

NEW! GLUTEN FREE

Sourdough

BREAD
RECIPE



the source
BULK FOODS

GLUTEN FREE SOURDOUGH 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 Gluten Free Easy Bake Bread Mix

REGULAR LOAF

600g room-temperature water
300g gluten free sourdough starter (1 flour:1 water), active
500g Gluten Free Easy Bake Bread Mix

METHOD

In a large bowl, combine ingredients. Mix well by hand or electric mixer until thoroughly combined (minimum 10 minutes), scrape down the sides regularly.

Let the mixture stand to rise for 20 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 180°C and bake for a further 25 - 30 minutes for buns; 45 - 50 minutes for a small loaf; and 60 - 65 minutes for a regular loaf. Inner temperature should reach 100°C.

For loaf: Turn oven off and leave the loaf in the oven for 15 minutes.

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 FREE

Sourdough

CINNAMON SCROLL
RECIPE



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BULK FOODS

GLUTEN FREE SOURDOUGH CINNAMON SCROLLS

(V, GF, FODMAP FRIENDLY)

Serving: 8 - 10 buns

INGREDIENTS

250g room-temperature water
325g plant based or dairy full cream milk
250g gluten free sourdough starter (1 flour: 1 water), active
500g Gluten Free Easy Bake Bread Mix
1 ½ tbs apple cider vinegar
50g raw sugar or coconut sugar
Rice flour for dusting

Cinnamon, Brown Sugar & Butter Mixture

125g butter (vegan or dairy)
125g soft brown sugar or coconut sugar
1 tbs cinnamon powder

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.

Chill dough in a covered container in fridge for 4 hours or overnight.

Dust a silicone mat or baking paper with rice flour and place the chilled dough on the mat/baking paper.

Cover the dough with another piece of baking paper and use a rolling pin to roll the dough into a rectangle of 1 cm thickness. Mist the dough with water.

Combine ingredients for the Cinnamon Filling together to create a paste. Spread Cinnamon Filling mixture evenly across the dough.

Using the silicone mat or baking paper as a guide, roll the dough tightly into a 'Swiss roll'.

Wrap the dough with baking paper and carefully transfer it to the freezer for half an hour to firm up.

Using a serrated knife, slice the roll into 2.5cm thick scrolls.

Arrange scrolls, touching each other, on lined baking trays. Generously mist with water and leave to rise for 30 minutes.

Bake in a preheated, fan-forced 210°C oven for 15 minutes.

Reduce heat to 165°C and bake for a further 25 - 30 minutes until golden brown on the top.

Brush tops of buns with melted butter or drizzle runny vanilla icing over the top. Enjoy fresh from the oven.

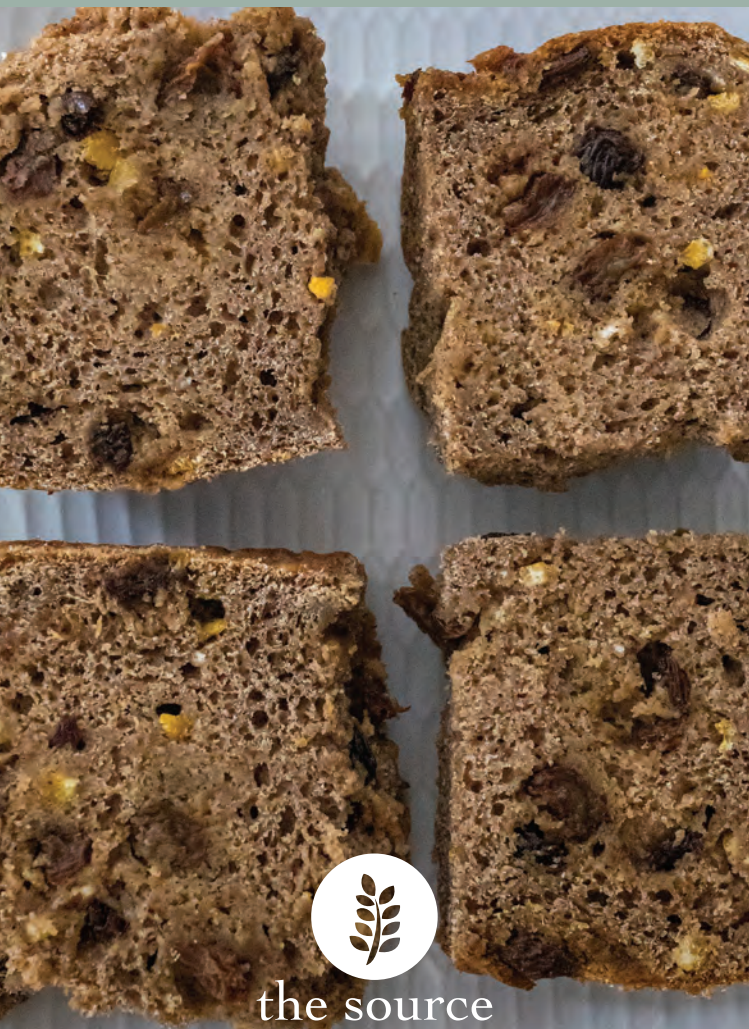
Scrolls that haven't been iced freeze and thaw well. Once thawed, brush with water and reheat for 10 - 15 minutes in 180°C preheated oven for optimum flavour.

