

wild sourdough®

for the Thermomix ~ book one



My hope is that, apart from making the most delicious and nourishing bread and pastries, the art of sourdough will delight your soul, bring you joy and provide you with a most enjoyable solace.

Yoke Mardewi

To my ebook readers,

This ebook is an invitation to join the sourdough revolution and learn the art of making sourdough in your Thermomix to delight and nourish you, body and soul.

My passion for both sourdough and Thermomix has led to my discovery of new techniques and recipes including recipes for wheat-free sourdough using kamut and spelt, ciabatta, boiled bagels, soft rolls, multi-grain, Christmas cake, panettone, and many more.

This ebook contains thirty recipes from basic sourdough loaves to delicious celebratory cakes and pastries, as well as tips on equipment, ingredients, step-by-step sourdough process. You will also learn how to create your very own sourdough starter.

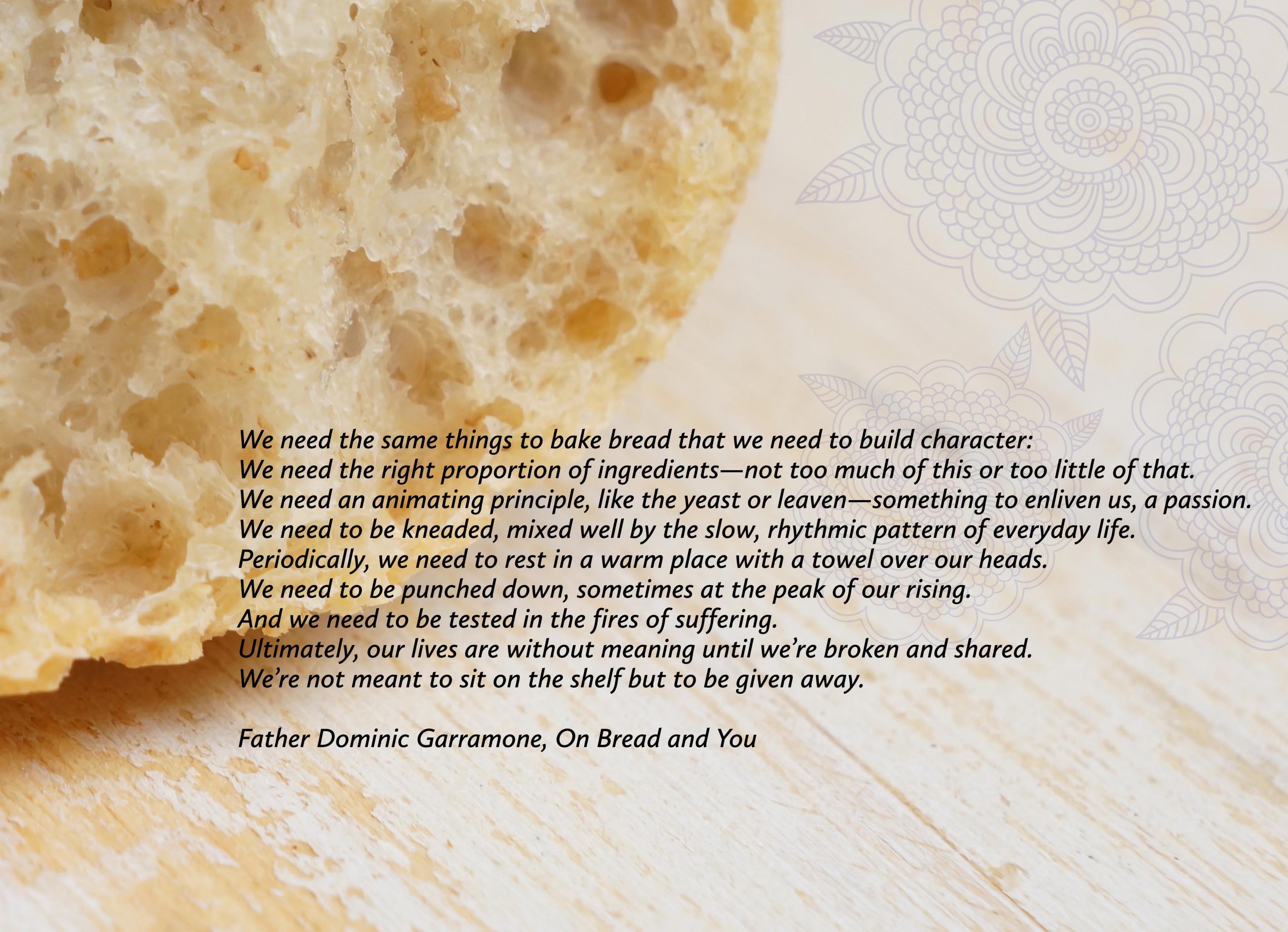
This ebook is filled with beautiful photographs to delight and guide you to success, every time. Each recipe has a simple step-by-step guide to making perfect sourdough to suit your taste and lifestyle.

