



CULTURED FOOD LIFE SERIES



Lemon Sourdough Bread & Sandwiches



Summer Collection



Recipes for Gut Health

Nourish Your Body. Support Your Microbiome. Feel Your Best

STEP-BY-STEP RECIPES



From Donna Schwenk

CULTURED FOOD LIFE



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Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
• avocado • fermented cocktail grapes • Fermented Garlic • flat leaf parsley – fresh • fresh basil • fresh parsley • garlic chopped • lemon juice – fresh • lemon zest • parsley • Rosemary • tomato • your favorite kraut	• cheddar cheese • Kombucha Mayo • Parmesan Cheese • Parmesan Cheese – preferably Parmigiano-Reggiano • Probiotic Cottage Cheese • roasted chicken • soft mozzarella cheese • Strained Yogurt • Swiss cheese	• Bread Flour • Celtic Sea Salt • Celtic Sea Salt (finely ground) • cinnamon • lemon juice • Lemon Pepper • Pine nuts • raisins • virgin olive oil • warm water (80°F)	• 5 Quart Dutch Oven • Dough Scraper • Fire roasted tomatoes • Kitchen Scale • Lemon Rosemary Sourdough • Lemon Rosemary Sourdough Bread • Lemon Rosemary Yogurt Pesto Spread • Parchment Paper • Bubbly Sourdough Starter • Sourdough Bread • butter • balsamic vinegar



Lemon Rosemary Sourdough Bread

Ingredients

- 50 grams Bubbly Sourdough Starter (1/4 cup. See step 1 of instructions)
- 350 grams Warm Water (80 degrees F) (1-1/3 cups plus 2 tablespoons)
- 500 grams Bread Flour (4 cups plus 2 tablespoons) You can use other flours, too: white unbleached flour, white whole wheat, or spelt. Whole wheat flour will be denser and won't rise as much as white flour. For your first few loaves, you'll have more success if you don't use it. Don't use gluten-free flours.
- 9 grams Celtic Sea Salt (finely ground) (1-1/2 teaspoons) or Himalayan salt
- 1 tablespoon Rosemary, finely chopped
- 1 tablespoon Lemon Zest (use a microplane grater)

Materials

- 1 5 Quart Dutch Oven (Roaster pan or deep casserole dish with a lid will work too)
- 1 Kitchen Scale
- 1 Parchment Paper
- 1 Dough Scraper

Instructions

1. You need to make sure your sourdough starter is bubbly and ready to go. If it hasn't been fed recently, take a few spoonfuls of sourdough starter from your fridge, add that much flour and water, and let it ferment for 6 - 8 hours. Here is more help for a bubbly sourdough starter.

Before Bedtime ~ Making the dough

2. Gather all ingredients and materials.
3. Close to your bedtime, add the bubbly sourdough starter and warm water to a ceramic bowl. Mix them together with a whisk until well combined.
4. Then add the flour and salt and combine them with a stiff spatula. You can also use your hands to fully incorporate the flour. The dough will look a little scraggly, feel dense, and stick to your fingers. Try to scrape as much dough as possible from your hands, but don't overmix it at this point. Then mix the chopped rosemary and lemon zest into the bread, folding and kneading a few times until well incorporated. Cover with plastic wrap and rest for 20-30 minutes.

5. After 30 minutes, flour your hands and work the dough into a smooth ball. Do this by folding the dough over and pressing it into the center until it starts to form a smoother ball.
6. Place the dough back in the bowl and cover with plastic wrap. Let it rise overnight for 8-10 hours (around 70 degrees F). The next morning the dough will have risen in the bowl and look puffier than it did the night before.

