

MULTI-USE SOURDOUGH MIX RECIPES

“Who knew making Grain-Free Bread could be so easy!”

IMPORTANT NOTES & TIPS:

- It's best to use a kitchen scale whenever possible. If you don't yet own a scale, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, always gently press down on the mix in the measuring cup and add more to fill the cup, as necessary. When measured this way, each cup of Baking Mix should weigh approximately 125g.
- The liquid egg whites in the carton are easy to use when the recipe calls for several egg whites.
- Glass pans take longer to come to temperature than metal pans, so you may want to adjust the baking time.
- Convection ovens bake approx. 25 degrees hotter than ovens without a circulating fan.
- Test your oven with an oven thermometer to see if your oven is baking to temperature.
- Ovens and pans vary, so baking times may need to be adjusted, however it is always best to bake the breads long enough and cover them towards the end, if they are looking dark.
- For a softer crust, store in a plastic bag, and for a crispier crust store in a paper bag.
- Re-crisp the crust in a 400° oven for about 10 minutes.
- Breads will keep 7-10 days refrigerated or, frozen up to a year.

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Sourdough Bread (Just-Add-Water)

Makes 1 large loaf or 2 smaller loaves



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TIPS:

1. Ovens vary, so bake times may need to be adjusted, however it is always best to bake the breads long enough and cover them towards the end, if they are looking dark.
2. For a softer crust, store in a plastic bag, and for a crispier crust store in a paper bag.
3. Re-crisp the crust in a 400° oven for about 10 minutes.
4. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

2 1/4 C **MULTI-USE SOURDOUGH MIX** (281g)

2 1/4 C Room Temperature Water

*We think the sour flavor is perfect, but if you prefer a very sour flavor add 1-2 T of apple cider vinegar.

DIRECTIONS:

Pre-heat your oven to 375°F. Spray or line a sheet pan.

1. Measure and add the dry mix to a large bowl.
2. Make a crater in the middle of the dry mix and add the water.
3. Hold the bowl with one hand and use the fingers of your other hand to 'whisk' and combine the wet with the dry.
3. Cover and let the dough rest 15 minutes, then use your hands to knead and squeeze the dough about 60 seconds (or about 60 squeezes). The dough will tighten up as you knead it.
4. Use damp hands to shape and smooth the loaf.
5. For an authentic looking loaf, dust the top with some tapioca starch, then lightly score an X on the top with a knife.
6. One Rustic Loaf will bake about 78-82 minutes.

Sourdough Breakfast Pastries



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Ovens vary, so bake times may need to be adjusted.

INGREDIENTS:

1 1/3 C **MULTI-USE SOURDOUGH MIX** (167g)
1 1/2 C Milk (360g)
4 T Honey (60g) divided
1/2 C Softened Cream Cheese
1/3 C Jam, Preserves or Fruit

DIRECTIONS:

Pre-heat your oven to 375°F and line a sheet pan with parchment paper.

1. In a medium-size bowl, whisk together the milk and 2 tablespoons honey.
2. Whisk in the Sourdough Mix, cover and let the batter rest 15 minutes.
3. Squeeze and knead the batter with your hands for a minute. It will tighten up into a soft dough as you knead it.
3. Divide the dough into 6 sections and using damp hands, roll into balls and place on the prepared baking sheet.
4. Use the palm of your hand to press each ball flat, about 1/2 inch thick. Use a spoon or your thumb to make a large divot or crater on top.
5. Combine the other 2 tablespoons honey with the soft cream cheese and spread each crater with the mixture. Then top with the jam.
6. Bake 24-28 minutes, or until golden brown on the edges.
7. Once cool, sprinkle with powdered sweetener or drizzle with a frosting glaze, if desired.

Sourdough Dinner Rolls



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BREAD TIPS:

1. Ovens vary, so bake times may need to be adjusted, however it is always best to bake the breads long enough and cover them towards the end, if they are looking dark.
2. For a softer crust, store in a plastic bag, and for a crispier crust store in a paper bag.
3. Re-crisp the crust in a 400° oven for about 10 minutes.

4. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

1 1/4 C **MULTI-USE SOURDOUGH MIX** (156g)

1 1/2 C Room Temperature Water

Add 1 T Caraway Seed or Rosemary-optional (or other herb, if desired.)

DIRECTIONS:

Pre-heat your oven to 375°F. Spray or line a sheet pan.

1. Measure and add the dry mix and herbs to a large bowl.
2. Make a crater in the middle of the dry mix and add the water.
3. Hold the bowl with one hand and use the fingers of your other hand to 'whisk' and combine the wet with the dry.
3. Cover the bowl and let the dough rest for about 15 minutes, then use your hands to knead and squeeze the dough about 60 seconds (or about 60 squeezes). The dough will tighten up as you knead it.
4. Use damp hands to divide the dough into 6-8 sections and roll into balls.
5. Place on a lined sheet pan and bake about 32-36 minutes.

Sourdough Flat Bread



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BREAD TIPS:

1. Ovens vary, so bake times may need to be adjusted, however it is always best to bake the breads long enough and cover them towards the end, if they are looking dark.
2. For a softer crust, store in a plastic bag, and for a crispier crust store in a paper bag.
3. Re-crisp the crust in a 400° oven for about 10 minutes.

4. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

- 1 C plus 2 T **MULTI-USE SOURDOUGH MIX** (140g)
- 1 C plus 2 T Room Temperature Water
- 1 Egg (50g)
- 1 T Olive Oil or Butter (15g)

DIRECTIONS:

Pre-heat your oven to 375°F. Spray or line a sheet pan.

1. In a large bowl, combine the wet ingredients.
2. Measure and add the Sourdough Mix to the bowl of liquids.
3. Hold the bowl with one hand and use the fingers of your other hand to 'whisk' and combine the wet with the dry.
3. Keep mixing until it begins to form a batter, then cover and let the dough rest 15 minutes.
4. Use your hands to knead and squeeze the dough 1-2 minutes. The dough will tighten up as you knead it.
5. Use damp hands to divide the dough into 4-6 sections.
6. Roll into balls, then press between two sheets of parchment paper (a rolling pin works good here) to about 1/8-1/4-inch thickness.
7. Grill on a non-stick or slightly oiled pan, about 3 minutes per side.