



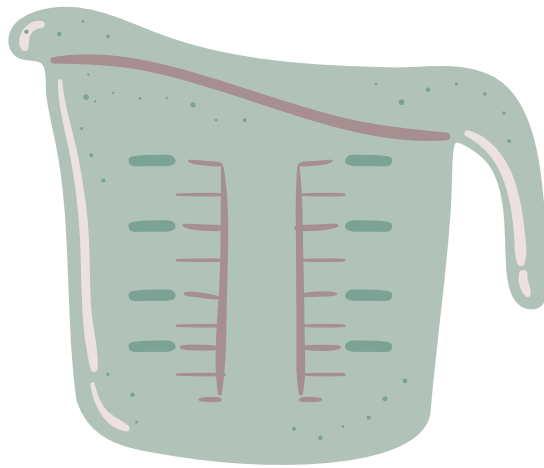
# GLUTEN FREE SOURDOUGH COOKBOOK



The Source Bulk Foods  
Traralgon - Sun 20  
October 2024

Sourdough and yeast bread recipes.  
[@red.dirt.road.life](https://red.dirt.road.life)





**120gm starter + 48gms  
flour + 72 gms water**

# SOURDOUGH STARTER

Sourdough starter can be fed with WildSourdough The Source easy Bread flour mix or organic Brown Rice Flour. This is because the TEFF flour in the bread flour and brown rice flour both contain natural bacteria and wild yeasts. You can interchange between the two and it will not affect your starter.

If starter is not bubbling you can add one teaspoon of natural local honey to help it along also. You can also add a teaspoon of raw sugar. If your starter hasnt grown much you can also add 7grams yeast to the sourdough bread as well as the sourdough starter to ensure that your bread will rise in the oven.

The equation is always the same with this WildSourdough starter. 120grams of starter then add 48 grams of flour and then 72 grams of water and mix well. Leave for 1-2 days. It should rise 30-50%, sometimes it rises much more in hot weather. Try and keep starter in warm kitchen or room.

## Easy Gluten Free Bread or Buns (vegan, FODMAP friendly)



Your 'handling' time: 15 minutes



Cook Time: 1hr 15minutes



Serving: 8-12 slices

### Ingredients

Makes small or regular size loaf

#### Small Regular

360g 550g room-temperature water

1 (7g) 1 (7g) packet active dry yeast

330g 500g WS GF Bread Flour

1tbs 1.5tbs organic apple cider vinegar



### Cooking Method

- In a large bowl, combine ingredients.
- Mix well by hand or in your favourite electric mixer until thoroughly combined (**minimum 10 minutes**), scrape down the sides regularly.
- Let the mixture stand to thicken for **20 mins**.
- For loaf: scoop or using oiled hand shape dough and put into a lined loaf tin.
- For buns: using oiled hand shape into buns (100-120g portions to your liking). Arrange buns snugly close to each other on your lined roasting pan or lamington pan.
- Mist top of dough generously with water, sprinkle seeds if desired and put inside a closed container.
- Rise until dough has started to DOME, around 50% rise in volume – APPROX 30MINS
- DO NOT RISE DOUGH TO DOUBLE
- Bake in your pre-heated fan forced 240C oven for 30mins.
- Reduce heat to **200C** and bake for a further 15-20mins (buns); **20-30** (small loaf); **30-40** mins (regular loaf) or UNTIL inner temperature reaches 100C and the inserted probe is dry
- **For loaves: Turn oven off and leave the loaf in the oven for 15 minutes, with the door slightly ajar**
- Cool completely prior to slicing
- Keep fresh & soft for a few days in closed container.
- Bread freezes and thaws well.

#### Notes:

If you like a drier crumb, PROTEIN POWDER maybe added (2-3tsp). It will also add extra protein

1-2 tbs sweetener (sugar, coconut sugar, rice malt, maple syrup) can be added if you prefer a sweeter loaf.

2-3 tbs extra virgin olive oil or any vegetable oil can be added if you like a soft crust



# Sourdough Easy Gluten Free Bread or Buns (vegan, FODMAP friendly)



Your 'handling' time: 15 minutes



Cook Time: 1hr 15minutes



Serving: 10-15 slices

## Ingredients

Makes small or regular size loaf

*Small    Regular*

360g    550g    room-temperature water

80g    120g    gluten free sourdough starter  
(1flour:1water), active

330g    500g    WS GF Bread Flour

## Cooking Method

- In a large bowl, combine ingredients.
- Mix well by hand or in your favourite electric mixer until thoroughly combined (**minimum 10 minutes**), scrape down the sides regularly.
- Let the mixture stand to thicken for **20 mins**.
- For loaf: scoop or using oiled hand shape dough and put into a lined loaf tin.
- For buns: using oiled hand shape into buns (100-120g portions to your liking). Arrange buns snugly close to each other on your lined roasting pan or lamington pan.
- Mist top of dough generously with water, sprinkle seeds if desired and put inside a closed container.
- Rise until dough has started to **DOMe**, around 50% rise in volume
- **DO NOT RISE DOUGH TO DOUBLE**
- Bake in your pre-heated fan forced 240C oven for 30mins.
- Reduce heat to **200C** and bake for a further 15-20mins (buns); **20-30** (small loaf); **30-40** mins (regular loaf) or UNTIL inner temperature reaches 100C and the inserted probe is dry
- **For loaves: Turn oven off and leave the loaf in the oven for 15 minutes, with the door slightly ajar**
- Cool completely prior to slicing
- Keep fresh & soft for a few days in closed container.
- Bread freezes and thaws well.

### Notes:

If you like a drier crumb, PROTEIN POWDER maybe added (2-3tsp). It will also add extra protein

1-2 tbs sweetener (sugar, coconut sugar, rice malt, maple syrup) can be added if you prefer a sweeter loaf.

2-3 tbs extra virgin olive oil or any vegetable oil can be added if you like a soft crust







# OVERNIGHT OR LONG PROOFED SOURDOUGH

---

You can keep dough overnight or 1-3 days in the fridge for a long proof time. This can be handy when you are busy.

Simply make the sourdough bread recipe up to the point where it says to leave to proof. Instead, put the bread dough into a sistema or other big plastic container and squish it down to cover all the bottom.

Leave in fridge for a minimum of 12 hours. Take it out a couple of hours before you intend to use it, so its at room temperature. Take out dough and on a floured mat roll over flat with rolling pin to de-gas it. This means you are rolling the air bubbles out. Then flour and shape it and put it on tray or in loaf tin. Give it 30 mins -2 hours to dome or rise and resume recipe.





# SPICED FRUIT LOAF

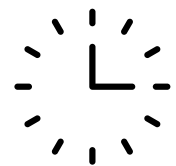
1 -2 tablespoons of sweetener (sugar, coconut sugar, rice malt or maple syrup can be added if you prefer a sweeter loaf.

1 tablespoon of extra virgin olive oil or any vegetable oil can be added if you like a soft crust.

The ingredients below include 2 quantities, you can choose from a 330gm flour or 500gm flour. You can choose to make a small loaf or large loaf.

## Ingredients

- 360/550gms water
- 7g/7g active dry yeast
- 330g/500g WS GF Flour
- vegan dark choc chips
- 1/4 tsp real cinnamon
- 2 tsp specula spice
- 100gms/200gms mixed fruit
- Orange zest and 30ml juice



1 hr 30 Minutes



6 people





# Fruit loafMethod

1. In a large bowl combine all ingredients except mixed fruit.
2. Mix well by hand or your favourite mixer until thoroughly combined (minimu 10 minutes), scrape down sides regularly.
3. Add mixed fruit and stir in well.
4. Let mixture stand to thicken for 20 minutes
5. scoop or using oil hands shape dough and put into loaf tin.
6. Mist top of dough generously with water, sprinkle with seeds if desired.
7. Rise to 50% - approximately 30 minutes.
8. Bake in oven at 220 degrees celsius for 30 minutes. Check inner temp of loaf is 100 degrees.
9. Then reduce to 200 degrees for 20-30 or 30-40 minutes.
10. Turn off oven and leave loaf in the oven for 15 minutes, with door slightly ajar.
11. Cool completely prior to slicing.
12. Keep fresh in container.
13. Freezes and thaws well.







