdough discard (4.25 oz / 120 g)
- 1–2 tbsp ice water (0.5–1 oz / 15–30 ml)

For the Frangipane:

- ½ cup almond flour (1.75 oz / 50 g)
- 3 tbsp granulated sugar (1.3 oz / 38 g)
- 2 tbsp softened unsalted butter (1 oz / 28 g)
- 1 large egg yolk (0.5 oz / 15 g)
- ¼ tsp almond extract (0.04 oz / 1 ml)

For the Filling:

- 3–4 medium ripe peaches, sliced (1 lb / 450 g)
- 2 tbsp granulated sugar (1 oz / 28 g)
- 1 tbsp all-purpose flour (0.25 oz / 8 g)
- 1 egg, beaten (for egg wash)
- 1 tbsp coarse sugar (for sprinkling) (0.5 oz / 15 g)

Instructions:

1. Pulse flour and salt in a food processor. Add cold butter; pulse to pea-sized pieces. Add discard; pulse until clumpy. Add water as needed. Shape into a disc, wrap, chill 30 minutes.
2. Beat almond flour, sugar, butter, yolk, and extract until smooth.
3. Toss peach slices with sugar and flour.
4. Roll chilled dough to a 13-inch round. Spread frangipane in the center, leaving a 2-inch border. Arrange peaches over frangipane.
5. Bring the dough sides up and over the peaches. Lightly coat the crust with egg wash, then dust with coarse sugar.
6. Chill assembled galette 15 minutes. Set the oven's temperature to 400°F (200°C).
7. Bake 35–40 minutes until the crust is golden and the peaches bubble. Cool slightly before serving.

A rustic, free-form tart with a crisp, flaky crust, a layer of nutty frangipane, and juicy caramelized peaches. The discard adds tender structure and subtle tang.

Level: Intermediate

Prep Time: 30 minutes

Bake Time: 35–40 minutes

Yield: 1 (10-inch) galette
(serves 6–8)

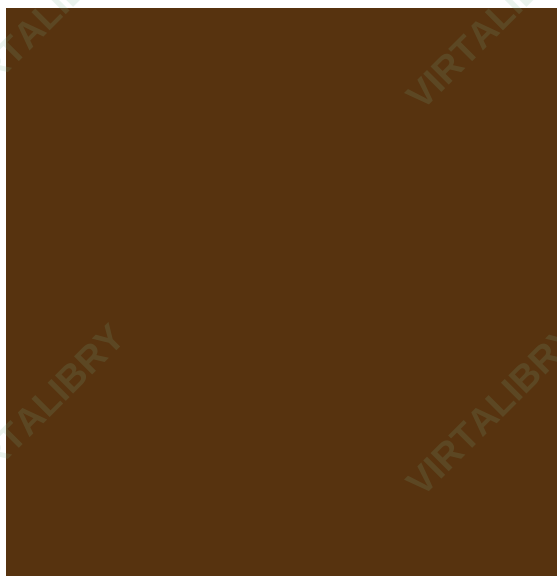
Nutrition Info (per 100 g):

Calories: ~320 kcal | Protein: 6 g |
Fat: 18 g | Carbs: 35 g

Note: For a Mixed Berry & Lavender version, replace peaches with 3 cups mixed berries. Add ½ tsp culinary lavender to the sugar for the filling. Omit frangipane and sprinkle berries over 2 tbsp of ground almonds mixed with 1 tbsp flour on the dough.



BUSY-DAY & ONE-BOWL RECIPES





ESSENTIAL FIVE-INGREDIENT CRACKERS

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- 3 tbsp olive oil or melted butter (1.5 oz / 45 ml)
- ½ tsp fine sea salt (0.04 oz / 1.2 g)
- 1 tsp chosen spice (e.g., smoked paprika, everything bagel, rosemary) (0.08 oz / 2.5 g)
- Extra salt for sprinkling

Instructions:

1. Set the oven's temperature to 350°F (175°C). Line a baking sheet with parchment.
2. In a medium bowl, combine all ingredients. Stir until a shaggy dough forms.
3. Place the dough between two sheets of parchment. Roll as thinly as possible, ideally ⅛-inch thick.
4. Remove the top parchment. Score dough into squares or rectangles with a knife or pizza cutter. Sprinkle lightly with extra salt.
5. Bake 14–18 minutes, rotating the sheet halfway, until golden and crisp. Baking time depends on thickness.
6. Cool completely on the sheet. Break along scored lines. Store in an airtight container.

Incredibly simple, crispy crackers with a satisfying snap. Endlessly adaptable with your favorite spice or herb.

Level: Easy

Prep Time: 10 minutes

Bake Time: 14–18 minutes

Yield: About 40 crackers (serves 4)

Nutrition Info

(per 100 g baked crackers):

Calories: ~340 kcal | Protein: 8 g | Fat: 10 g | Carbs: 52 g

Note: For Cheese Crackers, add ½ cup finely grated Parmesan to the dough. For Seeded Crackers, press sesame or poppy seeds into the dough before baking. These keep well for a week.



ONE-BOWL BANANA SPICE MUFFINS

Moist, warmly spiced muffins made with overripe bananas and tangy discard. One bowl, zero fuss, maximum flavor.

Level: Easy

Prep Time: 10 minutes

Bake Time: 18–22 minutes

Yield: 10 muffins (serves 4–5)

Nutrition Info

(per 100 g baked muffin):

Calories: ~255 kcal | Protein: 4 g |

Fat: 8 g | Carbs: 42 g

Note: For Chocolate Chip Banana Muffins, fold in $\frac{3}{4}$ cup chocolate chips after mixing. For Nutty Muffins, fold in $\frac{1}{2}$ cup chopped walnuts. Freeze baked muffins for quick breakfasts.

Ingredients for 4 Servings:

- 1 cup mashed very ripe bananas (about 2 medium) (8 oz / 225 g)
- $\frac{1}{2}$ cup sourdough discard (4.25 oz / 120 g)
- $\frac{1}{3}$ cup packed brown sugar (2.5 oz / 70 g)
- $\frac{1}{4}$ cup melted butter or vegetable oil (2 oz / 60 ml)
- 1 large egg
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 1 $\frac{1}{2}$ cups all-purpose flour (6.75 oz / 192 g)
- 1 tsp baking soda (0.15 oz / 4 g)
- 1 tsp ground cinnamon (0.08 oz / 2.5 g)
- $\frac{1}{2}$ tsp fine sea salt (0.04 oz / 1.2 g)
- $\frac{1}{4}$ tsp ground nutmeg (0.02 oz / 0.6 g)

Instructions:

1. Set the oven's temperature to 375°F (190°C). Cover a muffin tin with 10 paper liners.
2. Using a large bowl, mash bananas. Add discard, brown sugar, melted butter, egg, and vanilla. Whisk until combined.
3. Sprinkle flour, baking soda, cinnamon, salt, and nutmeg directly over wet ingredients. Gently fold until just mixed; do not overbeat.
4. Divide the batter evenly into the liners, filling each one about 75% full.
5. Bake 18–22 minutes, or until a toothpick comes out clean. Let cool in the pan for 5 minutes, then take the cupcakes out and place them on a rack.



DISCARD “JUST STIR” FRUIT COBBLER

Ingredients:

- ½ cup unsalted butter (4 oz / 113 g)
- 5–6 cups fresh or frozen sliced fruit (e.g., peaches, berries, apples) (1.5–2 lbs / 680–900 g)
- ¼ cup granulated sugar for fruit (1.8 oz / 50 g)
- 1 cup all-purpose flour (4.5 oz / 128 g)
- 1 cup granulated sugar (7 oz / 200 g)
- 2 tsp baking powder (0.3 oz / 9 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- ¾ cup whole milk (6 oz / 177 ml)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Put the butter in a 9x13-inch baking dish and heat in the oven until it has fully melted.
2. While butter melts, toss fruit with ¼ cup sugar in a bowl.
3. In a separate large bowl, whisk flour, 1 cup sugar, baking powder, and salt.
4. Add discard, milk, and vanilla to the dry ingredients. Stir just until a smooth batter forms.
5. Carefully take the hot dish from the oven. Evenly pour the batter over the melted butter and leave it untouched.
6. Spoon the sweetened fruit and any juices evenly over the batter—do not stir.
7. Bake 40–45 minutes until the top is golden and set. The batter will rise around the fruit. Cool slightly before serving.

