

Mad Millie
AS FRESH AS CAN BE

15 MINUTE SOURDOUGH KIT

BEGINNERS

— . . . —
Approx time

15 MINUTES

(hands on time, ready in 24 hours).

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*Makes: Original Sourdough, Wholemeal Sourdough,
Fruit Loaf Sourdough and Gluten Free Sourdough.*

Mad Millie

Perfect for Beginners!

The ultimate kit for sourdough lovers, who want fresh bread every day but with little time!

With under 15 minutes hands on time a day, no kneading required, and no cultivating of culture necessary, there's no reason you can't have fresh gourmet bread every day!

The sourdough made, is beautifully fresh with a hard crispy crust and light airy centre. Gobble it up with some fresh, homemade butter, olive oil, or your favourite bread toppings.

www.madmillie.com



Watch our YouTube videos if possible before starting.
They say a picture is worth a thousand words!



15 Minute Sourdough Kit



Sourdough is a delicious, wholesome bread which contains no added sugar. It is known for its beautiful "sour tang" and golden crunchy crust.

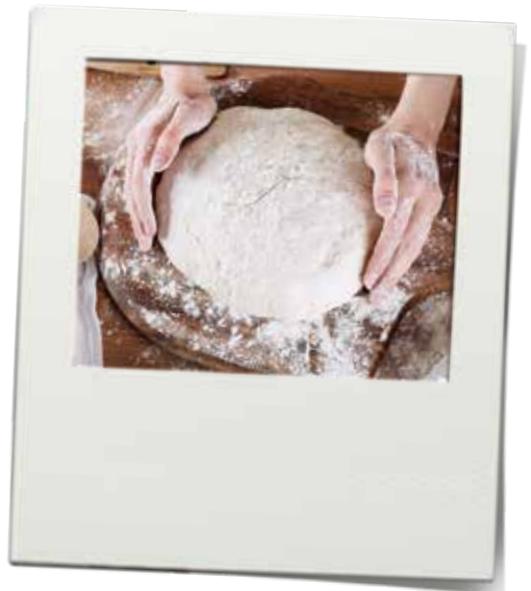
The following recipes are made using only 15 minutes hands on time. They use the Mad Millie Instant Sourdough Starter Culture which ferments the dough and adds a beautiful sour flavour when left to rise overnight. This culture requires no cultivating or feeding, so getting a batch of sourdough is very quick and easy. There is also no need to knead!

YOUR KIT CONTAINS

- Instant Sourdough Starter Culture
- Artisan Salt
- Muslin Cloth
- Dough Scraper
- Dough Whisk

YOU WILL ALSO NEED

- Ovenproof 4 L (1 US Gal) pot with lid made from ceramic, cast iron, or glass
- Mixing bowl
- Flour
- Baking paper



Sourdough Recipes

Makes approx: 700 g (1.58 lb)

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All sourdough recipes can be doubled to make two loaves, and will still work using just ONE culture sachet. We therefore recommend doubling the recipe, and storing half of the dough in the fridge after the first long rise to use later. (For Gluten Free Sourdough, the recipe can be doubled but only kept in fridge for one day due to using fresh egg.) Leave at room temperature for 1-2 hours before baking from fridge. This will reduce your hands on time even further, and means you will always have some dough on hand to whip up freshly baked bread!

See our website for more recipes.

Original Sourdough



INGREDIENTS

- 1 sachet of Instant Sourdough Starter Culture
- 1- 1.5 tsp salt depending on taste
- 3 cups (384 g) of high grade, white flour plus extra for dusting
- 1.5 cups (375 ml) of warm water, approx 30°C (86°F)

Wholemeal Sourdough



INGREDIENTS

- 1 sachet of Instant Sourdough Starter Culture
- 1- 1.5 tsp salt depending on taste
- 2 cups (256 g) of high grade white flour, plus extra for dusting
- 1 cup (128 g) wholemeal flour
- 1.5 cups (375 ml) of warm water, approx 30°C (86°F)

Fruit Loaf Sourdough



INGREDIENTS

- 1 sachet of Instant Sourdough Starter Culture
- 1- 1.5 tsp salt depending on taste
- 3 cups (384 g) of high grade, white flour, plus extra for dusting
- 1.5 cups (375 ml) of warm water, approx 30°C (86°F)
- 2/3 cups (96 g) raisins
- 1 tsp cinnamon
- 1 tsp mixed spice

Gluten Free Sourdough



INGREDIENTS

- 1 sachet of Instant Sourdough Starter Culture
- 1-1.5 tsp salt
- 1 cup (128 g) brown or white rice flour, plus extra for dusting
- 3/4 cup (96 g) sorghum flour
- 1.5 cups (134 g) tapioca flour
- 1 Tbsp xanthan (available in all good health stores)
- 1 cup (250 ml) warm water, approx 30°C (86°F)
- 2 large fresh free range eggs, lightly beaten
- 3 Tbsp rice bran or other neutral flavoured oil
- 1 Tbsp honey

