

How to make your own Sourdough

Serving suggestion



Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

Get ready to start baking!

ORIGINAL SOURDOUGH

Prep time: 15 mins

Ready in: minimum 23 hours

A Sourdough Culture sachet can be used to make one loaf or two! We recommend optimizing your culture by making two loaves and storing half the dough in the refrigerator for up to a week.

Leave at room temperature for 1 - 2 hours before baking from the refrigerator.

You will need an ovenproof 4 L (1 US Gal) pot with lid made from ceramic, cast iron, or glass.

Ingredients	1 loaf	2 loaves
Sourdough Culture	1 sachet	1 sachet
Artisan salt	1 - 1 1/2 tsp	2 - 3 tsp
High grade white flour	3 cups (480 g)	6 cups (960 g)
Warm water (30°C/86°F)	1 1/2 cups (375 mL)	3 cups (750 mL)

Note: In our recipes 1 cup = 250 mL, please adjust according to your country's cup size.



WHOLEMEAL SOURDOUGH

Ingredients	1 loaf	2 loaves
Sourdough Culture	1 sachet	1 sachet
Artisan salt	1 - 1½ tsp	2 - 3 tsp
High grade white flour	2 cups (320 g)	4 cups (640 g)
Wholemeal flour	1 cup (160 g)	2 cups (320 g)
Warm water (30°C/86°F)	1½ cups (375 mL)	3 cups (750 mL)

FRUIT SOURDOUGH

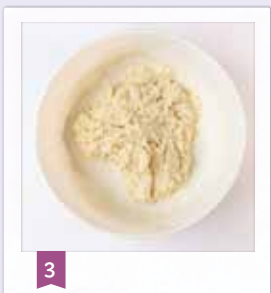
Ingredients	1 loaf	2 loaves
Sourdough Culture	1 sachet	1 sachet
Artisan salt	1 - 1½ tsp	2 - 3 tsp
High grade white flour	3 cups (480 g)	6 cups (960 g)
Warm water (30°C/86°F)	1½ cups (375 mL)	3 cups (750 mL)
Raisins	⅔ cup (107 g)	1⅓ cups (213 g)
Cinnamon	1 tsp	2 tsp
Mixed spice	1 tsp	2 tsp



Add all dry ingredients to the bowl. Mix well.



Create a 'well' in the middle and pour the warm water into it.



Mix to create a soft, sticky dough with your Mad Millie dough whisk.



Cover the bowl loosely with a damp clean muslin cloth. Let rise in a warm place (above 20°C / 60°F) for 20 - 24 hours.



Tip the dough onto a well-floured surface using your scraper to remove all the dough from the bowl. With wet hands fold the outside edges inwards.*



Make the dough into a ball and place it back into a floured bowl for a second rise of 2 hours in a warm place.



Preheat the oven and cooking pot with lid to 230°C (450°F) for about 30 minutes. Place the dough into the centre of the pre-heated pot.



Bake with the lid on for 25 minutes. Remove the lid and bake for a further 18 minutes or until golden brown.

*Refer over the page for wet dough tips.

DOUGH TIPS

Sourdough can seem like a surprisingly wet mixture after the first rise, don't worry this is normal!

Keep the flour handy to adjust the dough in step 5 as necessary. Add a handful of flour at a time and fold into the dough with the dough scraper.

Keep adding flour bit by bit until you can pick the dough up and shape it into a ball for step 6.



While the yeast works its magic, gas is produced. This makes the holes in your bread as well as giving the delicious sourdough tang. The longer the first rise, the more sour the flavour of your bread.



Serving suggestion

GLUTEN FREE SOURDOUGH

Prep time: 15 mins

Ready in: minimum 23 hours

A Sourdough Culture sachet can be used to make one loaf or two! We recommend doubling this recipe and making two loaves from one sachet. Store half the dough in the refrigerator for no longer than a day due to the dough containing fresh eggs.

Leave at room temperature for 1 - 2 hours before baking from the fridge.

Ingredients	1 loaf	2 loaves
Sourdough Culture	1 sachet	1 sachet
Artisan salt	1 - 1 1/2 tsp	2 - 3 tsp
Brown or white rice flour	1 cup (170 g)	2 cups (340 g)
Sorghum flour	3/4 cup (115 g)	1 1/2 cups (230 g)
Tapioca flour	1 1/2 cups (210 g)	3 cups (420 g)
Xanthan Gum	1 Tbsp	2 Tbsp
Warm water (30°C/86°F)	1 cup (250 mL)	2 cups (500 mL)
Large fresh, free-range eggs, lightly beaten	2	4
Rice bran or other neutral flavoured oil	3 Tbsp	6 Tbsp
Honey	1 Tbsp	2 Tbsp



Mix all dry ingredients in a bowl.



Create a 'well' in the middle and pour the water, eggs, oil and honey into it.



Mix to create a soft, sticky dough with your Mad Millie dough whisk. Form the dough into a ball and return to the bowl.



Cover the bowl loosely with a damp clean muslin cloth and let rise in a warm place (above 20°C / 60°F) for 20 - 24 hours.



Preheat the oven and cooking pot with lid to 230°C (450°F) for about 30 minutes. Place the dough into the centre of the pre-heated pot.



Bake with the lid on for 25 minutes. Remove the lid and bake for a further 18 minutes or until golden brown.

TIP: If you don't have a suitable pot,
try the **Pizza Stone and Steamed Oven Method** -
see www.madmillie.com for details.

Need more Sourdough Culture?
Visit www.madmillie.com

While you're there, check out our
free recipes, tips and advice.





LIKE THE LOOK OF THESE?

To make these delectable bruschetta morsels with your sourdough, head over to www.madmillie.com. You never know what you'll find in our Recipes section!

Mad Millie

AS FRESH AS CAN BE

Join our community and share your creations and learnings
by tagging **@madmilliekits** and **#madmilliemade**



madmilliekits

Mad Millie Kits and equipment are designed to make it
fast and simple for you to create beautiful, artisan food
in your own home. For more kits and consumables, along
with some helpful tips and how-to videos, visit

www.madmillie.com