In the morning, making and baking the Bread (See pictures on the next page)

7. In the morning, use your spatula and gently pull the dough from the bowl onto a lightly floured work surface. Dust your hands with flour and start at the top, and fold the dough over to the center, repeating on all sides (add more flour if needed).
8. Then line an 8-inch bowl with a towel and dust generously with flour. Make sure your hands are still floured, pick up the dough, and place it in the bowl with the seam side up.
9. Cover the bowl and let it rest for 30 to 60 minutes. In the meantime, preheat your oven to 450 degrees F. Cut a piece of parchment paper to fit your pot, leaving enough excess to grab the bread and lift it out of the pot. Place your parchment paper over the bowl and invert the bowl to allow the bread to release onto the paper.
10. With a small razor blade or serrated knife, score the bread with four slashes.
11. Pick up the parchment and carefully place your bread in the pot.
12. Place the lid on the pot and bake for 20 minutes. Then remove the lid and continue baking for 30 more minutes.
13. You can take it out of the pot and onto the rack to bake for 5 more minutes to darken the bread, if you'd like. When the bread is done, take the bread out of the pot and place it on a wire rack to cool for about 20 minutes to an hour, although we often can't wait to eat it! Store the loaf in a bag on the counter or wrap and freeze, as this bread freezes beautifully.





Check out my video!





Lemon Rosemary Yogurt Pesto Spread

A creamy, probiotic twist on classic pesto made with fresh basil, rosemary, pine nuts, Parmesan cheese, olive oil, and cultured yogurt. Fresh lemon and rosemary brighten the flavors and make this spread the perfect companion for Lemon Rosemary Sourdough Bread, sandwiches, veggies, and more. Let it sit in the fridge overnight and the better the flavors become.

Equipment

- Food Processor

Ingredients

- 2 cloves Fermented Garlic or regular garlic cloves
- 1 cup Pine nuts
- 1 tbsp rosemary minced
- 24 leaves fresh basil about 1 cup
- ¼ cup flat leaf parsley – fresh
- ⅓ cup Strained Yogurt or kefir cheese
- ⅓ cup Parmesan Cheese – preferably Parmigiano- Reggiano
- ½ cup virgin olive oil
- 2 tablespoons lemon juice – fresh
- ½ teaspoon Celtic Sea Salt

Instructions

1. In a food processor, process the garlic with a few pulses till finely minced. Add the nuts, basil, and parsley, and pulse again several times.
2. Add the strained yogurt and the rest of the ingredients and process until the pesto is well combined.
3. Taste and adjust the seasonings if needed. Serve immediately or store in an airtight container in the refrigerator.



Miracle Kraut Melt

I went to a wonderful restaurant in Denver and had a sandwich that was the inspiration for this recipe. Melted cheese and kraut is a genius combination! You can grill this open-faced, then add the kraut after grilling to help preserve the probiotics. However, since the kraut is in the middle between the cheese, it still stays cool enough to not matter if you grill the pieces of bread together. I'm so thankful I went to that restaurant. Not only did they have this sandwich, but they also had kombucha on tap and kimchi stew! It's wonderful to see cultured foods popping up on menus around the country. People are starting to fall in love with fermentation—as they rightfully should!

Ingredients

- 1 tablespoon butter
- 2 slices Sourdough Bread or sprouted or your favorite gluten free bread
- 2 slices of cheddar cheese, or 4 ounces of goat cheese or brie
- ⅓ cup of your favorite kraut. Orangeade Kraut is delicious!
- parsley chopped

Instructions

1. Butter one side of each slice of bread, taking care to spread the butter to the very edges.
2. Heat a skillet over medium-low heat, then place the slices of bread in the skillet, buttered side down.
3. Add half the cheese to each slice of bread.
4. When the cheese is melted and the bread is lightly browned, remove both slices from the pan and let them cool for a minute or two.
5. Layer kraut on one slice, then place the other slice on top and press them together. Cut the sandwich in half and serve immediately. Garnish with parsley if so desired.



Moroccan Sandwich

This yummy sandwich is loaded with spices and flavors that are unique and flavorful. Fermented grapes and cinnamon spices add a unique combination that makes this sandwich burst with flavor. I make this sandwich whenever I have leftover roasted chicken from a meal. Sometimes I'll even make chicken in my Instapot just to have this yummy sandwich. If you like some Instapot recipe, let me know, I have a bunch of them.