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NEW! GLUTEN FREE
Sourdough

**FRUIT BUNS
RECIPE**



the source
BULK FOODS

GLUTEN FREE SOURDOUGH 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 Gluten Free Easy Bake 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.

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NEW! GLUTEN FREE
Sourdough

HOT CROSS BUNS
RECIPE



the source
BULK FOODS

GLUTEN FREE SOURDOUGH HOT CROSS BUNS

(V, GF, FODMAP FRIENDLY)

Serving: 12 - 15 buns

INGREDIENTS

600g room-temperature water
300g gluten free sourdough starter (1 flour:1 water), active
500g Gluten Free Easy Bake Bread Mix
1 ½ tbs mixed spice
80 - 100g raw sugar, rapadura or coconut sugar
50g butter (vegan or dairy)
2 tsp grated lemon or orange zest, or 2 drops lemon essential oil
food grade
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 snugly close to each other on a baking tray.

Brush the top of buns generously with water. Pipe the 'flour paste mixture' (recipe below). Allow to rise for no longer than 20 - 25 minutes.

Do not over-rise.

Bake in a preheated fan-forced 210°C oven for 15 minutes.

Reduce heat to 160°C and bake for a further 30 - 35 minutes. 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.

Flour Paste Mixture (to be piped on buns):

¼ cup tapioca starch
2 tbs white rice flour
2-3 tbs warm water.

Start by mixing 1 tbs water and add gradually till it forms a smooth paste. Transfer to a small piping bag.

NEW!

GLUTEN FREE

Sourdough

LAVOSH CRACKERS
RECIPE



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BULK FOODS

GLUTEN FREE SOURDOUGH LAVOSH CRACKERS

(V, GF, FODMAP FRIENDLY)

INGREDIENTS

SMALL SERVE

250g warm water
330g Gluten Free Easy Bake
Bread Mix
50g extra virgin olive oil
50g gluten free sourdough
starter (1 flour: 1 water), active
120g seeds of choice
Rice flour for dusting
Salt flakes

FAMILY SERVE

380g warm water
500g Gluten Free Easy Bake
Bread Mix
75g extra virgin olive oil
80g gluten free sourdough
starter (1 flour: 1 water), active
180g seeds of choice
Rice flour for dusting
Salt flakes

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 dough stand to rise for 15 minutes.

Divide the dough into 200 - 250g portions and shape into balls. Dust generously with rice flour.

Using a rolling pin, roll one dough ball to a thickness of 1 - 2mm, in between two sheets of baking paper.

Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.

Sprinkle rolled dough with sea salt flakes and lightly press with rolling pin. Score the rolled dough to shape of choice.

Preheat oven to 160°C, fan forced.

Bake crackers for 30 - 35 minutes or longer until they are golden brown and crisp when cooled. Baking time will vary depending on the thickness of the crackers.

If they are not crisp enough after cooling, re-bake for an extra 10 - 15 minutes, taking extra care not to burn.

Crackers will keep in an airtight container for one month.

NEW! GLUTEN FREE
Sourdough

PIZZA
RECIPE



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GLUTEN FREE SOURDOUGH PIZZA

(V, GF, FODMAP FRIENDLY)

Serving: 4 - 6 piece pizza

INGREDIENTS

SMALL SERVE

330g warm water
150g gluten free sourdough starter (1 flour:1 water), active
330g Gluten Free Easy Bake Bread Mix
2 tbs extra virgin olive oil
1 tsp raw sugar or rice malt (optional)
Rice flour for dusting

FAMILY SERVE

500g warm water
200g gluten free sourdough starter (1 flour:1 water), active
500g Gluten Free Easy Bake Bread Mix
3 tbs extra virgin olive oil
1 ½ tsp raw sugar or rice malt (optional)
Rice flour for dusting

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 dough stand to rise for 15 minutes.

Shape the dough into a ball and let rise in a covered bowl or container for a further 2 - 3 hours or alternatively, keep the dough in the fridge for up to 12 hours (bring to room temperature 1 hour prior to use).

Preheat oven to 225°C - 250°C on pizza setting or fan-forced.

Divide the dough into 150g - 200g portions and shape into balls. Dust generously with rice flour.

Using a rolling pin, roll one dough ball to a thickness of 2mm - 3mm in between two sheets of baking paper.

Peel the top sheet of baking paper.

Add desired topping, do not add too many wet ingredients as this will make for a soggy pizza.

Bake in preheated oven for 20 - 30 minutes or until golden brown.

Pizza Bianca: Mist or drizzle your rolled pizza dough with extra virgin olive oil, scatter some chopped rosemary and sea salt flakes.

Cooked pizza can be frozen and reheated without thawing. Baking time will be 5 - 10 minutes longer than fresh pizza dough.

NEW! GLUTEN FREE

Sourdough

SUPER SEEDY BREAD
RECIPE



the source
BULK FOODS

GLUTEN FREE SOURDOUGH 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 Gluten Free Easy Bake
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 Gluten Free Easy Bake
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 (minimum 10 minutes), scrape down the sides regularly.

Let the mixture stand to rise for 20 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 180°C and bake for a further 20 - 25 minutes for buns; 45 - 50 minutes for a small loaf; and 60 - 65 minutes for a regular loaf. Inner temperature should reach 100°C.

For loaf: Turn oven off and leave the loaf in the oven for 15 minutes.

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.

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NEW!

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WRAPS OR TORTILLAS
RECIPE



the source
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GLUTEN FREE SOURDOUGH WRAPS OR TORTILLAS

(V, GF, FODMAP FRIENDLY)

Serving: 6 - 10 wraps

INGREDIENTS

SMALL SERVE

330g warm water
150g gluten free sourdough starter (1 flour:1 water), active
330g Gluten Free Easy Bake Bread Mix
2 tbs extra virgin olive oil
1 tsp raw sugar or rice malt (optional)
Rice flour for dusting

FAMILY SERVE

500g warm water
200g gluten free sourdough starter (1 flour:1 water), active
500g Gluten Free Easy Bake Bread Mix
3 tbs extra virgin olive oil
1 tsp raw sugar or rice malt (optional)
Rice flour for dusting

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 dough stand to rise for 15 minutes.

Shape the dough into a ball and let rise in a covered bowl or container for a further 2 - 3 hours or alternatively, keep the dough in the fridge for up to 24 hours (bring to room temperature 1 hour prior to use).

Divide the dough into 100-150g portions and shape into balls. Dust generously with rice flour.

Using a rolling pin, roll one dough ball to a thickness of 2mm in between two sheets of baking paper.

Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.

Prepare a heavy skillet pan and heat on medium for a few minutes until it is hot but not smoky.

Cook the wrap evenly on both sides until blistered and golden brown. Do not overcook so that the wrap remains soft and flexible.

Transfer the warm wraps one by one straight into a thick tea towel and cover tightly. This will keep the wrap warm, soft and flexible.

Cooked wraps can be frozen and thawed, ready for use, making them very convenient to keep in the freezer.