



STADIUM STYLE SOURDOUGH HOT DOG BUNS

Ingredients:

- 400g Bread Flour
- 150g Active Sourdough Starter (100% hydration)
- 180g Whole Milk (warm)
- 1 Large Egg (approximately 50g)
- 40g Butter (softened)
- 20g Honey (or Maple Syrup)
- 8g Salt



Instructions:

1. **Mix The Dough:** In a large bowl or stand mixer combine your starter, warm milk, egg, honey and butter. Stir in the flour and salt until a shaggy dough forms. Then continue to knead for another 8-10 minutes, or until the dough is smooth and elastic.
2. **Bulk Fermentation:** Cover the dough and let rise (ideally at 75-78 degrees Fahrenheit) for 4-6 hours or until roughly doubled in size. Perform one set of stretch and folds after the first hour to help build strength in the dough.
3. **Divide and Shape:** Turn the dough out onto a lightly floured surface and divide into 8 pieces, roughly 100-105 g each. Shape each into a tight log roughly 6-7 inches in length. Place on a parchment-lined baking sheet with a 1-2 inch gap between the buns.
4. **Final Proof:** Cover and proof 2-3 hrs until puffy (or overnight in the fridge).
5. **Bake:** Bake at 375°F (190°C) for 18-22 mins. Brush with egg wash if desired.
6. **Cool:** Let rest 15-20 min before slicing or serving.



CLASSIC KETCHUP

Ingredients:

- 2 cans (6 oz each) tomato paste
- 1 cup water
- ½ cup apple cider vinegar
- ¼ cup maple syrup (or honey)
- 1 ½ tsp salt
- ½ tsp onion powder
- ¼ tsp garlic powder
- ⅛ tsp ground cloves
- ⅛ tsp allspice
- ⅛ tsp cinnamon
- ¼ tsp celery seed (optional – subtle Heinz flavor)
- ¼ tsp mustard powder
- Pinch of white pepper (or black)



Instructions:

1. **In a saucepan:** Whisk together the tomato paste and water until smooth. Add the vinegar, maple syrup (or honey), and all spices.
2. **Bring to a Simmer:** Gently on low heat for 20–30 minutes, stirring frequently to avoid burning.
3. **Adjust thickness:** Add water 1 Tbsp at a time for thinner ketchup or simmer longer to thicken. If you wish.
4. **Store in Refrigerator:** Store in a glass jar for up to 3 weeks.

Canning Instructions:

1. **Prepare Jars:** Sterilize your pint or half-pint jars by boiling water or running through the dishwasher on the hottest wash setting.
2. **Fill the Jars:** Fill hot jars with **hot ketchup**, leaving ½ inch head-space.
3. **Final Wipe & Lid:** Wipe rims, apply new lids and rings finger-tight.
4. **Process your Ketchup:** Process in boiling water for 15 minutes for half-pints and pints (at 1000 ft or lower, adjust for higher altitude).
5. **Cool:** Leave the jars to cool for 12–24 hours, check seals, label, date, and store in a cool, dark pantry for **up to 1 year**.



FRESH HOT DOGS

Ingredients:

- 400g Bread Flour
- 150g Active Sourdough Starter (100% hydration)
- 180g Whole Milk (warm)
- 1 Large Egg (approximately 50g)
- 40g Butter (softened)
- 20g Honey (or Maple Syrup)
- 8g Salt



Instructions:

1. **Mix The Dough:** In a large bowl or stand mixer combine your starter, warm milk, egg, honey and butter. Stir in the flour and salt until a shaggy dough forms. Then continue to knead for another 8-10 minutes, or until the dough is smooth and elastic.
2. **Bulk Fermentation:** Cover the dough and let rise (ideally at 75-78 degrees Fahrenheit) for 4-6 hours or until roughly doubled in size. Perform one set of stretch and folds after the first hour to help build strength in the dough.
3. **Divide and Shape:** Turn the dough out onto a lightly floured surface and divide into 8 pieces, roughly 100-105 g each. Shape each into a tight log roughly 6-7 inches in length. Place on a parchment-lined baking sheet with a 1-2 inch gap between the buns.
4. **Final Proof:** Cover and proof 2-3 hrs until puffy (or overnight in the fridge).
5. **Bake:** Bake at 375°F (190°C) for 18-22 mins. Brush with egg wash if desired.
6. **Cool:** Let rest 15-20 min before slicing or serving.