Ingredients

- 1 tablespoon Sambuca Mayo
- 1/2 teaspoon garlic (chopped Fermented Garlic works too)
- 1/2 teaspoon cinnamon
- 2 tablespoons raisins
- 4 Fermented Cocktail Grapes halved and quartered
- 2 ounces of roasted chicken, shredded
- 2 slices sourdough bread
- Fresh parsley finely chopped



Instructions

1. In a small bowl, mix together Sambuca mayo, garlic, cinnamon, raisins, and grapes.
2. Toss in chicken and mix until well combined.
3. Spread on sourdough bread (fresh or toasted) and sprinkle with fresh parsley.





Lemon Rosemary Avocado Toast with Probiotic Cottage Cheese

Creamy, fresh, and full of summer flavor, this avocado toast is a delicious way to enjoy Lemon Rosemary Sourdough Bread. A layer of probiotic cottage cheese mixed with lemon and herbs adds extra protein and a creamy tang, while avocado brings richness and healthy fats. The crispy sourdough, bright lemon, savory rosemary, and creamy toppings come together for a simple, nourishing meal that tastes like summer in every bite.

Ingredients

- 1 slice Lemon Rosemary Sourdough
- 1/2 cup probiotic, soft-set cottage cheese
- 1/2 avocado sliced
- 1 1/2 teaspoons lemon juice
- 2 teaspoons lemon zest
- 1 teaspoon Celtic sea salt, 1 fl oz
- 1/2 teaspoon Lemon Pepper



Instructions

1. Blend cottage cheese with lemon juice and zest until smooth and creamy.
2. Spread on toasted sourdough, top with avocado, herbs, and seasoning.



Tomato Cottage Cheese Soup and Grilled Cheese

Creamy, comforting, and packed with 30 grams of protein, this Tomato Cottage Cheese Soup and Grilled Cheese is a nourishing twist on a classic favorite. Fire-roasted tomatoes blended with probiotic cottage cheese create a rich, velvety soup, paired perfectly with a crispy sourdough grilled Swiss cheese sandwich and fresh basil. Simple, satisfying, and gut-friendly too.

Ingredients

- 16.5 ounces can fire-roasted tomatoes
- 1 cup Probiotic Cottage Cheese
- 2 tablespoons Parmesan cheese
- 1 whole Swiss cheese
- 2 small slices sourdough bread (optional)
- Fresh basil

Instructions

1. Place canned tomatoes, 1 tablespoon of parmesan (reserve the other tablespoon), and cottage cheese in a blender.
2. Blend for one minute until well combined.
3. Warm to 125 degrees to preserve the probiotics. If this isn't warm enough, you can warm it more and then add a dollop of extra cottage cheese on top for extra probiotics. Top with extra parmesan and fresh basil.
4. Combine bread and cheese and then grill until toasty and brown.
5. Serve and enjoy!





Garden Caprese Sourdough Toast

This Pesto Caprese Sourdough is a fresh and flavorful twist on a classic Caprese sandwich. Lemon Rosemary Sourdough Bread is topped with a creamy probiotic pesto spread made with yogurt, fresh basil, rosemary, Parmesan, and olive oil, then layered with juicy tomatoes, soft mozzarella, fresh basil, and a drizzle of balsamic vinegar. The bright lemon, savory rosemary, and garden-fresh flavors come together to create a simple summer sandwich that's nourishing, delicious, and bursting with flavor. 🌿🍋🍅

Ingredients

- 1 slice Lemon Rosemary Sourdough Bread
- 2 tablespoons Lemon Rosemary Tomato Pesto Spread
- 2 thick slices soft mozzarella cheese
- 1 tomato sliced
- 1 tablespoon Balsamic Vinegar
- Salt & sea salt
- 1 dash Lemon Pepper
- 1-2 leaves fresh basil

Instructions

1. Toast sourdough bread
2. Spread pesto on bread and top with mozzarella slices and tomato
3. Top with cheese and sliced fermented cherry tomatoes
4. Sprinkle with sea salt and lemon pepper and drizzle with balsamic vinegar. Top with fresh basil