EQUIPMENT

- Dough whisk
- Dough scraper
- Muslin cloth
- Mixing and rising bowls
- 3-5 L (3-5 US qt) pot with lid (preferably ceramic or cast iron, although glass will also work)
- Baking paper
- Muslin cloth
- Clean tea towel or cling film

METHOD

STEP 1: MIX

- Use the dough whisk to mix all dry ingredients together in a bowl (flour, salt and instant sourdough starter culture (nuts, raisins and spice etc if making Fruit Loaf) (xanthan if making Gluten Free Sourdough)).
- Create a "well" in the middle and pour the warm water (approx 30°C / 86°F) into it. If making Gluten Free Sourdough, add the eggs, honey and oil at the same time.
- Mix thoroughly until all of the water and dry ingredients have mixed together to create a soft, sticky dough. If making Gluten Free Sourdough form into a ball and return to the mixing bowl, all other sourdoughs, should be simply left in the bowl as mixed (they do not need to be formed into a ball).

STEP 2: RISE

- Cover the bowl loosely with cling film (or damp muslin cloth/damp tea towel) and let the dough rise in a warm place (above 20°C / 60°F) for 20 - 48 hours (20-24 hours for Gluten Free Sourdough). Allowing to rise for the full 48 hours will result in a more sour/tangy flavour. (NOTE: When making Gluten Free Sourdough, you should not do a 48 hour rise, as it contains egg. Following the rise please move straight to Step 4: Bake.)
- After rising, the dough should be doubled in volume, sticky and bubbly.

NOTE: If the dough does not double in size, or rises then falls, add a handful of flour to help the culture continue to grow.

STEP 3: FOLD & SHAPE

NOTE: This step is not needed for Gluten Free Sourdough.

- Tip the dough onto a well-floured surface. Use the dough scraper to get all of the dough out of the bowl.
- Fold the outside edges inwards and make into a ball shape. NOTE: Wet your hands (or cover them in flour) to prevent the dough from sticking to your hands.
- Place dough onto a piece of well-floured baking paper to prevent sticking, then place the dough and baking paper on the muslin cloth or a clean tea towel, before lifting and placing dough into a suitable sized bowl (this will help keep its shape) for it to rise further. Use the ends of the muslin cloth or tea towel to cover the ball of dough while it rises. Allow to sit for a further 2 hours in a warm place for it to rise.

STEP 4: BAKE

- Preheat the oven and cooking pot with lid to 230°C (450°F).
- After rising in Step 3, the gluten dough should have nearly doubled in size again (gluten free dough does not need the second rise). Remove the lid from the hot, preheated cooking pot and sprinkle flour onto the bottom to prevent sticking. Take the dough out of the rising bowl, and transfer the dough into the centre of preheated pot. If the cooking pot is glass, or non glazed, make sure you transfer the baking paper with the dough.
- Bake with the lid on for 25 minutes, then remove the lid and bake for a further 18 minutes, until golden brown.
- Remove from pot and leave to cool for 1 hour on a wire rack before cutting.

Pizza Stone & Steamed Oven Method

If you do not have a suitable pot, it is also possible to use a pizza stone and steamed oven method. Preheat the pizza stone in the oven at 230°C (450°F) and place an oven tray in the oven below the pizza stone where it will not interfere with the bread. When ready for baking, the ball of dough can be placed directly on the stone. This can be done by dusting the top of the dough ball with flour and tipping the dough ball with the flour side facing downwards, onto the pizza stone before removing the baking paper from the top. Pour a cup of hot water into the baking tray and close the oven immediately. Bake for about 40 minutes (the bread is ready if it sounds hollow when you tap the top).



Further tips and tricks

- Refrigerated dough can be stored for up to a week in the refrigerator in a large sealed container (allow for some extra dough expansion!).
- Try and experiment with nuts, seeds, and other dried fruit. So long as you keep the ratio of flour to water consistent, variations of ingredients are very well tolerated using this method.
- Freshly baked bread can be frozen to be used at a later date. It is best to pre slice the bread, then wrap firmly in plastic wrap or zip lock bags. Use the frozen bread within 3 months for best results.
- If bread is a few days old, you may like to "refresh" it, by warming the loaf up in a 180°C (350°F) oven for 5-10 minutes.
- Each oven is different and if you are not getting the desired result you might measure the actual temperature of your oven as this can vary considerably from oven to oven.





Our kits makes it easy! But if you do get stuck, check out our YouTube videos or contact our friendly customer support team.



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

DESIGNED IN NEW ZEALAND