A magical one-bowl dessert where a simple batter is poured over melted butter and fruit, then bakes into a golden, cakey topping that rises to the top. Effortless and impressive.

Level: Easy

Prep Time: 10 minutes

Bake Time: 40–45 minutes

Yield: 1 (9x13-inch) cobbler (serves 8)

Nutrition Info (per 100 g):

Calories: ~240 kcal | Protein: 3 g | Fat: 8 g | Carbs: 40 g

Note: For a Triple Ginger Peach version, add 1 tsp ground ginger to the dry ingredients. Use 5 cups sliced peaches and toss with 2 tbsp chopped crystallized ginger. Drizzle 1 tbsp molasses over the fruit before baking.



ONE-BOWL DISCARD CHOCOLATE CAKE

An intensely moist, rich chocolate cake with a tender crumb, mixed in a single bowl in minutes. Sourdough discard adds depth and keeps it exceptionally soft.

Level: Easy

Prep Time: 10 minutes

Bake Time: 30–35 minutes

Yield: 1 (9x13-inch) sheet cake or 2 (8-inch) rounds (approx. 2 lb / 900 g)

Nutrition Info (per 100 g):
Calories: ~320 kcal | Protein: 5 g |
Fat: 13 g | Carbs: 50 g

Note: This cake pairs perfectly with a simple Mocha Frosting: beat 1 cup (8 oz / 226 g) softened butter with 3 cups (12 oz / 340 g) powdered sugar, ½ cup (1.5 oz / 42 g) cocoa powder, 2 tbsp (1 oz / 30 ml) strong coffee, and 1 tsp vanilla until smooth.

Ingredients:

- 2 cups all-purpose flour (9 oz / 255 g)
- 2 cups granulated sugar (14 oz / 400 g)
- ¾ cup unsweetened cocoa powder (2.3 oz / 65 g)
- 2 tsp baking soda (0.4 oz / 12 g)
- 1 tsp baking powder (0.15 oz / 4.5 g)
- 1 tsp fine sea salt (0.1 oz / 3 g)
- 1 cup sourdough discard (8.5 oz / 240 g)
- 1 cup buttermilk or whole milk (8 oz / 237 ml)
- ½ cup neutral oil, like vegetable or avocado (4 oz / 118 ml)
- 2 large eggs
- 2 tsp pure vanilla extract (0.33 oz / 10 ml)
- 1 cup hot coffee or water (8 oz / 237 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Grease and flour a 9x13-inch pan or two 8-inch round pans.
2. In a spacious bowl, sift together flour, sugar, cocoa, baking soda, baking powder, and salt.
3. Add discard, buttermilk, oil, eggs, and vanilla directly to the dry ingredients. Whisk until completely smooth and combined.
4. Carefully whisk in the hot coffee or water until the batter is uniform and thin.
5. Pour batter into the prepared pan(s).
6. Bake for 30–35 minutes (or 25–30 for rounds), until a toothpick inserted in the center comes out with a few moist crumbs.
7. Allow the cake to cool completely in the pan on a wire rack before frosting.



NO-KNEAD DISCARD SKILLET FLATBREAD

Ingredients:

- 3 cups all-purpose flour, plus more for dusting (13.5 oz / 384 g)
- 2 tsp instant yeast (0.25 oz / 7 g)
- 1 ½ tsp fine sea salt (0.15 oz / 4.5 g)
- 1 cup lukewarm water (8 oz / 237 ml)
- 1 cup sourdough discard (8.5 oz / 240 g)
- 2 tbsp olive oil (1 oz / 30 ml)
- Extra oil or melted butter for brushing (optional)

Instructions:

1. Using a large bowl, whisk flour, yeast, and salt. Add water, discard, and olive oil. Stir with a spoon until a sticky, shaggy dough forms and no dry flour remains.
2. Place a cover over the bowl and allow the dough to sit at room temperature for 30 minutes. It will rise and develop bubbles.
3. Turn the dough onto a floured surface. Divide into 4 equal pieces. Shape each into a smooth ball.
4. Using a rolling pin, roll each ball into an 8-inch round, about ⅛-inch thick.
5. Heat a dry cast-iron or heavy skillet over medium-high heat. Cook one flatbread at a time for 60–90 seconds per side, until puffed, set, and charred in spots.
6. Transfer cooked flatbread to a plate. Brush lightly with oil or melted butter if desired. Keep warm, wrapped in a clean towel.
7. Continue with the remaining dough, adjusting the heat as needed. Serve warm.

A soft, chewy flatbread with satisfying charred spots, ready in under an hour. The no-knead, one-bowl method makes fresh bread achievable any night.

Level: Easy

Prep Time: 5 minutes
(plus 30 min rest)

Cook Time: 3–4 minutes per flatbread

Yield: 4 (8-inch) flatbreads
(approx. 1 lb 5 oz / 600 g total)

Nutrition Info

(per 100 g cooked flatbread):
Calories: ~240 kcal | Protein: 6 g |
Fat: 3 g | Carbs: 47 g

Note: For Za'atar & Herb flatbreads, mix 2 tbsp olive oil with 1 tbsp za'atar and 1 tsp dried oregano. After rolling, brush one side of the dough with the spiced oil before placing it oil-side down in the hot skillet. Brush the top side with more oil after flipping.



ONE-BOWL DISCARD PUMPKIN BREAD

A moist, warmly spiced loaf packed with pumpkin flavor and requiring just one bowl. Sourdough discard adds a subtle complexity that makes this seasonal treat exceptional.

Level: Easy

Prep Time: 10 minutes

Bake Time: 55–65 minutes

Yield: 1 standard loaf
(approx. 2 lb / 900 g)

Nutrition Info (per 100 g):
Calories: ~260 kcal | Protein: 4 g |
Fat: 9 g | Carbs: 41 g

Note: For a Cream Cheese Swirl, beat 4 oz (113 g) softened cream cheese with ¼ cup (50 g) sugar and one egg yolk until creamy. Pour half of the pumpkin batter into the pan, add spoonfuls of the cream cheese mixture, then top with the remaining batter. Use a knife to gently swirl the layers before baking.

Ingredients:

- 1 ¾ cups all-purpose flour (7.9 oz / 225 g)
- 1 tsp baking soda (0.2 oz / 6 g)
- ½ tsp baking powder (0.1 oz / 3 g)
- ¾ tsp fine sea salt (0.08 oz / 2.3 g)
- 2 tsp ground cinnamon (0.3 oz / 5.6 g)
- ½ tsp ground ginger (0.1 oz / 1.4 g)
- ¼ tsp ground nutmeg (0.05 oz / 0.7 g)
- ¼ tsp ground cloves (0.05 oz / 0.7 g)
- 1 cup granulated sugar (7 oz / 200 g)
- ½ cup packed brown sugar (4 oz / 113 g)
- 1 cup pure pumpkin purée (8 oz / 225 g)
- ¾ cup sourdough discard (6.4 oz / 180 g)
- 2 large eggs
- ½ cup neutral oil or melted butter (4 oz / 118 ml)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Prepare a 9×5-inch loaf pan by greasing it and lining it with parchment paper.
2. Using a large bowl, whisk together flour, baking soda, baking powder, salt, and all spices.
3. Incorporate the sugars, pumpkin purée, discard, eggs, oil, and vanilla into the dry mix. Stir until the batter becomes smooth and no streaks of flour remain.
4. Whisk everything together just until completely smooth and no dry streaks remain.
5. Transfer the batter to the prepared pan and smooth the surface with a spatula.
6. Bake for about 55 to 65 minutes, or until a toothpick inserted in the center comes out clean.
7. Let the loaf cool in the pan for about 20 minutes, then remove it and transfer to a wire rack to cool completely before slicing.



