

Sourdough Bread and Vegan Butter

Christopher Baugh
Veggie Fest Presents



Ingredients

500 grams bread flour
approximately 4 cups
350 grams water
approximately 1 1/2
12 grams salt
75 grams sourdough starter
purchase online, see notes
Rice Flour for dusting

Directions

1. Mix all ingredients together except for the salt. Rest one hour.
2. Add salt. Stretch and fold. Slap and fold. Rest 30 minutes.
3. Stretch, slap, fold, and rest for 30 minutes. Repeat 3 more times.
4. Allow dough to rest for 3 to 6 hours.
5. Press down, shape, rest for 20 minutes.

6. Shape dough. Dust with rice flour and place in a sourdough basket (banneton), or wrap in a towel dusted with rice flour and place in a bowl. Cover and rest for 2 hours.

7. Preheat oven to 450°F. Place a Dutch oven inside the oven for 45 minutes.

8. Place dough on parchment paper. Score with a baker's blade. Place the dough with the parchment paper in the Dutch oven. Bake at 450°F for 25 minutes.

9. Turn oven down to 350°F. Remove the dough from the Dutch oven and place on the oven rack. Bake an additional 25 minutes. Remove from oven. Allow to cool before slicing and enjoy!

Notes

Sourdough starter can be purchased online. You can also make your own starter. It is easy to make, but takes dedication to the process. It takes 7 to 9 days to make and regular feeding to maintain. There are many tutorials and recipes online.



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Ingredients

315 grams Refined coconut oil
151 grams Cashews
50 grams Sunflower oil
5 grams Soy or sunflower lecithin
1/2 gram Acidophilus probiotic
5 grams Sea salt
251 grams Water

Directions

In a high-speed blender, mix cashews and water 1-2 min. Then add probiotic for 15 sec. Mix.

Put mix into a bowl or glass jar and cover with a towel.

Let it sit for six hours.

After 6 hours, add warm coconut oil until it melts.

Mix remaining ingredients in a high speed blender until well combined.

Place into a shallow glass container and place in the fridge. Once it's hardened, enjoy.