## EIMEAR'S COUNTRY STYLE GF LOAF

Making twenty tall slices, this bread can be sliced and frozen to be used when needed or is ideal when there is a huge crowd of gluten free eaters coming over.

TIP: You can make small and medium size loaves, just adjust these ingredients:

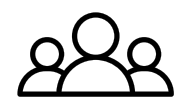
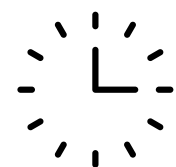
360gms water/ 75gms sourdough starter / 330gms GF bread flour

550gms water/ 100gms starter/500gms GF bread flour

All other listed ingredients below remain the same - just change the quantities of the water, sourdough starter and GF bread flour according to to loaf size that you want.

### Ingredients

- 660gm warm (37 degree's or lower)water
- 1-2tsp raw sugar
- 7 g active dry yeast
- 25gm apple cider
- 600gm WS GF Bread flour
- 120gms sourdough starter
- 30gms olive oil



20 serves





# Country loaf Method

1. In a large bowl or thermomix combine ingredients and knead or mix for 10 minutes. Scrape down sides regularly.
2. Let the mixture stand to thicken for 20 minutes.
3. Scoop out of bowl and using oiled hands shape dough and put in loaf tin.
4. Mist top of dough generously with water, sprinkle seeds if desired on top and cover with plastic or tin cover or beeswax wrap.
5. Rise until dough has started to dome, about 30-50% in size - approx 30 mins.
6. Bake in your pre-heated 220 degrees celsius oven for 30 mins.
7. Reduce heat to 200 degrees celsius and bake for additional 20-30 minutes, or until inner temperature reaches 100 degrees celsius and the inserted probe is dry.
8. Turn off oven and leave in the oven for 15 minutes with the door slightly ajar.
9. Cool completely prior to slicing.





## Tips & Tricks

- **Use a candy thermometer to probe the bread for inner temperature reading. Use an oven thermometer to test if your oven is at correct temperature**
- Check your oven seal - these need to be replaced every 3 or 4 years and vital heat could be escaping.
- **Bread must be cooled completely before cutting open, it loses moisture and dries up if cut while hot and is not finished completely cooking inside until cooled.**
- All recipes can be used with yeast instead of sourdough or you can also use both yeast and sourdough to help the bread rise.
- **Dome - means that the bread is proving or rising, it raises in the middle more than the sides, so looks like a dome when rising.**
- You can add olive oil for softer crust.
- **You should line your loaf tin with baking paper if it is not non-stick, but if you have a non-stick pan there is no need.**
- Store bread in tea towel or plastic container or in the fridge. It freezes and thaws well.
- **Sourdough Mate website has excellent videos for step by step gluten free bread using this flour - worth a very quick watch.**



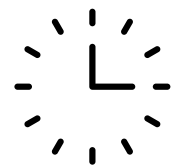


# GLUTEN FREE SCONES

1. Preheat oven to 220 degrees celsius
2. Add dry ingredients to Thermomix (i have TM6) and blend 2 seconds, speed 4.
3. Add wet ingredients and knead for 30 seconds on "dough" mode.
4. Mix until it forms into a rough dough
5. Roll or press dough on floured bench to 3cm thickness and use cutter or glass, or cut into six squares. Put on tray and let it rise for 20 minutes.
6. Put scones on baking paper brush with milk, put on second tray in middle of oven, not at top.
7. Reduce temperature to 200 degrees and bake for 20-25 minutes until inner temperature is 100 degrees celsius and golden brown.
8. Enjoy!