EASY DROP ‘N’ BAKE BISCUITS

Ingredients for 4 Servings:

- 1 cup sourdough discard (8.5 oz / 240 g)
- ⅓ cup milk or buttermilk (2.8 oz / 80 ml)
- ¼ cup melted butter or vegetable oil (2 oz / 60 ml)
- 2 cups all-purpose flour (9 oz / 255 g)
- 1 tbsp baking powder (0.45 oz / 13 g)
- ½ tsp baking soda (0.1 oz / 3 g)
- 1 tsp fine sea salt (0.08 oz / 2.5 g)
- 1 tbsp melted butter, for brushing (0.5 oz / 14 g)

Instructions:

1. Set the oven's temperature to 450°F (230°C). Line a baking sheet with parchment.
2. In a large bowl, whisk together the discard, milk, and melted butter until smooth.
3. Incorporate flour, baking powder, baking soda, and salt directly into the bowl. Stir carefully until a soft, sticky dough forms.
4. Using a greased ¼-cup measure or large spoon, drop mounds of dough onto the sheet, spacing 2 inches apart.
5. Bake 12–15 minutes until tops are golden and firm to the touch.
6. Brush hot biscuits with melted butter. Serve warm.

Tender, fluffy biscuits with no cutting-in required. Just stir, scoop, and bake for instant, tangy comfort.

Level: Easy

Prep Time: 5 minutes

Bake Time: 12–15 minutes

Yield: 8 biscuits (serves 4)

Nutrition Info

(per 100 g baked biscuit):

Calories: ~260 kcal | Protein: 5 g |

Fat: 11 g | Carbs: 35 g

Note: For Cheese & Herb Biscuits, fold in ½ cup shredded cheddar and 1 tbsp chopped chives with the dry ingredients. For Sweet Breakfast Biscuits, add 2 tbsp sugar to the dry ingredients. Best eaten day-of.



OVEN-BAKED SHEET PAN PANCAKE

One giant, fluffy pancake baked on a sheet pan—no flipping required. Customize with mix-ins, cut into squares, and serve a crowd.

Level: Easy

Prep Time: 8 minutes

Bake Time: 15–18 minutes

Yield: One 13x18-inch pancake (serves 4)

Nutrition Info

(per 100 g baked pancake, plain):
Calories: ~215 kcal | Protein: 6 g |
Fat: 8 g | Carbs: 30 g

Note: For Blueberry Lemon, scatter 1 cup fresh blueberries and 1 tbsp lemon zest over batter before baking. For Chocolate Chip, sprinkle $\frac{3}{4}$ cup chocolate chips. Reheats well; store cooled squares in the fridge.

Ingredients for 4 Servings:

- 1 $\frac{1}{2}$ cups sourdough discard (12.75 oz / 360 g)
- 1 $\frac{1}{4}$ cups milk (10 oz / 300 ml)
- 2 large eggs
- $\frac{1}{4}$ cup melted butter or oil (2 oz / 60 ml)
- 2 tbsp maple syrup or sugar (1.4 oz / 40 g)
- 2 tsp pure vanilla extract (0.34 oz / 10 ml)
- 2 cups all-purpose flour (9 oz / 255 g)
- 2 tsp baking powder (0.3 oz / 8 g)
- 1 tsp baking soda (0.15 oz / 4 g)
- $\frac{1}{2}$ tsp fine sea salt (0.04 oz / 1.2 g)
- Cooking spray or butter for greasing

Instructions:

1. Set the oven's temperature to 425°F (220°C). Grease a 13x18-inch rimmed baking sheet.
2. In a large bowl, whisk discard, milk, eggs, melted butter, syrup, and vanilla until smooth.
3. Incorporate flour, baking powder, baking soda, and salt directly into the bowl. Whisk until just combined; a few small lumps are fine.
4. Pour batter onto the prepared sheet, spreading evenly. Quickly sprinkle with desired toppings (see Note).
5. Bake 15–18 minutes until golden, puffed, and the center springs back when touched.
6. Cut into squares and serve straight from the pan with syrup, fruit, or yogurt.



ONE-BOWL DISCARD APPLESAUCE CAKE

Ingredients:

- 2 cups all-purpose flour (9 oz / 255 g)
- 1 cup packed light brown sugar (8 oz / 227 g)
- 1 tsp baking soda (0.2 oz / 6 g)
- 1 ½ tsp ground cinnamon (0.3 oz / 4.2 g)
- ½ tsp ground ginger (0.1 oz / 1.4 g)
- ¼ tsp ground nutmeg (0.05 oz / 0.7 g)
- ½ tsp fine sea salt (0.05 oz / 1.5 g)
- 1 cup unsweetened applesauce (8 oz / 225 g)
- ¾ cup sourdough discard (6.4 oz / 180 g)
- ½ cup neutral oil or melted butter (4 oz / 118 ml)
- 2 large eggs
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- ½ cup raisins or chopped walnuts (optional) (2.5 oz / 70 g)

Instructions:

1. Set the oven's temperature to 350°F (175°C). Grease an 8x8-inch baking pan.
2. Using a large bowl, whisk together flour, brown sugar, baking soda, cinnamon, ginger, nutmeg, and salt.
3. Add the applesauce, discard, oil, eggs, and vanilla directly to the dry ingredients.
4. Whisk everything until the batter is smooth and uniformly combined. Stir in raisins or walnuts, if using.
5. Transfer the batter into the prepared pan, smoothing it out so it's level.
6. Bake for 35 to 40 minutes, until the surface is golden and a toothpick inserted in the middle comes out clean.
7. Leave the cake in the pan on a wire rack until fully cooled, then serve.

An incredibly moist, tender snacking cake infused with warm autumn spices. Applesauce and sourdough discard ensure a rich flavor and texture with minimal effort.

Level: Easy

Prep Time: 10 minutes

Bake Time: 35–40 minutes

Yield: 1 (8x8-inch) cake
(approx. 1 lb 10 oz / 740 g)

Nutrition Info (per 100 g):

Calories: ~250 kcal | Protein: 4 g |
Fat: 8 g | Carbs: 40 g

Note: For a Brown Sugar Glaze, mix ½ cup (2 oz / 57 g) powdered sugar with 1 tbsp (0.5 oz / 15 ml) milk and 1 tbsp (0.5 oz / 14 g) softened brown sugar until smooth. Drizzle over the cooled cake.



CHEWY SOURDOUGH GRANOLA BARS

Hearty, no-bake-then-bake bars that hold together perfectly thanks to the discard. Packed with oats, nuts, and natural sweetness.

