

Sourdough Recipe Conversion Cheat Sheet

Turn any of your favorite recipes into a sourdough version, no guesswork required.

PART ONE

Converting Yeast Recipes

A sourdough culture already contains natural yeast, so this swap is one of the easiest conversions you'll make.

- 1 Replace 1 package (7g) of commercial yeast with 1 cup (100g) of active sourdough starter.
- 2 Reduce the flour by about $\frac{1}{2}$ cup (50g).
- 3 Reduce the liquid by about $\frac{1}{2}$ cup (50g).
- 4 Double the rise time, or more, depending on your starter and kitchen temperature.

EXAMPLE: A BASIC YEAST BREAD

INGREDIENT	ORIGINAL RECIPE	SOURDOUGH VERSION
Flour	5 cups / 600g	4½ cups / 550g
Sugar	1 Tbsp / 11g	not needed
Yeast	1 pkg (2¼ tsp) / 7g	1 cup sourdough starter
Salt	2½ tsp / 15g	same
Water	1¾ cups / 380g	1¼ cups / 330g
<i>Bulk rise</i>	<i>2 hours</i>	<i>4+ hours</i>
<i>Second rise</i>	<i>1 hour</i>	<i>2+ hours</i>

A NOTE FROM ANJA

Sourdough is less predictable than commercial yeast, so use warm water and make sure your starter is nice and active before you begin. Let the dough rise somewhere warm, the second rise will go faster than the first. You can do this!

These ratios are a starting point, not a hard and fast rule, some experimentation is normal, and they're least reliable for very large or very small batches.

Read the dough, not the recipe.

OURGABLEDHOMES.COM

PART TWO

Converting Quick Breads, Cakes & Pancakes

This conversion takes a little more finesse, since sourdough doesn't have the same leavening power as baking soda or baking powder. A good starting point: 1 cup (240ml) of sourdough starter plus $\frac{1}{2}$ to 1 teaspoon of baking powder or baking soda, adjusted to your specific recipe.

- 1 Decide what you're after: the tangy sourdough flavor, or the full fermentation health benefits.
- 2 For flavor only, simply combine all the ingredients as written and bake as usual.
- 3 For full fermentation, combine just the flour, liquid, and fat first, and let it rest 4–8 hours (or overnight for pancakes and waffles).
- 4 Right before baking, stir in the remaining ingredients and the leavening agent.

EXAMPLE: IRISH SODA BREAD

INGREDIENT	ORIGINAL RECIPE	SOURDOUGH VERSION
Sourdough starter	none	1 cup
Butter	4 Tbsp	same
Egg	1 whole	same
Buttermilk	1 $\frac{1}{4}$ cups	$\frac{3}{4}$ cup
Flour	3 $\frac{1}{2}$ cups	3 cups
Sugar	1 Tbsp	same
Baking soda	1 tsp	same
Sea salt	1 $\frac{1}{2}$ tsp	same

A NOTE FROM ANJA

For deeper fermentation, mix everything except the baking soda and salt, then refrigerate 5–8 hours. Stir those two in right before baking so the baking soda has its full rising power.

These ratios are a starting point, not a hard and fast rule — every starter behaves a little differently, so some experimentation is normal. They're also least reliable at the extremes, so expect to adjust more for very large or very small batches. Keep notes as you experiment, and you'll get a feel for your own kitchen.

You can do this. — Anja

OURGABLEDHOMES.COM