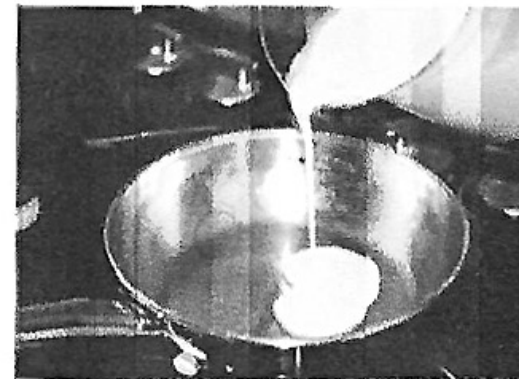


Naturally Leavened, Properly Prepared

Begin with Batter

**Natural Leavening Secrets
For All Grain, Even Gluten-Free**



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Tips for Converting Batter Recipes

Not for the faint of heart. There'll be some trial and error.

- o If the batter recipe calls for baking powder, use ¼ of that amount of baking soda.
Example: 1 teaspoon baking powder = ¼ tsp. baking soda
- o If you want to culture the entire recipe over time, use approximately 1 tablespoon of natural leavening per cup of flour.
- o Culture gluten free grains for about 12 hours. Culture other grains for 8-24 hours usually.
- o Often you can decrease the fat and sugar. Sometimes, you can slightly decrease the baking soda.

How can I get started immediately?

- o SKIP DAYS 1-2 in *The Leaven is the Secret*.
- o REFRESH WET LEAVEN tonight with 1 ½ C. FLOUR and 1 C. WATER in a quart container and leave at room temperature. Make pancakes in the morning. Make another quick bread tomorrow night, or the next day, or as often as you can.

When can I make other breads?

- o Keep making batter breads until refreshing and using your Leaven are comfortable. Notice the timing of the rising and falling of your Leaven which varies with the temperature of your home.
- o When you've mastered batter, follow with making flat bread. Last up is making loaf breads!

Begin with Batter and Gluten Free Grain

Prepare batter, quick bread, or soda bread recipes using any freshly ground whole grain and natural leavening. Batter recipes are the best way to use gluten-free grains: quinoa, amaranth, corn, millet, teff, buckwheat, oat, rice, and sorghum.

Feed it & Leave it

Feed it flour and water in a 3 to 2 ratio.

- Average Feeding: 1 ½ cups flour to 1 cup water. Use 1 quart jar.
- Double feeding: 3 cups flour to 2 cups water. Use 2 quart jar.
- Triple feeding: 4 ½ cups flour to 3 cups water. Use 3 quart container.
- Quadruple feeding: 6 cups flour to 4 cups water. Use 4 quart container.
- Half feeding: ¼ cup flour to ¼ cup water. Use a pint jar.

Feed as often as you want to use it.

1 ½ cups freshly ground, whole grain flour and 1 cup water mixed with the Leaven remaining in container after use. Loosely cover and leave at room temperature to culture for about 12 hours. So easy!

Use it and/or Store it

Use It

Begin with Batters
Follow with Flat Breads
Last up Loaf Breads

Store It

Fridge
Countertop

Shelf-Life

Dry-stable indefinitely
Wet-months in fridge

Simply Sourdough Pancakes

Unbelievably simple! The reason maple syrup was invented!

2 C. Leaven (1 lb.)
½ tsp. sea salt
Maple syrup

Begin with Leaven made with any kind of freshly ground flour that has cultured for at least 8 hours. The Leaven should be bubbly and airy*. Do not mix or stir. Simply pour Leaven onto a hot, lightly greased griddle. Sprinkle salt. Flip to cook both sides. Top with maple syrup.

*Add 1/2 tsp. of baking soda immediately before cooking if your Leaven has deflated.

French Crepes

Delicious! Savory or sweet fillings.

3 C. Leaven
1 C. milk
4 eggs
1 tsp. salt

Begin with Leaven made with any kind of freshly ground flour that has cultured for at least 8 hours. Pour batter into hot-lightly greased skillet and swirl the skillet to thinly cover the surface. Cook until top is slightly dry. Flip crepe over and cook for only a few seconds more.

Serving suggestions: For breakfast, serve with fruit, yogurt, whipped cream, syrup, and/or sour cream. For lunch or dinner, serve with meat, gravy, and sauerkraut or with any desired sandwich fixings like chopped lettuce, tomato, olives, mushrooms, cheese, meat, and/or any other garden vegetables.

Some Schedule Ideas

Just To get you started!

Day 1
10 pm Feed wet Leaven. Leave on counter.

Day 2
7 am Make Waffles. Feed wet Leaven. Leave on counter. Freeze extra waffles.

5 pm Make Amy's Corn Bread. Put remaining Leaven in fridge without feeding.

Day 3
8am Toast pre-made waffle.
8 pm Remove Leaven from fridge. Feed wet Leaven. Leave on counter.

Day 4
6 am Make Blue Berry Muffins (online). Feed Leaven. Leave on counter.
4 pm Refrigerate Leaven. Freeze extra muffins.

Day 5
8 am Make Easy Pancakes scraping all possible starter off the sides. Freeze extra pancakes for later. Let Leaven dry on sides of jar with lid off at room temperature.