Level: Easy

Prep Time: 10 minutes

Bake Time: 20–22 minutes

Yield: 8 bars (serves 4)

Nutrition Info

(per 100 g baked bar):

Calories: ~330 kcal | Protein: 7 g |

Fat: 15 g | Carbs: 43 g

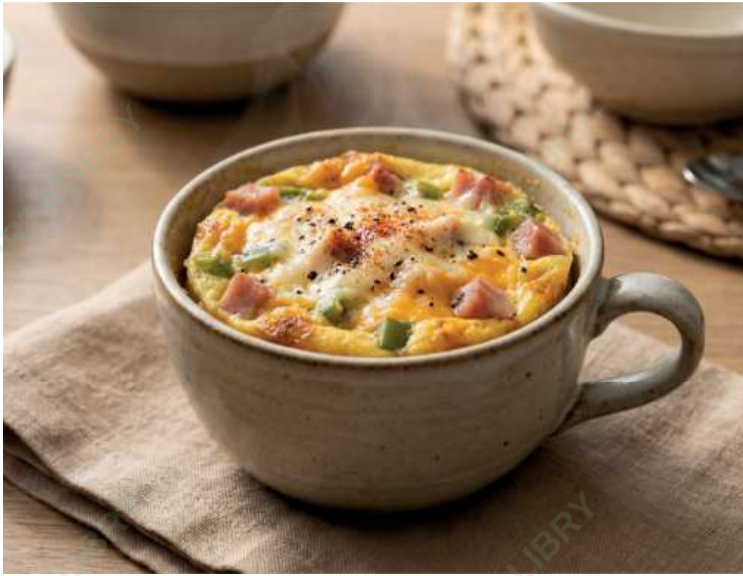
Note: For Chocolate Chip Bars, omit dried fruit and fold in ½ cup mini chocolate chips after baking, while still warm. For Protein Boost, add 2 tbsp protein powder to the wet ingredients. Keep refrigerated for a firmer texture.

Ingredients for 4 Servings:

- ¾ cup sourdough discard (6.4 oz / 180 g)
- ½ cup almond or peanut butter (4.5 oz / 128 g)
- ⅓ cup honey or maple syrup (3.8 oz / 110 g)
- 2 tbsp coconut oil or butter, melted (1 oz / 30 g)
- 1 tsp pure vanilla extract (0.17 oz / 5 ml)
- 2 cups old-fashioned rolled oats (7 oz / 200 g)
- ½ cup chopped nuts or seeds (2.5 oz / 70 g)
- ¼ cup dried fruit (cranberries, raisins) (1.2 oz / 35 g)
- ½ tsp ground cinnamon (0.05 oz / 1.5 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)

Instructions:

1. Set the oven's temperature to 325°F (165°C). Line an 8x8-inch pan with parchment.
2. In a large bowl, combine discard, nut butter, honey, melted oil, and vanilla. Stir until smooth.
3. Add oats, nuts, dried fruit, cinnamon, and salt. Mix until everything is evenly coated.
4. Transfer the mixture to the pan. Press down very firmly and evenly with the back of a wet spoon or your hands.
5. Bake 20–22 minutes until the edges are lightly golden. Cool completely in the pan.
6. Lift out using parchment and cut into bars. Store in an airtight container.



EMERGENCY DISCARD RECIPES (BONUS SECTION)





“NO-KNEAD, NO-WAIT” DISCARD FOCACCIA

The ultimate savory emergency bake. Mix, pour, dimple, bake. A single-bowl dough you press into an oiled pan, let rest while the oven heats, then dimple and bake. It puffs into an impressive, olive oil-rich focaccia in under an hour, start to finish.

Level: Easy

Prep Time: 10 minutes
(plus 20 min rest)

Bake Time: 20–25 minutes

Yield: 1 (9x13-inch) focaccia
(approx. 1 lb 10 oz / 740 g)

Nutrition Info (per 100 g):
Calories: ~245 kcal | Protein: 5 g |
Fat: 8 g | Carbs: 38 g

Note: For a Quick Garlic & Parmesan version, mix 3 minced garlic cloves into 3 tbsp olive oil. Use this for dimpling and drizzling. Sprinkle with ½ cup (1.5 oz / 42 g) grated Parmesan along with the salt before baking.

Ingredients:

- 3 ½ cups all-purpose flour (15.75 oz / 447 g)
- 1 tbsp instant yeast (0.35 oz / 10 g)
- 1 ½ tsp fine sea salt (0.15 oz / 4.5 g)
- 1 ½ cups lukewarm water (12 oz / 355 ml)
- ¾ cup sourdough discard (6.4 oz / 180 g)
- ¼ cup extra virgin olive oil, plus more for pan and finishing (2 oz / 60 ml)
- 1 tsp flaky sea salt (0.1 oz / 3 g)
- Fresh rosemary or other herbs (optional)

Instructions:

1. Pour 2 tbsp olive oil into a 9x13-inch rimmed baking sheet, coating the surface completely.
2. In a large bowl, whisk flour, instant yeast, and fine sea salt. Add the lukewarm water, discard, and ¼ cup olive oil.
3. Stir with a sturdy spoon until a very sticky, shaggy dough forms and no dry flour remains.
4. Transfer the dough directly to the oiled pan. Using oiled hands, gently press and stretch the dough to fit the pan roughly. It does not need to reach the edges perfectly.
5. Place a loose cover over the pan and let the dough sit for 20 minutes while the oven heats to 425°F (220°C).
6. After resting, use oiled fingers to dimple the dough deeply all over. Drizzle generously with more oil, sprinkle with flaky salt, and press in herbs if using.
7. Bake for 20–25 minutes until deeply golden. Cool in the pan for 5 minutes before serving.



DISCARD “CRÊPE-CAKE” FOR ONE

Ingredients for 1 Cake:

- ¼ cup sourdough discard (2.1 oz / 60 g)
- 1 large egg
- 2 tbsp milk or water (1 oz / 30 ml)
- 1 tbsp all-purpose flour (0.3 oz / 8 g)
- 1 tsp granulated sugar OR a pinch of salt (0.2 oz / 4 g OR 0.02 oz / 0.5 g)
- ½ tbsp unsalted butter or oil (0.25 oz / 7 g)
- Toppings of choice: maple syrup, jam, fresh fruit, sour cream, cheese

Instructions:

1. In a small bowl, whisk together discard, egg, milk, flour, and your choice of sugar (for sweet) or salt (for savory) until completely smooth.
2. Melt butter in a small (6–8-inch) non-stick skillet or saucepan over low heat, coating the bottom and sides.
3. Pour all of the batter into the center of the skillet. Immediately cover with a tight-fitting lid.
4. Cook on low heat for 10–12 minutes. Do not lift the lid. The cake is done when the top is completely set, puffed, and the edges are lightly golden.
5. Remove from heat. Slide the cake onto a plate. It will deflate slightly.
6. Cut into wedges to reveal the delicate interior layers. Serve immediately with your chosen toppings.

A single-serving, multi-layer pancake made in a pan, no flipping required. A thin, rich batter cooked slowly under a lid to create a tall, tender, steam-risen “cake.” Cut it open to reveal delicate layers. Sweet or savory topping.

Level: Easy

Prep Time: 3 minutes

Cook Time: 10–12 minutes

Yield: 1 individual layered cake (approx. 7 oz / 200 g)

Nutrition Info

(per 100 g plain cake):

Calories: ~190 kcal | Protein: 7 g | Fat: 8 g | Carbs: 22 g

Note: For a Lemon Curd & Cream version, use the sweet batter. Top the finished cake with a dollop of lemon curd and a spoonful of whipped cream or yogurt. For a Chive & Crème Fraîche version, use the savory batter and add 1 tbsp chopped fresh chives to the batter. Top with crème fraîche and smoked salmon.



CRISPY DISCARD “RAMEN” NOODLES

Transform discard into pan-fried noodle cakes for an instant, gourmet soup topper. Mix discard with a little sesame oil and salt, spread very thin on a hot, oiled skillet. Fry until crisp, then break into shards over instant ramen or broth for incredible texture.

Level: Easy

Prep Time: 2 minutes

Cook Time: 6–8 minutes

Yield: Crisps for 2–3 bowls of soup

Nutrition Info

(per 100 g cooked crisps):

Calories: ~220 kcal | Protein: 6 g |

Fat: 5 g | Carbs: 38 g

Note: For a Cheesy Crisp variation (great for salads), omit sesame oil and salt. Mix discard with 2 tbsp grated Parmesan and ¼ tsp garlic powder. Spread and fry as directed. Break over creamy soups or Caesar salad.

Ingredients:

- ½ cup sourdough discard (4.25 oz / 120 g)
- 1 tsp toasted sesame oil (0.2 oz / 5 ml)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- 1 tsp neutral oil, for skillet (0.2 oz / 5 ml)
- Optional: ½ tsp everything bagel seasoning, furikake, or chili flakes

Instructions:

1. In a small bowl, stir together the discard, sesame oil, and salt until smooth.
2. Heat a medium non-stick or well-seasoned skillet over medium heat. Incorporate the neutral oil and swirl to coat.
3. Pour the discard mixture into the center of the hot skillet. Using the back of a spoon, quickly spread it into a very thin, even layer, about 9–10 inches in diameter.
4. Cook for 3–4 minutes without disturbing, until the top appears dry and the bottom is golden and releases easily.
5. Carefully flip using a large spatula. Cook for another 2–3 minutes until uniformly crisp and deeply golden.
6. Transfer the crisp to a cutting board. While warm, break it into large, irregular shards with your hands or a knife.
7. Use immediately as a topping for ramen, pho, or salads. For extra flavor, sprinkle optional seasoning over the wet side immediately after spreading.



5-MINUTE DISCARD “HOLLANDAISE” SAUCE

Ingredients:

- ½ cup sourdough discard, cold (4.25 oz / 120 g)
- ½ cup (1 stick) unsalted butter, melted and still warm (4 oz / 113 g)
- 1 tbsp fresh lemon juice (0.5 oz / 15 ml)
- 1 large egg yolk (0.5 oz / 15 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- ⅛ tsp cayenne pepper (0.01 oz / 0.3 g)
- 1 tbsp hot water, if needed (0.5 oz / 15 ml)

Instructions:

1. Warm the butter in a small saucepan or in the microwave until it begins to bubble, and set it aside to stay warm.
2. In a blender, combine the cold discard, lemon juice, egg yolk, salt, and cayenne.
3. On low speed, blend for 10 seconds until everything is combined.
4. Keep the blender on low and gradually add the hot melted butter in a thin, steady stream. The sauce will thicken and emulsify as you pour.
5. Once all butter is added, blend for another 10 seconds until smooth and creamy.
6. Taste and adjust seasoning. If the sauce is too thick, blend in 1 tablespoon of hot water to loosen.
7. Use immediately over poached eggs, steamed vegetables, or grilled fish. It holds for 15–20 minutes in a warm spot.

A shockingly quick, stable, and tangy emulsion for eggs Benedict or asparagus. Blitz cold discard with a warm, melted butter stream, lemon juice, and a pinch of cayenne in a blender. It creates a rich, spoonable sauce that mimics hollandaise in seconds.

Level: Easy

Prep Time: 2 minutes

Cook Time: 3 minutes

Yield: About 1 cup sauce (approx. 8 oz / 225 g)

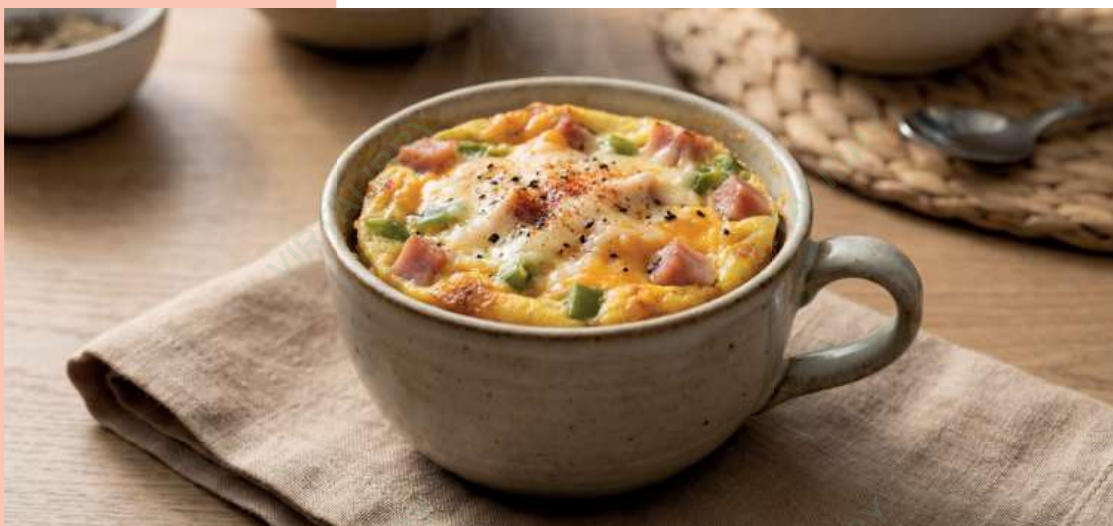
Nutrition Info

(per 100 g sauce):

Calories: ~320 kcal | Protein: 3 g |

Fat: 34 g | Carbs: 3 g

Note: For a Dill & Caper variation, add 1 tbsp chopped fresh dill and 2 tsp chopped capers to the blender with the discard. Substitute black pepper for cayenne. Perfect for salmon.



DISCARD “STRATA” IN A CUP

Bread pudding for one, made with the discard AS the bread. Whisk discard with an egg, a splash of cream, cheese, and leftover veggies or ham. Pour into a mug and microwave (or bake) for a decadent, savory custard cup in 3 minutes.

Level: Easy

Prep Time: 2 minutes

Cook Time: 2–3 minutes
(microwave)

Yield: 1 large mug
(approx. 8 oz / 225 g)

Nutrition Info

(per 100 g basic recipe):

Calories: ~180 kcal | Protein: 9 g |

Fat: 11 g | Carbs: 10 g

Note: For an “Everything Bagel” version, omit ham/veggies. Use 2 tbsp cream cheese instead of shredded cheese, swirling it into the batter. Top with 1 tsp everything bagel seasoning before microwaving. Serve with smoked salmon if desired.

Ingredients for 1 Mug:

- ½ cup sourdough discard (4.25 oz / 120 g)
- 1 large egg
- 2 tbsp heavy cream, milk, or half-and-half (1 oz / 30 ml)
- 3 tbsp shredded cheese (cheddar, Gruyère) (0.75 oz / 21 g)
- 2 tbsp chopped cooked ham, bacon, or veggies (spinach, peppers) (0.5 oz / 14 g)
- 1 tbsp grated Parmesan (0.2 oz / 6 g)
- ⅛ tsp fine sea salt (0.01 oz / 0.3 g)
- Pinch of black pepper or pinch of smoked paprika

Instructions:

1. In a microwave-safe mug (12 oz or larger), whisk the discard, egg, and cream until smooth.
2. Stir in the shredded cheese, chopped ham or veggies, salt, and pepper until evenly distributed.
3. Sprinkle the grated Parmesan over the top.
4. Microwave on high for 2 to 3 minutes, checking after 2 minutes. It is done when the center is just set and no longer wet.
5. Let it stand for 1 minute (it will continue to cook). You’ll notice the edges start to separate a bit from the sides of the mug.
6. Enjoy it right from the mug with a spoon. It will have a creamy, custard-like texture, like a savory bread pudding.



