

# **Tips for Storing and Using Sourdough Discard**

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# Introduction

Sourdough discard is a valuable byproduct of maintaining a healthy sourdough starter. With its unique flavor and natural leavening properties, it can be used to create a variety of delicious baked goods and other dishes. However, knowing how to properly store and use sourdough discard is essential to making the most of this versatile ingredient.

In this bonus section, we'll provide you with detailed tips on how to store sourdough discard to maintain its quality and freshness. You'll learn about different storage methods, including short-term and long-term options, to ensure that your discard is always ready to use when you need it. Additionally, we'll explore creative ways to incorporate sourdough discard into your cooking and baking, helping you reduce waste and add a tangy twist to your favorite recipes.

Understanding the best practices for storing and using sourdough discard will not only enhance your baking but also contribute to more sustainable kitchen habits. Whether you're a seasoned baker or new to the world of sourdough, these tips will help you make the most of your discard, turning it into delectable treats for you and your family to enjoy.

## Storing Sourdough Discard

**Short-Term Storage:** For immediate use within a few days, storing sourdough discard in the refrigerator is a convenient option.

- **Refrigeration:**

- Place the discard in a clean, airtight container and store it in the refrigerator.
- It can be kept for up to a week.
- *Example:* If you feed your starter on Monday and collect the discard, you can store it in the fridge and use it for pancakes or waffles by the weekend.

**Long-Term Storage:** If you're not using the discard right away, freezing is the best method for long-term storage.

- **Freezing:**

- Portion the discard into smaller quantities, such as 1/2 cup or 1 cup, and place them in freezer-safe bags or containers.
- Label each bag with the date and amount.
- Freeze for up to 3 months.
- *Example:* If you bake only occasionally, freeze your discard in 1/2 cup portions. When a recipe calls for discard, thaw the needed amount in the refrigerator overnight.

**Drying:** For those who want a backup of their sourdough discard without taking up freezer space, drying is an effective method.

- **Drying:**

- Spread a thin layer of sourdough discard on a piece of parchment paper.
- Let it air dry for 2-3 days or until completely dry and brittle.
- Break into pieces and store in an airtight container.
- To rehydrate, mix equal parts dried discard and warm water, then let it sit until it returns to its original consistency.
- *Example:* Dried sourdough discard is great for long trips or as a backup. If you're going on vacation and want to ensure you have discard ready when you return, drying is an excellent option.

## Using Sourdough Discard

**Baking:** Sourdough discard is perfect for adding flavor and texture to various baked goods.

- **Pancakes and Waffles:**

- Use discard to make fluffy and tangy pancakes or waffles.
- *Example:* Replace part of the flour and liquid in your pancake recipe with sourdough discard. For instance, if your recipe calls for 1 cup of flour and 1 cup of milk, use 1/2 cup of flour, 1/2 cup of milk, and 1 cup of discard.

- **Quick Breads:**

- Incorporate discard into banana bread, zucchini bread, or muffins for added moisture and flavor.
- *Example:* Add 1 cup of discard to your banana bread batter for a unique twist.

- **Crackers:**

- Create crispy, savory crackers using sourdough discard.
- *Example:* Mix discard with flour, olive oil, and seasonings, then roll out and bake until crisp.

**Cooking:** Beyond baking, sourdough discard can enhance various cooked dishes.

- **Savory Fritters:**

- Use discard in fritter batter for an extra tang.
- *Example:* Combine discard with grated vegetables, an egg, and seasonings, then fry spoonfuls of the mixture until golden brown.

- **Pizza Dough:**

- Incorporate discard into pizza dough for a tangy crust.
- *Example:* Replace some of the flour and water in your pizza dough recipe with discard, adjusting the hydration as needed.

**Fermented Foods:** Leverage the natural fermentation properties of sourdough discard in other fermentation projects.

- **Pickles:**

- Use discard in the brine for pickling vegetables.
- *Example:* Add a few tablespoons of discard to your pickle brine to kickstart the fermentation process.

- **Fermented Beverages:**

- Experiment with incorporating discard into homemade kvass or other fermented drinks.
- *Example:* Mix beets, water, salt, and discard to create a tangy beet kvass.

## Tips for Reducing Waste

**1. Plan Your Baking Schedule:** Coordinate your discard use with your baking schedule to minimize waste.

- *Example:* Plan to make discard pancakes on the weekends after feeding your starter on Friday.

**2. Creative Recipe Adaptations:** Look for or create recipes specifically designed for sourdough discard.

- *Example:* Search for recipes labeled as "sourdough discard" to ensure they're optimized for this ingredient.

**3. Share with Friends and Family:** If you have more discard than you can use, share it with friends or family who bake.

- *Example:* Package portions of discard in small containers and gift them along with a few recipe ideas.

By following these tips, you can efficiently store and creatively use your sourdough discard, making the most of this versatile ingredient while reducing waste and enhancing your culinary creations.