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BALLENTINE-CAMERON-CHRISTENSEN

'98' ORIGINAL SOURDOUGH

This starter came into the Yukon in the spring of 1898 with Wesley Ballentine and his four sons, John, Allen, David and Jim. They left St. John, N.B. in late 1897 for the Klondike Gold Rush. The starter has been in the Yukon and the family since that date. In 1998 Ione Christensen and friends set up a tent at Bennett and served these hot cakes to hikers for the months of July and August. 1998



BALLENTINE-CAMERON-CHRISTENSEN

'98' ORIGINAL SOURDOUGH

My starter came in with my Grandfather and his father and three brothers in 1898. He brought his Irish bride into the Yukon in 1900 and they made their home in Dawson City until their deaths. They had four daughters and one son. My mother and one of her sisters diligently kept the starter going and it was passed on to me. Both my son's keep it going, hopefully it will be past on to their children.

HOW TO USE YOUR STARTER:

Sourdough Starter is the key to all the following recipes. To work well it must be nourished and maintained in a healthy condition. In the days before refrigeration, the starter had to be used on a regular basis (unless it was dried). When on the trail they would keep a ball of it in their flour sack, take it out and sock in warm water to get it working again. At home my Grandmother would keep a pot of sourdough working in the kitchen, it was used daily and leftover porridge was added to the starter after breakfast. This provided 'food' for the starter. Today just put your starter in the refrigerator. Use a glass or pottery container with a loose fitting lid. It will work its' self out and remain dormant for months. In the dormant stage, there will be a cream coloured paste on the bottom with a clear liquid on top. When you use this, just mix it up and add to the flour, water and sugar preparation the night before you require it.

If you have dry starter, mix 1 cup flour, 1/4 cup sugar, 1 cup warm water and let it sit for two days to work up well. This is your starter and will be stored in the fridge. When you want to make hot cakes or waffles just do the following:

The night before you need it add your starter to the following:

- 2 cup warm water
- 2 cup flour
- 2 tablespoon sugar

Place in a warm area to work over night, (*you should cover it with a plate and place it in your kitchen sink, it just may run over and it is a mess to clean up.*) In the morning take out 1/2 a cup and put it back in your container for the next time then put back in fridge. **ALWAYS SAVE SOME OF YOUR STARTER BEFOR YOU START ADDING ANYTHING!**



Now your are ready to make any of the following recipes:

If you are going to use it every day you can have a double starter recipe out working all the time. As you take out starter just add more flour, water and sugar and mix well.

HOT CAKES:

Add to starter

- 1 egg
- 2 tablespoons. melted shortening
- 2 tablespoons sugar
- 1 teaspoons. salt

mix all this gently, then add 1 tspn. soda mixed in 1 tbsp. warm water
- fold this into the batter.

Bake on griddle as you would any hot cakes. (WILL SERVE 5 PERSONS)

WAFFLES:

To the starter -

Add 3 eggs

- 1/2 cup oil
- 2 tablespoons. corn meal
- 1/2 teaspoons. salt
- 1 tablespoon of soda

Beat eggs, oil, salt and corn meal together then add to starter, then add soda mixed in 1/8 cup warm water - fold this into batter.

Bake in Waffle iron. (Note option- you can separate eggs and beat whites then fold them in. (WILL SEVE 5 PERSONS)

David & Elizabeth
Ballentine, 1900



BREAD:

I always make my own bread on Sunday after we have had our waffles. I take the left-over batter, add 1 teaspoon of salt then I add 2 tablespoons of yeast dissolved in 1/2 cup warm water with 1 tablespoon sugar. This will make it rise in a reasonable time. If left on it's own, sourdough could take all day to rise. It will rise, but in it's own sweet time. I just keep adding flour (White or brown) till the dough kneads into a nice elastic ball. With a single Waffle recipe I will get two sometimes three loafs of bread. You can also make nice buns or add some cinnamon and sugar and you have cinnamon buns ,the options are endless. Sourdough loves to do new and different things.

Note the yeast never gets into the original starter and if I am not in a hurry I will not use the yeast.

Enjoy.

If you have any problems with any of this email me at:

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Sourdough Chocolate Cake

½ Cup thick Starter

1 Cup water

1 ½ Cups Flour

¼ cup non-fat dry milk

Mix and let ferment for 3 hours in warm place until bubbly and there is a clean sour milk odor.

Add:

1 cup sugar

½ cup shortening

1 teaspoon vanilla

1 teaspoon cinnamon

1 ½ teaspoons soda

2 eggs

3 squares melted chocolate

Cream fat, sugar, flavorings, salt and soda. Add eggs one at a time, beating well after each addition. Combine creamed mixture and melt chocolate with sourdough mixture. Stir 300 strokes or mix at low speed until blended. Pour into two loaf pans or one larger pan. Bake at 350 F for 25 to 30 minutes. Cool and frost with Butterscotch-Chocolate Frosting or other icing of your Choice.

Butterscotch-Chocolate Frosting.

In saucepan combine three 1 ounce squares of unsweetened chocolate. ¼ cup of butter ½ cup light cream, 2/3 cup brown sugar and ¼ teaspoon salt. Bring to boil, stirring constantly; cook until chocolate is melted. Remove from heat, add vanilla and enough confectioners sugar for good spreading consistency (about 3 cups) Spread over sides and top of cake.

Ione Christensen

SOURDOUGH CHEESE FONDUE

1 CUP SCALDED MILK.

1 CUP SOFT SOURDOUGH BREAD CRUMBS

½ CUP GRATED AMERICAN CHEESE

2 TABLSP. MELTED BUTTER

½ TEASP. SALT

DASH PEPPER

3 EGG YOKS

3 STIFF-BEATEN EGG WHITES.

Combine milk, crumbs, cheese, butter, seasonings. Stir in yolks. Fold in whites. Pour into greased 1 ½ quart baking dish. Place in pan of hot water; bake in slow oven (325F) till firm, 30 to 45 minutes Makes 6 servings.

Ione Christensen

Sourdough Brownies

Ingredients

- 4 chicken eggs or two duck eggs
- 4 ounces melted chocolate of choice OR a combination of 1/4 cup cocoa powder + 2 1/2 tablespoons butter or coconut oil + 1/4 cup sugar
- 1/2 cup sourdough starter
- 1/2 to 1 cup of natural sweetener such as sucanat, rapadura, honey or maple syrup
- 1/4 cup butter or coconut oil
- 1/2 teaspoon vanilla
- 1/4 salt
- 1/2 teaspoon baking soda
- crispy nuts (optional)

Instructions

1. This recipe is supposed to make one 9-inch round or square pan
2. Preheat your oven to 350 degrees Fahrenheit and grease your baking dish.
3. In a medium sized bowl with wire whisk or beat in hand, combine all ingredients (except nuts) until very smooth.
4. Pour the batter into your prepared pan. Sprinkle with nuts, if desired.
5. Place in oven and bake for 25 to 30 minutes. The edges should be set but the center should still look a little soft.
6. Don't bake too long or the brownie will get tough and dry. Check at 25 min. but you may need 30. Should be soft and fudgy in the middle and chewy on the edges.
7. Let rest for 10 to 15 minutes before serving.
8. Makes a nice hot dessert with ice cream, or cold with your afternoon tea.

