



Sourdough Waffles from Bread Dough

Did you forget about your bread dough, and wonder if you could save it? This is the perfect way to salvage dough you left in the fridge way too long.

Ingredients

- 400 g wheat berries, hard (if using liquid starter, use 360 grams)

YUDANE INGREDIENTS:

- 20 g flour, any (set aside from milled flour)
- 40 g water, boiling

REMAINING INGREDIENTS:

- 310 g water, cold (if using liquid starter, use 270 grams)
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice (or other citrus juice)

WAFFLE INGREDIENTS:

- 100 g egg, whole (2 whole eggs)
- 6 g baking powder (2 tsp)
- 12 g syrup, maple
- 15 g butter (or olive oil)
- 100 g buttermilk (milk to consistency of waffle batter)

Directions

1. Put your kettle on, or boil some water however you do it.
2. Mill the grain into fine flour.

PREPARE DR. MEL'S QUICK NO-WAIT YUDANE:

4. Place the yudane flour at the bottom of your mixing bowl, and pour the boiling water over it.
5. Quickly mix the flour and boiling water together into a paste.
6. Mixing the Bread:
7. Add the cold water to the mixing bowl, followed by the remaining ingredients. This allows the water to cool the yudane so it doesn't kill your sourdough starter.
8. Knead with your dough hook until the dough looks smooth and shiny and fully cleans the bowl. This will vary greatly depending on the mixer you have. Mixers with bottom motors will need a rest between mixing so dough is not overheated OR the flour and the water must be very cold.

BULK FERMENTATION (THE FIRST RISE)

10. Transfer the dough into a glass bowl with a lid and plenty of room to rise. Then forget about it for a day or two. Seriously! Just let it sit in the fridge for a few days, or on the counter overnight. We are purposely over-fermenting the dough so it breaks down some of the gluten. Now it'll perform more like soft wheat, and make phenomenal waffles.

WAFFLE DAY:

12. Mix 1 cup of the over-proofed dough and the waffle ingredients with a spurtle or a danish dough whisk for a few minutes until the mixture resembles pancake batter. This fits well in a 4 cup pyrex liquid measuring cup. Pour the appropriate amount of mixture into your waffle maker and cook to your desired darkness. I used this waffle maker on setting 3:
13. Pour the appropriate amount of mixture for your waffle maker into each well and cook to desired darkness. Remove and let cool on a wire rack to maintain crispy outside.
14. If desired, repeat Waffle Day directions with any remaining bread dough.

Notes

Equipment

Cuisinart Waffle Maker

Mix the ingredients with a spurtle or a danish dough whisk for a few minutes until the mixture resembles pancake batter.

Pour the appropriate amount of mixture into your waffle maker and cook to your desired darkness. I used this waffle maker on setting 3: