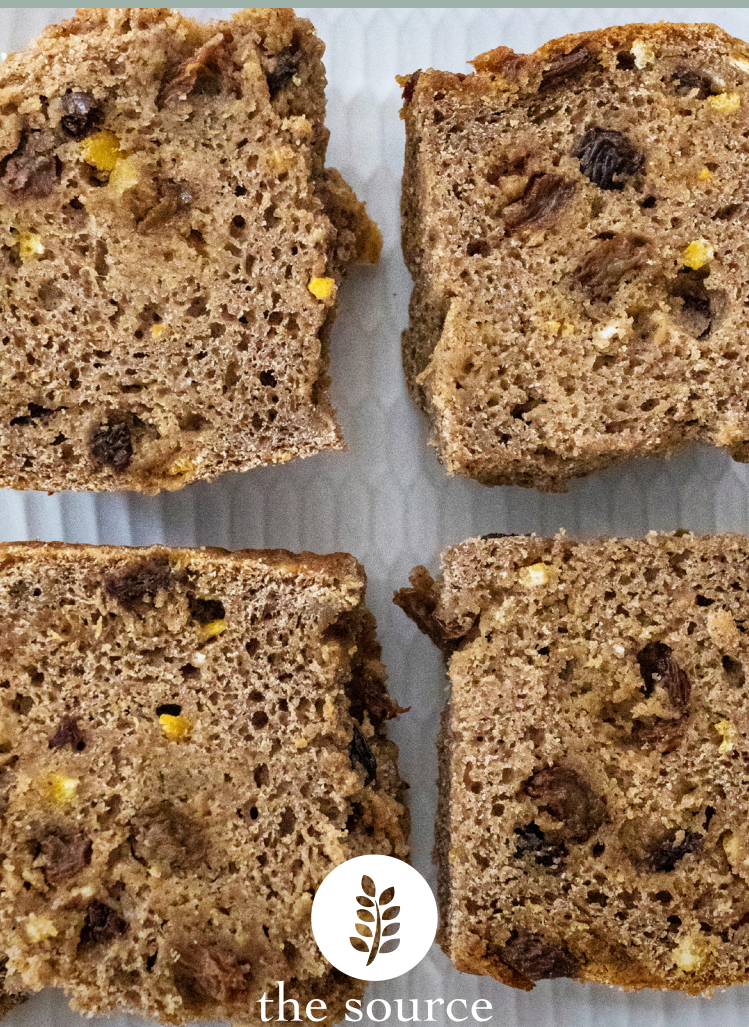


NEW! GLUTEN-FRIENDLY

Sourdough

FRUIT BUNS RECIPE



the source
BULK FOODS

SOURDOUGH GLUTEN-FRIENDLY FRUIT BUNS

(V, GF, FODMAP FRIENDLY)

Serving: 12 - 14 buns or 1 loaf

INGREDIENTS

600g room-temperature water
250g gluten-free sourdough starter (1 flour:1 water), active
500g Easy Bake Gluten-friendly Bread Mix
1 ½ tbs mixed spice or cinnamon
80 - 100g raw sugar, rapadura or coconut sugar
50g butter (vegan or dairy)
2 tsp grated lemon or orange zest, or 2 drops food grade lemon essential oil
150 - 200g dried fruit

METHOD

In a large bowl, combine all ingredients, except dried fruit. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Chill dough in a covered container in fridge for 1 - 2 hours.

Using oiled hands, mix dried fruit through dough. Shape into buns (100 - 120g portions). Arrange buns close to each other on lined baking tray.

For loaf: Scoop or using oiled hands, shape dough and put into a lined loaf tin.

Brush top of buns or loaf generously with water.

Allow dough to rise in a covered container until almost doubled in size (timing will vary).

Do not over-rise.

Bake in a preheated fan-forced 220°C oven for 15 minutes.

Reduce heat to 160°C and bake for a further 30 - 35 minutes for buns and 50 - 60 minutes for a loaf. The inner temperature should reach 100°C.

Brush tops of buns with melted butter or warm smooth apricot jam for a delicious soft crust. Enjoy fresh from the oven.