SWEET & SALTY DISCARD “BARK”

Ingredients:

- 1 cup thick sourdough discard (8.5 oz / 240 g)
- ½ cup creamy nut butter (peanut or almond) (4.5 oz / 128 g)
- ⅓ cup honey or maple syrup (4 oz / 113 g)
- 1 cup rolled oats (3 oz / 85 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- ⅓ cup dark chocolate chips or chopped chocolate (2 oz / 57 g)
- 2 tbsp pumpkin or sunflower seeds (0.6 oz / 18 g)
- ½ tsp flaky sea salt, for topping (0.05 oz / 1.5 g)

Instructions:

1. Line a small rimmed baking sheet or quarter sheet pan with parchment paper.
2. In a medium bowl, combine discard, nut butter, and honey. Stir vigorously until smooth and thick.
3. Fold in the rolled oats and fine sea salt until evenly distributed.
4. Transfer the mixture to the prepared pan. Using a spatula or wet hands, press it into a thin, even rectangle, about ¼-inch thick.
5. Immediately sprinkle the chocolate chips, seeds, and flaky sea salt evenly over the surface, pressing them in lightly.
6. Refrigerate for at least 1 hour, or until completely firm.
7. Break or cut the chilled bark into irregular pieces. Place in an airtight container and keep chilled in the fridge.

A zero-bake, set-and-forget snack that uses up thick, pasty discard. Mix stiff discard with nut butter, honey, and oats. Spread thin, top fiercely with sea salt, chocolate chips, and seeds. Chill until firm, then break into addictively tangy energy bark.

Level: Easy

Prep Time: 10 minutes

Set Time: 1 hour (chill)

Yield: 1 baking sheet of bark (approx. 1 lb / 450 g)

Nutrition Info (per 100 g):

Calories: ~330 kcal | Protein: 8 g | Fat: 16 g | Carbs: 40 g

Note: For a “Tropical” version, use almond butter. Replace chocolate chips with ¼ cup chopped dried mango and 2 tbsp toasted coconut flakes. Add 1 tsp orange zest to the base mixture.



DISCARD “GNOCCHI” (NO POTATO)

Pillowy, quick-cooking dumplings from a three-ingredient dough. Combine discard, ricotta (or Greek yogurt), and just enough flour to form a soft dough. Roll, cut, and boil for 90 seconds. Toss with pesto or browned butter for an instant fancy meal.

Level: Easy

Prep Time: 15 minutes

Cook Time: 2 minutes (per batch)

Yield: 2–3 servings
(approx. 1 lb / 450 g)

Nutrition Info

(per 100 g cooked g nocchi, plain):
Calories: ~160 kcal | Protein: 7 g |
Fat: 2 g | Carbs: 28 g

Note: For Lemon-Herb gnocchi, add the zest of one lemon and 2 tbsp chopped fresh parsley or chives to the dough. Toss the cooked gnocchi with melted butter, extra herbs, and a squeeze of lemon juice.

Ingredients:

- 1 cup sourdough discard (8.5 oz / 240 g)
- 1 cup whole-milk ricotta or full-fat Greek yogurt (8 oz / 225 g)
- 1 ½–2 cups all-purpose flour, plus more for dusting (6.75–9 oz / 192–255 g)
- 1 tsp fine sea salt (0.1 oz / 3 g)
- Semolina or extra flour for dusting

Instructions:

1. In a large bowl, combine the discard and ricotta until smooth. Add 1 ½ cups flour and salt. Stir to form a shaggy dough.
2. Turn onto a floured surface. Knead gently, adding flour as needed, for 2–3 minutes until a soft, slightly sticky dough forms. Do not overwork.
3. Divide the dough into 4 pieces. Roll each into a ½-inch thick rope on a floured surface.
4. Cut each rope into 1-inch pieces. Optionally, roll each piece down the tines of a floured fork to create ridges.
5. Bring a large pot of salted water to a gentle simmer. Working in batches, drop gnocchi into the water.
6. Cook for 90 seconds to 2 minutes, until they float to the surface. Remove with a slotted spoon.
7. Serve immediately tossed with browned butter, pesto, or marinara sauce.



THE “CLEAN-THE-JAR” DISCARD SALAD DRESSING

Ingredients:

- The last scrape of sourdough discard in your jar (about 2 tbsp / 1 oz / 30 g)
- ½ cup extra virgin olive oil (4 oz / 118 ml)
- 3 tbsp vinegar (red wine, apple cider, or white wine) (1.5 oz / 45 ml)
- 1 tbsp Dijon mustard (0.5 oz / 15 g)
- 1 tsp honey or maple syrup (0.25 oz / 7 g)
- ¼ tsp fine sea salt (0.02 oz / 0.6 g)
- ⅛ tsp black pepper (0.01 oz / 0.3 g)
- 1 small garlic clove, minced (optional) (0.1 oz / 3 g)

Instructions:

1. Ensure your starter jar has about 2 tablespoons of discard left. Do not rinse.
2. Add the olive oil, vinegar, mustard, honey, salt, pepper, and garlic (if using) directly to the jar.
3. Screw the lid on tightly. Shake the jar vigorously for 30–45 seconds until the mixture is completely smooth, thick, and emulsified.
4. Taste immediately and adjust seasoning. Add more vinegar for tang or honey for sweetness.
5. Use immediately on salads, roasted vegetables, or as a marinade. The dressing will keep in the jar in the refrigerator for up to 1 week. Shake well before each use.
6. After pouring the dressing, the jar is now clean and ready for its next use.

The final, zero-waste solution for the last scrape of starter. Add your final scrape of discard to the jar with olive oil, vinegar, mustard, and honey. Shake violently. The discard emulsifies and thickens the dressing while adding a complex tang.

Level: Easy

Prep Time: 2 minutes

Yield: About ¾ cup dressing (approx. 6 oz / 180 ml)

Nutrition Info

(per 100 g dressing):
Calories: ~350 kcal | Protein: 1 g |
Fat: 35 g | Carbs: 8 g

Note: For a Creamy Herb version, add 2 tbsp plain yogurt or tahini to the jar before shaking. Include 1 tbsp chopped fresh herbs (dill, parsley). Excellent as a vegetable dip or sauce for grain bowls.

A FINAL NOTE

As you reach for your jar of discard, remember that what once prompted the daily question, “What should I do with this?” has become a source of solutions. Your sourdough discard is no longer a problem to solve, but a versatile tool in your kitchen. Its potential is unlocked not by complex rituals, but by the simple, reliable practices in this book.

Give yourself permission to bake without the pressure of perfection. Some bakes will be flawless, others will be beautifully imperfect—all will be delicious and made with purpose. Use this book as it suits you: follow recipes exactly, adapt them freely, or return to your favorites again and again. There is no single correct way.

Thank you for allowing this book to be part of your cooking routine. If you found it useful, please consider leaving an honest review. Your experience helps others who are looking for practical, no-fuss guides to find resources they can trust. A few honest words about your experience can genuinely help someone else.

Your experience helps other bakers.

Scan to leave a review on Amazon.

*Happy baking,
The Author*

STORAGE, FREEZING & MAKE-AHEAD

This section provides a simple, actionable system to manage your sourdough discard. The goal is to end the cycle of accumulation and waste, transforming your kitchen routine into one of effortless use.

The Optimal Discard Volume

We recommend maintaining a **working volume of no more than 200–250 grams (about 1 cup)** of refrigerated discard at any time. This is enough for most recipes without becoming a burden. The key habit is to use it regularly rather than hoard it. A smaller, fresher stash encourages baking and prevents the discard from developing an overly sharp acidity that can dominate more delicate recipes. Think of it as a condiment jar, not a stockpile.

Refrigerator Storage

Your discard can live happily in the fridge for up to **2 weeks**, often longer. Store it in a clean, lidded jar. Over time, it will become more acidic and may separate, with a liquid (hooch) forming on top. This is normal. Simply stir it back in before use. Its increased tang is ideal for savory crackers, hearty flatbreads, and recipes using baking soda, which will react vigorously with the acidity.

Time in Fridge	State & Flavor	Best Used For
1–3 Days	Mild tang, some activity.	Any recipe, especially those that desire a subtle sour note.
1 Week	Pronounced tang, good acidity.	Ideal for most recipes in this book.
2+ Weeks	Very tangy, sharp, robust flavor.	Savory bakes, spiced goods, crackers, or recipes where it's a background note.

