



OUR
SOURDOUGH
BREAD

YIELD: 2kg (1 loaf tin)

GF FLOUR MIXTURE:

1020g White rice flour

455g sorgun flour

225g tapioca flour

225g potato starch150

40g psyllium husk (GRINDED FINE IN SPICE GRINDER)

METHOD:

Mix all ingredients together well and store in an airtight container.

VERY IMPORTANT ALL FLOURS ARE MIXED THROUGH THOROUGHLY IN LARGE BOWL WITH GLOVES.

STARTER

150g GF flour mix

175ml Filtered water

1. Mix ingredients together and leave at room temperature (23c - 28C) for 24 hours
2. Repeat this process by adding the same amounts everyday for 2 weeks until the starter becomes bubbly and slightly sour smelling.

FERMENT (1 LOAF)

150g starter dough

150g GF flour mixture

200ml filtered water

1. Add all ingredients together and whisk until it becomes smooth.
2. Leave in a warm area between 20 & 30c overnight covered with a tea towel.

CHIA SEED EGG:

Chia seeds & filtered water (soak and whisk and leave for 5 mins)

<u>1 LOAF</u>	<u>2 LOAVES</u>	<u>3 LOAVES</u>	<u>4 LOAVES</u>	<u>5 LOAVES</u>	<u>6 LOAVES</u>
375G FLOUR MIX (SIFTED)	750 G	1125 G	1500 G	1875 G	2250 G
500G FERMENT	1000 G	1500 G	2000 G	2500 G	3000 G
6G GF YEAST	12 G	18 G	24 G	30 G	36 G
15.75G PINK SALT	31.5 G	47.25 G	63 G	78.75 G	94.5 G
4G CHIA/2TBSP WATER	8 G	12 G	16 G	20 G	24 G
22.5G RAW SUGAR	45 G	67.5 G	90 G	112.5 G	135 G
285ML FILTERED WATER	570 ML	855 ML	1140 ML	1425 ML	1710 ML

METHOD

Mix flours, salt and sugar in a large bowl.

Add the wet mixture together (filtered water & yeast - LUKE WARM)

Gradually add water mix into the flour using a hand whisk to bring together slowly and the chia seed mix .

CHECK CONSISTENCY WITH SENIOR CHEF ON DUTY

Add to a high speed mixer with a fitted paddle for 10 mins number 4. Once dough comes together (springs back and doesn't stick to your hand)

CHECK AGAIN WITH CHEF ON DUTY

Pour into lined bread moulds covered with a tea towel, leave to prove at room temp $\frac{5}{6}$ hours or hot box at 30 C for 2hrs until doubled in size.

If refrigerated at this point when required prove as above,

20 minutes before baking preheat oven to 250 degrees Celsius

Bake for 25minutes.

Take out, leave to cool for 10mins before demoulding and leave to rest for 30 minutes before cutting or the heat will escape and effect the moisture.

Enjoy !