Buns freeze and thaw well. Once thawed, brush with water and reheat for 10 - 15 minutes in 180°C preheated oven for optimum flavour.

NEW! GLUTEN-FRIENDLY

Sourdough

BREAD
RECIPE



the source
BULK FOODS

SOURDOUGH GLUTEN-FRIENDLY BREAD

(V, GF, FODMAP FRIENDLY)

Serving: 10 - 15 slices or 5 - 6 buns

INGREDIENTS

SMALL LOAF

400g room-temperature water

200g gluten-free sourdough starter (1 flour:1 water), active

330g Easy Bake Gluten-Friendly Bread Mix

REGULAR LOAF

600g room-temperature water

300g gluten-free sourdough starter (1 flour:1 water), active

500g Easy Bake Gluten-Friendly Bread Mix

METHOD

In a large bowl, combine ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Let the mixture stand to rise for 15 minutes.

For loaf: Scoop or using oiled hands, shape dough and put into a lined loaf tin.

For buns: Using oiled hands shape, into buns (100 - 120g portions). Arrange buns close to each other on a baking tray.

Brush top of dough generously with water, sprinkle seeds if desired and put inside a closed container.

Allow dough to rise until almost doubled in size (time will vary).

Do not over-rise.

Bake in a preheated fan-forced 220°C oven for 20 minutes.

Reduce heat to 165°C and bake for a further 25 - 30 minutes for buns; 40 - 50 minutes for a small loaf; and 50 - 60 minutes for a regular loaf. Inner temperature should reach 100°C.

Cool completely prior to slicing. Keeps fresh and soft for a few days in closed container. Bread freezes and thaws well.

Notes:

One to two tablespoons sweetener (sugar, coconut sugar, rice malt, maple syrup) can be added for a sweeter loaf.

One to two tablespoons extra virgin olive oil or any vegetable oil can be added for a soft crust.

NEW! GLUTEN-FRIENDLY

Sourdough

SUPER SEEDY BREAD RECIPE



the source
BULK FOODS

SOURDOUGH GLUTEN-FRIENDLY SUPER SEEDY BREAD

(V, GF, FODMAP FRIENDLY)

Serving: 10 - 14 slices or 5-6 buns

INGREDIENTS

SMALL LOAF

400g room-temperature water
200g gluten-free sourdough
starter (1 flour:1 water), active
330g Easy Bake Gluten-Friendly
Bread Mix
25g chia seed
25g linseed
25g pepita seeds
25g sunflower seeds

REGULAR LOAF

600g room-temperature water
300g gluten-free sourdough
starter (1 flour:1 water), active
500g Easy Bake Gluten-Friendly
Bread Mix
35g chia seed
35g linseed
35g pepita seeds
35g sunflower seeds

For a European flavour add:

1 tbs molasses, dark brown or
rapadura sugar
1 tbs caraway or fennel seeds,
or a mix of both

2 tbs molasses, dark brown or
rapadura sugar
2 tbs caraway or fennel seeds,
or a mix of both

METHOD

In a large bowl, combine all ingredients. Mix well by hand or electric mixer until thoroughly combined (5 minutes), scrape down the sides regularly.

Let the mixture stand to rise for 15 minutes.

For loaf: Scoop or using oiled hands, shape dough and put into a lined loaf tin.

For buns: Using oiled hands, shape into buns (100 - 120g portions). Arrange buns close to each other on a baking tray.

Brush top of dough generously with water, sprinkle seeds if desired and put inside a closed container.

Allow dough to rise until almost doubled in size (timing will vary).

Do not over-rise.

Bake in a preheated fan-forced 220°C oven for 20 minutes.

Reduce heat to 165°C and bake for a further 20 - 25 minutes for buns; 35 - 40 minutes for a small loaf; and 45 - 50 minutes for a regular loaf. Inner temperature should reach 100°C.

Cool completely prior to slicing. Keeps fresh and soft for a few days in closed container. Bread freezes and thaws well.

Notes:

One to two tablespoons extra virgin olive oil or any vegetable oil can be added for a soft crust.

Other variations include sesame or poppy seed, cracked or puffed brown rice, buckwheat or quinoa.