Freezing for Long-Term Storage

Freezing is your best tool for preventing waste without pressure. Freeze discard when you know you won't bake for a while. Portion it in the amounts you most commonly use (e.g., ½ cup or 1 cup) in airtight containers or sealed bags. For fastest thawing, flatten portions in zip-top bags.

Freezing Form	Convenience	Best Application
Ice Cube Tray (then bagged)	~1 Tbsp portions	Precise small additions to any recipe.
Flattened in Bag (½ or 1 cup)	Quick thawing, easy storage.	Standard recipes; break off what you need.
Small Jar/Container	Ready-to-thaw full portion.	Planned baking days.

Using Frozen Discard

Defrost in the fridge overnight, or let it sit at room temperature for several hours. Stir well before using. Previously frozen discard works perfectly in any cooked or baked recipe. It is not recommended for restarting a new starter due to potential yeast viability loss, but that is not its purpose here.

Make-Ahead Strategy

Many recipes in this book are ideal for advance preparation. You can mix dry ingredients, prepare dough to rest in the fridge, or fully bake and freeze items.

Recipe Type	Make-Ahead Step	Storage
Doughs (e.g., pizza, flatbread)	Mix, shape, refrigerate.	Fridge, 24–48 hrs. Bake straight from the cold.
Batters (e.g., muffins, cake)	Mix, portion into pan.	Fridge, up to 24 hrs. Bake as directed.
Fully Baked Goods	Cool completely.	Freezer, 2–3 months in airtight bag. Thaw & refresh in oven.

How to Stop Accumulating Discard

Build one of these simple habits:

- 1. The Weekly Bake:** Designate one day (e.g., Sunday) to use your accumulated discard.
- 2. The Daily Tablespoon:** Keep a small jar; when it's full, make a batch of crackers or a small flatbread.
- 3. The Rescue Recipe:** Identify one simple, no-fail recipe you can make in under an hour (like the Essential Five-Ingredient Crackers) as your automatic go-to.

Common Storage Mistakes

Avoid these pitfalls:

- Keeping Too Large a Volume (it becomes a chore)
- Storing “Just in Case” (without a plan to use it)
- Ignoring Signs of Spoilage (pink/orange streaks, foul odor)

When in doubt, if it looks or smells wrong, compost it without guilt.

You now have a complete system. Use your fresh discard, maintain a small refrigerated stash, freeze the surplus, and bake ahead when convenient. Your discard is now a managed ingredient, not a lingering task.

COMMON PROBLEMS & FIXES

Even with the best guidance, sometimes things don't go as planned. This section is your quick-reference troubleshooter. Don't see it as a list of failures, but as a toolkit for course correction. Open it when you need it, find your symptom, apply the fix, and keep baking.

Problems with Dough or Batter (Before Baking)

If your mixture doesn't look or feel right before it goes into the oven, a small adjustment can almost always save it. Don't start over. Use the table below to diagnose and act.

Problem	Likely Cause	Immediate Fix
Dough is too sticky, slack.	Discard was very liquid; kitchen is very warm; flour absorbed less liquid.	Sprinkle with 1 Tbsp of flour at a time, kneading or folding gently until it becomes manageable.
Dough is too dry, crumbly.	Discard was very thick; flour was extra absorbent; not enough liquid.	Sprinkle with 1 tsp of water or milk at a time, mixing gently until it comes together.
Batter is too thick, gloopy.	Similar to dry dough. Discard is thick or cold.	Stir in additional liquid (milk, water, buttermilk) 1 tsp at a time to reach a pourable or scoopable consistency.
No rise during short rest (yeast recipes).	Yeast was old; liquid was too hot and killed yeast; kitchen is too cold.	Place dough in a warm spot (e.g., off oven with pilot light). Wait 15 more mins. If still no rise, it may need a new batch (rare).
Dough smells extremely sour/vinegary before baking.	Using very old, acidic discard.	Proceed. This is a flavor, not a flaw. The bake will mellow it. For next time, use younger discard if the taste was too strong.

Problems After Baking

The finished product gives you clues for next time. Use this table to understand what happened and how to adjust your process for a better result on your next attempt.

Result	Probable Cause	Fix for Next Time
Bake is very dense, gummy.	Dough was over-hydrated (too wet); under-mixed (for yeast doughs); or under-baked.	Adjust dough consistency to be less sticky. Ensure yeast doughs are kneaded until smooth. Extend baking time by 5–10 mins.

Result	Probable Cause	Fix for Next Time
Cookies/pancakes spread too much.	Dough/batter was too warm; baking soda in old discard reacted too quickly.	Chill batter/dough for 15 mins before baking. Ensure baking soda is fresh.
Bake is dry, tough.	Too much flour was added; over-mixed (for tender items like muffins/scones).	Measure discard by weight if possible; adjust by feel, not by compulsively adding flour. Mix tender items just until combined.
Lack of flavor, bland.	Using very young, mild discard; not enough salt.	Use discard that's at least 3–5 days old for more tang. Taste batter/dough (sans leavener) and adjust seasoning.
Burnt bottoms, pale tops.	Oven rack too low; dark metal pan conducting too much heat.	Use middle rack. Place a sheet pan on lower rack to shield. For next time, use light-colored pans or reduce temperature by 10°C/25°F.

Problems Related to Discard

Many issues stem from the state of your key ingredient.

- **Too Sour/Acidic:** This is normal for older discard. It's perfect for savory bakes, crackers, or recipes with spices, chocolate, or fruit that can stand up to it. For milder results, use discard that's been refrigerated for less than a week.
- **Too Liquid or Too Thick:** This is the most common variable. Always stir your discard to a uniform consistency before measuring, and be prepared to adjust the final dough/batter by feel, as outlined in Chapter 1.
- **Using Cold Discard Straight from the Fridge:** This is perfectly fine and will not ruin a recipe. It may slightly slow any reaction with baking soda or yeast. For absolute consistency, let it come to room temperature for 30 minutes, but it's not a strict requirement.

When a Recipe “Doesn’t Work Out Well”

First, define “doesn’t work well.” **Acceptable deviations** include slight variations in color, a less-than-perfect shape, or a crack in a loaf. These are marks of a homemade character. **Try the recipe again** if the issue was texture-related (dense, gummy, tough) or a clear timing/measurement error on your first attempt. The second try is almost always more successful. **Consider choosing a different recipe** if, after two attempts, you consistently dislike the flavor profile (e.g., the tang is too strong for your taste in a sweet cake). Your discard and your palate are unique. This book offers many options; find the ones that sing to you. The ultimate goal is enjoyable baking and delicious results, not rigid perfection.