## Ingredients

- 250 grams wild sourdough 1:1 gluten free baking or bread mix
- 15gm gluten free baking powder (Double acting: containing ingredient "phyrophosphate")
- 2.5gms salt
- 125gms sour cream, or full cream
- 150gms fizzy mineral water or lemonade
- Fine rice flour, arrowroot or cornflour to dust your bench



30 Minutes



6 people





## GLUTEN FREE FOCCACIA

### Wet Ingredients:

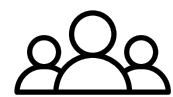
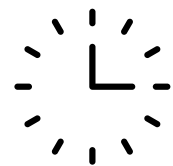
- 450 grams water, room temperature or warm (35C)
- 25 grams extra virgin olive oil for the dough
- 25 grams apple cider vinegar

### Dry Ingredients:

- 500 grams Wild Sourdough Gluten Free 1-to-1 Baking Flour
- 2 tsp or one sachet active dry yeast
- 15-20g grams or 1tbs sugar for the yeast
- 2 tsp 10g fine sea salt

### Extra Ingredients:

- 25 grams extra virgin olive oil, for bottom of pan
- 25 grams extra virgin olive oil or more for topping
- A fine drizzle of local honey for the topping





# Focaccia Method

1. In a bowl, using digital scales or your Thermomix TM6 scales, add ingredients in the order in this recipe from wet to dry ingredients
2. MIX with a strong spatula for 2-3 mins until a very wet, but homogeneous 'dough' come together
3. TMs: 1 min on dough or knead, scrape sides and knead another 1min
4. Magimix CE: mix speed 7, 1min, scrape sides, mix speed 9, 1 min
5. Lined a roasting or skillet pan (25x25cm or larger if you prefer thinner FOCCACIA) with silicon baking paper including to cover bottom and sides generously
6. Drizzle 25g (approx 1/4cup) extra virgin olive oil and spread with your fingers
7. Unload dough onto oiled baking paper
8. TMs and Magimix dislodge dough from blades by turning the bowl onto oiled baking paper
9. Spread dough to the edges of the pan with your fingers
10. Drizzle with the extra 25g/1/4 cup generously and using your fingers create deep dimples on the dough surface
11. MIST like mad with water and keep covered
12. RISE for 45-1hrs or more, until puffy and almost double at room temperature
13. FOR SAME DAY BAKING: let rise covered until they are risen again to double. Time will vary depending on room temperature, keep moist and covered, away from draft and direct heat source
14. FOR NEXT DAY BAKING: let rise covered in another closed container or wet cling wrap (NOT TEA TOWEL) in the fridge, DO NOT FREEZE
15. BAKING: get an oven thermometer to make sure that your oven is doing the right thing
16. SAME DAY baking: pre-heat your oven to 200C, and MIST again with plenty of water. Throw two big handful of ice cubes as you place the dough into the oven. Bake for 20mins.
17. Bake for another 10-15mins until dark golden brown and thermometer inserted into the rolls show 95-100C
18. Turn oven off, let it sit for another 5-7minutes to set the crust
19. Let the baked FOCCACIA rest until it is warm or cool room temperature prior to cutting, if you cut straight from the hot oven, the dough may collapse resulting in a doughy 'uncooked' appearance



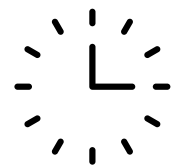


## OLIVE OIL CRACKERS

Crisp, with a hint of sea salt, these Olive Oil Crackers are the best reason to get the rolling pin out. The seeds add a lot of crunchiness.

### Ingredients

- Scant 250gms of Gluten Free Bread mix
- 1 tsp baking powder
- 160gms water
- 25ml olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1 tsp fresh or dry garlic
- 1 tsp apple cider vinegar



20 serves



# Olive Oil Crackers Method

1. in a large bowl combine flour, baking powder, salt and spices.
2. Add water and olive oil.
3. Mix with a fork first, and then your hands to form a soft dough. It needs to have a firm consistency, but add more water if too dry, a few drops at a time.
4. Cover with plastic wrap or beeswax wrap and refrigerate for one hour. This is necessary for the dough to relax so it can be stretched.
5. Preheat oven to 220 degrees celsius.
6. Line baking sheets with baking paper.
7. Turn out the dough onto a clean surface or countertop, lightly dusted with flour.
8. Cut pieces of dough about the size of a whole walnut.
9. Roll each piece out as thin as possible without tearing.
10. Place the dough rounds on the baking paper, brush with olive oil and sprinkle them with sea salt flakes and sesame seeds. press lightly into the dough so they stay put during baking.
11. bake for about 6 -7 minutes until blistered, golden and dry.
12. Remove from the baking sheet and let cool on a wire rack.
13. Keep in tin or airtight container.