Day 6
8 am Put lid on Leaven jar. Keep in fridge. Go on weekend vacation and take extra muffins and pancakes!
11 am Eat a Blue Berry Muffin.

Day 7
9 am Toast pre-made pancakes!

Day 8
9 pm Remove Leaven from fridge. Feed Leaven. Leave at room temperature.

Day 9
7 am Make French Crepes! Feed Leaven. Leave on counter.
6 pm Put Leaven in fridge.

Day 10
5 pm Make Pepper Jack Muffins. Feed Leaven. Put in fridge. Go on business trip.

Day 20
6 am Remove Leaven from fridge. Leave on counter.
10 am Prepare Biscuits.
6 pm Bake Biscuits.

Blender Banana Bread

Makes 1 mini loaf pan.

1 C. Leaven	1 banana, chopped
1 egg	¼ tsp. sweetener, granulated
1 Tbsp. oil	
2 Tbsp. sweetener	
¼ tsp. soda	
¼ tsp. salt	
½ tsp. cinnamon, ground	

Begin with bubbly Leaven that has doubled in volume. Preheat oven to 400°F. In a blender, mix the first 7 ingredients. Pulse banana to chop. Pour batter into greased mini loaf pan. Sprinkle with granulated sweetener, if desired. Bake for 40 minutes or until golden brown. Cool in pan, and then remove to wire rack to finish cooling.

Belgian Sweet Rice Waffles



Naturally tastes like an ice cream cone. Taste good plain! Makes 6 large waffles. Start the night before.

3 C. sweet brown rice flour	3 Tbsp. oil
2 C. water	1 tsp. salt
3 Tbsp. Natural Leaven	2 eggs
2 Tbsp. sweetener	1 tsp. baking soda
1 Tbsp. vanilla	4 Tbsp. milk

Mix flour, water, and Leaven and let culture for at least 8 hours. Retain some Natural Leaven for future use. Dissolve baking soda in milk. Mix all ingredients together with the Leaven mixture. Cook in a hot waffle iron. Freeze extra. Toast for a quick breakfast.

Favorite Pancakes

Quick and rich! Use any grain! Serves 3.

1 C. Leaven
1 egg
2 Tbsp. sweetener
2 Tbsp. oil
½ tsp. salt
½ tsp. soda
¼ C. milk, powdered (optional)

Begin with bubbly Leaven made with any kind of freshly ground flour that has cultured for at least 8 hours. Preheat waffle iron. Mix all ingredients together. Pour batter into hot iron. Enjoy. They freeze well.

Marvelous Muffin Batter

Master Recipe. Not so sweet. Makes 12 muffins.

2 C. Leaven	2 Tbsp. milk
1 egg	1/2 tsp. soda
2 Tbsp. oil	1/2 tsp. salt
2 Tbsp. sweetener	

Begin with bubbly Leaven that has doubled in volume. Preheat oven to 400°F. Beat the egg. Dissolve the soda in the milk. Mix all ingredients together, without over mixing. Retain some Leaven for later. Do not use paper liners. Grease muffin pans. Pour two heaping tablespoons of batter into each cup. Bake 25 minutes. After a few minutes, remove from pan to wire rack to cool.

Date Nut Muffins

Naturally sweet bites.

Marvelous Muffin Batter
1/3 C. nuts, chopped
2/3 C. dates, chopped

Make Marvelous Muffin Batter as above. Pour 1 heaping tablespoon of batter into greased pan. Drop a few chopped dates and nuts into each cup. Cover with another tablespoon of batter. Bake for 25 minutes. After a few minutes, remove from pan to wire rack to cool.

Pepper Jack Muffins

Great option when transitioning into healthy.

Marvelous Muffin batter
1/3 C. pepper jack cheese, pieces

Make Marvelous Muffin Batter as above. Pour 1 heaping tablespoon of batter into greased pan. Drop a few pieces of cheese and bacon into each cup. Cover with another tablespoon of batter. Bake for 25 minutes. After a few minutes, remove from pan to wire rack to cool.

Amy's Cornbread

A healthy version of a popular cornbread recipe.

2 C. Leaven	2 eggs
1 C. cornmeal	1/4 C. milk
1/2 C. sweetener	1/2 tsp. salt
1/2 C. oil	1/4 tsp. soda

Blend the first four ingredients together. Remember, to retain some Leaven for later. Leave at room temperature for at least 4 hours. Just before baking, preheat your oven to 375°F. Mix the remaining ingredients in a separate container. Thoroughly incorporate the two mixtures without over mixing. Bake in an 8x8" glass pan for 40 minutes or until golden brown.

Biscuits

Flaky and tasty. Begin at least 6 hours before baking time.

1/2 C. millet flour*	1/2 tsp. soda
1 Tbsp. egg, dried (opt.)	1/2 C. butter
2 Tbsp. milk, powdered (opt.)	1/4 C. Leaven
1/2 tsp. salt	

Mix the first five ingredients (if using the optional ingredients). Cut butter into dry ingredients using a pastry cutter or two knives until dime size pieces of butter remain. "Cut" Leaven into the mixture until it all resembles coarse meal. Let batter culture for 6 hours or more. Preheat oven to 450°F. Drop by spoonful onto greased baking sheet. Bake for about 12 minutes, varying with biscuit size.