RECIPE INDEX

Quick (<30 min)	Sweet (🍪)	Savory (🥗)	Freezer (❄️)
Pancakes & Waf-fles	Breakfast & Loaves	Bread & Buns	Muffins & Loaves
Sourdough Discard Pancakes	Sourdough Discard Pancakes	Scramble-in-a-Muffin Cups	Any-Day Discard Muffins
Sourdough Discard Waffles	Sourdough Discard Waffles	Sourdough Cheddar Chive Scones	Morning Glory Discard Loaf
Muffins & Scones	Any-Day Discard Muffins	Versatile Sourdough Crepes	Brown Butter Discard Coffee Cake
Any-Day Discard Muffins	Discard Dutch Baby	Savory Sourdough Cheese Crackers	Morning Glory Breakfast Cookies
Sourdough Cheddar Chive Scones	Versatile Sourdough Crepes	Everything Discard Pretzel Bites	Discard French Toast Casserole
Mediterranean Feta Scones	Brown Butter Discard Coffee Cake	Garlic & Parmesan Pull-Apart Bread	Mediterranean Feta Scones
Snacks & Crackers	Morning Glory Breakfast Cookies	Skillet Sourdough Flatbread	Sweets & Treats
Savory Cheese Crackers	Brown Butter Sourdough Cookies	Jalapeño Cream Cheese Pinwheels	Brown Butter Sourdough Cookies
Everything Pretzel Bites	Butterscotch Chunk Blondies	Mediterranean Feta Scones	Butterscotch Chunk Blondies
Sesame Thimble Crackers	Lemon & Poppy Seed Loaf	Classic Sourdough Pretzel Knots	Lemon & Poppy Seed Loaf

Quick (<30 min)	Sweet (🍌)	Savory (🍴)	Freezer (❄️)
Essential 5-Ingredient Crackers	Cakes & Desserts	Olive & Rosemary Discard Focaccia	Jam & Butter Thumbprints
Quick Meals	Baked Cinnamon Sugar Donuts	Parmesan Pepper Cheese Twists	Banana Bread Discard Cake
Versatile Sourdough Crepes	Sourdough Discard Crumb Cake	Za'atar Sourdough Pinwheels	Discard Gingerbread Loaf
Discard Naan	Discard Fruit Cob-ble Topping	Sesame Thimble Crackers	Dough & Bread
Skillet Discard Cornbread	Five-Minute Chocolate Mug Cake	"No-Wait" Discard Sandwich Bread	Cast Iron Sourdough Biscuits
Emergency (5–30 min)	Jam & Butter Thumbprints	Quick Soft Dinner Rolls	Quick Soft Dinner Rolls
Five-Minute Chocolate Mug Cake	Banana Bread Discard Cake	Classic Sourdough English Muffins	Classic Sourdough English Muffins
Discard "Crêpe-Cake" for One	Discard Berry Buckle	Everyday Discard Country Loaf	Everyday Discard Country Loaf
Crispy "Ramen" Noodles	Salted Caramel Shortbread Bars	Discard Cornbread	Grill-Ready Sourdough Buns
5-Min "Hollandaise" Sauce	Discard Gingerbread Loaf	Grill-Ready Sourdough Buns	Essential 5-Ingredient Crackers
Discard "Strata" in a Cup	Olive Oil & Citrus Discard Cake	Skillet Discard Cornbread	One-Bowl Banana Spice Muffins
Discard "Gnocchi"	Discard Peach & Almond Galette	Emergency / Pantry	One-Bowl Pumpkin Bread

Quick (<30 min)	Sweet (🍌)	Savory (🍴)	Freezer (❄️)
"Clean-the-Jar" Dressing	"Just Stir" Fruit Cobbler	Essential 5-Ingredient Crackers	Easy Drop 'n' Bake Biscuits
Easy Bakes	One-Bowl Discard Chocolate Cake	No-Knead Discard Skillet Flatbread	One-Bowl Applesauce Cake
One-Bowl Banana Spice Muffins	One-Bowl Discard Pumpkin Bread	Easy Drop 'n' Bake Biscuits	Chewy Sourdough Granola Bars
No-Knead Skillet Flatbread	One-Bowl Applesauce Cake	Savory Discard Pull- Apart Loaf	—
Easy Drop 'n' Bake Biscuits	Chewy Sourdough Granola Bars	Specialty / Extra	—
Oven-Baked Sheet Pan Pancake	Sweet & Salty Dis-card "Bark"	Discard "Gnocchi" (No Potato)	—
Chewy Sourdough Granola Bars	Discard "Crêpe-Cake" for One	5-Minute "Hollandaise" Sauce	—

Recipe Name	Page	How to Freeze	How to Unfreeze / Cook
Sourdough Discard Waffles	13	Freeze in a single layer, then bag.	Reheat in a toaster or oven until crisp.
Any-Day Discard Muffins	12	Wrap individually in plastic wrap.	Thaw at room temperature or microwave for 20s.
Scramble-in-a-Muffin Cups	11	Freeze in an airtight container.	Microwave for 45–60s until center is hot.
Discard Dutch Baby	14	Slice and freeze with parchment dividers.	Reheat in a 350°F (175°C) oven until warm.
Cheddar Chive Scones	15	Freeze unbaked wedges on a tray.	Bake from frozen; add 2–4 mins to time.
Versatile Sourdough Crepes	16	Stack with wax paper between each.	Thaw in fridge; warm briefly in a pan.
Morning Glory Discard Loaf	17	Freeze whole or sliced in a freezer bag.	Thaw at room temperature or toast individual slices.
Discard Coffee Cake	18	Wrap tightly in foil then plastic wrap.	Thaw at room temp; warm in oven if desired.
Morning Glory Cookies	19	Freeze baked cookies or raw dough balls.	Thaw cookies; bake dough balls from frozen.
French Toast Casserole	20	Assemble and freeze unbaked.	Thaw in fridge overnight; bake per recipe.
Cast Iron Biscuits	21	Freeze raw cutouts on a baking sheet.	Bake from frozen at recipe temperature (+5 mins).
Savory Cheese Crackers	24	Freeze dough discs or baked crackers.	Thaw dough to roll; eat crackers from temp.
Feta & Tomato Scones	28	Freeze unbaked wedges.	Bake from frozen until golden brown.
Parmesan Pepper Twists	31	Freeze baked twists in a rigid container.	Refresh in 325°F (160°C) oven for 5 mins.
Discard Sandwich Bread	35	Slice before freezing for easy removal.	Toast directly from frozen.

Recipe Name	Page	How to Freeze	How to Unfreeze / Cook
Quick Soft Dinner Rolls	36	Freeze baked rolls in a freezer bag.	Thaw and warm in foil at 350°F (175°C).
Discard English Muffins	40	Fork-split before freezing.	Toast directly from frozen.
Everyday Country Loaf	41	Wrap in foil and a heavy-duty bag.	Thaw at room temp; crisp in oven at 375°F.
Discard Cornbread	43	Freeze squares in an airtight container.	Thaw at room temperature or microwave briefly.
Grill-Ready Buns	46	Freeze in a sealed bag after cooling.	Thaw at room temperature; toast on the grill.
Skillet Cornbread	48	Wrap tightly in plastic and foil.	Thaw at room temperature or oven-warm at 300°F.
Brown Butter Cookies	50	Freeze portioned raw dough balls.	Bake from frozen; add 1–2 mins to time.
Chocolate Chunk Blondies	51	Cut into bars and freeze in a container.	Thaw at room temp; best at room temp.
Lemon Poppy Seed Loaf	52	Freeze unglazed for best texture.	Thaw at room temp; glaze after thawing.
Jam & Butter Thumbprints	57	Freeze baked cookies in single layers.	Thaw at room temp.
Banana Bread Discard Cake	58	Freeze in slices or whole loaf.	Thaw at room temperature or toast with butter.
Discard Gingerbread Loaf	61	Wrap tightly to preserve moisture.	Thaw at room temp; flavor improves.
5-Ingredient Crackers	65	Freeze the shaped dough logs.	Slice and bake while still slightly chilled.
Banana Spice Muffins	66	Freeze individually in bags.	Microwave for 30s or thaw at room temp.
Skillet Flatbread	69	Stack with parchment paper between.	Reheat in a dry skillet over moderate heat.

Recipe Name	Page	How to Freeze	How to Unfreeze / Cook
Discard Pumpkin Bread	70	Freeze slices for easy snacks.	Thaw at room temp.
Drop 'n' Bake Biscuits	71	Freeze raw "drops" on a tray.	Bake from frozen at recipe temp.
Applesauce Cake	73	Freeze as a whole cake or slices.	Thaw at room temp.
Discard Granola Bars	74	Freeze in a single layer, then bag.	Eat cold or at room temp.
Sweet & Salty Bark	81	Must stay in freezer/fridge.	Serve immediately from the freezer.