# GLUTEN FREE CITRUS OLIVE OIL CAKE

---

Lemon / Orange olive oil cake is a deliciously moist and tender Mediterranean style lemon/orange cake perfect with a cup of coffee or tea!

## Ingredients

- Cake
- 125 g self-raising flour
- 125 g ground almonds
- 2 tsp baking powder
- 100 g extra virgin olive oil, plus extra for greasing
- 3 lemons, or 2 oranges finely grated zest and flesh, white pith and pips removed
- 1 pinch fine sea salt
- 250 g caster sugar
- 4 large eggs
- Curd Topping
- 125 g caster sugar
- 65 g lemon or orange juice
- 1 large egg
- 2 egg yolks, from large eggs
- 1 pinch fine sea salt
- 65 g unsalted butter, cold, diced
- 40 g flaked almonds, lightly toasted



# Cake Method

## 1. **Cake**

2. Preheat oven to 150°C. Grease and line base and sides of a Ø 20 cm spring form cake tin.
3. Place a bowl on mixing bowl lid and weigh in flour, almonds and baking powder. Remove bowl and stir contents with spatula to combine.
4. Grate lemon zest into bowl with flour then set bowl aside.
5. Place olive oil, lemon flesh and salt in mixing bowl then blend 1 min/speed 10. Transfer to a bowl and set aside.
6. Insert butterfly whisk. Place sugar and eggs in mixing bowl then whip 12 min/speed 4.
7. Add half reserved lemon and oil mixture and half flour mixture then mix 20 sec/speed 2. Remove butterfly whisk.
8. Add remaining lemon and oil mixture and remaining flour mixture then mix 20 sec/speed 4. Scrape down sides of mixing bowl with spatula and mix again 20 sec/speed 4. Transfer to prepared cake tin and bake for 1 hour (150°C) or until a skewer inserted in centre comes out clean. Leave in tin to cool for 5 minutes before transferring to a wire rack to cool completely. Meanwhile, clean mixing bowl and butterfly whisk then make curd topping.

## 9. **Curd Topping**

10. Insert butterfly whisk. Place sugar, lemon juice, egg, egg yolks and salt in mixing bowl then whip 12 min/80°C/speed 2. Remove butterfly whisk.
11. Add butter and blend 40 sec/speed 4. Pass through a fine sieve into a bowl and chill in fridge until completely cold.
12. Once cake and curd are completely cold, spread curd over surface of cake allowing it to drizzle down sides then garnish with flaked almonds and serve.



# 1:1 COOKING CLASSES

Learn to bake a variety of gluten free dishes, as well as enjoy a tasty meal of all our creations afterwards together. Our classes vary and can be tailored to suit what you would like to learn, meaning you could learn to make gluten free pasta, sourdough breads, speciality breads, pretzels, bagels, crackers, sponges and even scones, so that you can then cook everything you need in your gluten free diet easily at home!

We can organise to cook together 1:1 in your home or in my learning kitchen and edible garden located in the Strzelecki Ranges.

We will use only the best ingredients and you will go home with the highest quality Wild Sourdough specialty flour and starter of your own to use and e-cookbook emailed straight after the class.

Class prices \$190.00 per person.







# THANK YOU & KEEP IN TOUCH

---

Thanks so much for coming along today and learning about gluten free baking. If I can help you further, please don't hesitate to reach out to me.

My website is:

[www.reddirtroad.life](http://www.reddirtroad.life)

Instagram: [@red\\_dirt\\_road\\_life](https://www.instagram.com/red_dirt_road_life)

Facebook: [Eimear's Country Thermy Kitchen](https://www.facebook.com/Eimear's_Country_Thermy_Kitchen)

Ph: 0427 406 244

I hope you had a brilliant time,  
All the very best,  
Eimear