All you need to do is start. My help is never far away!

with love,

Yoke Mardewi





*We need the same things to bake bread that we need to build character:
We need the right proportion of ingredients—not too much of this or too little of that.
We need an animating principle, like the yeast or leaven—something to enliven us, a passion.
We need to be kneaded, mixed well by the slow, rhythmic pattern of everyday life.
Periodically, we need to rest in a warm place with a towel over our heads.
We need to be punched down, sometimes at the peak of our rising.
And we need to be tested in the fires of suffering.
Ultimately, our lives are without meaning until we're broken and shared.
We're not meant to sit on the shelf but to be given away.*

Father Dominic Garramone, On Bread and You



*To my daughter, Dechen
the love of my life*





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Introduction

Love doesn't just sit there, like a stone; it has to be made, like bread, remade all the time, made new.

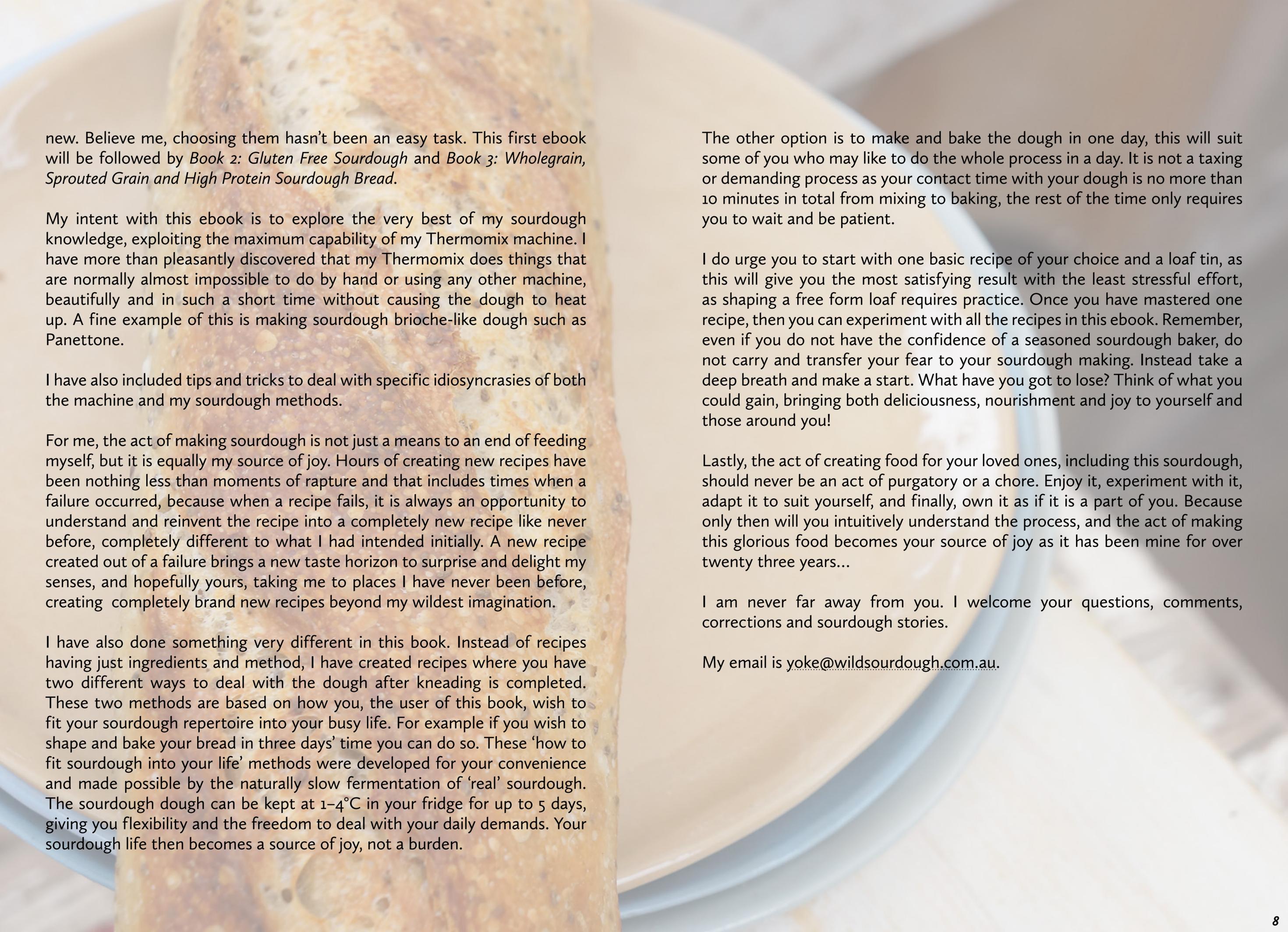
Ursula K. Le Guin

I love this quote—like love, to make sourdough bread you constantly have to re-make or feed your 'old' starter with fresh flour and water. Every time I feed my starter I am reminded that we must not be complacent, instead we must continue to evolve; even just the act of trying something new, like walking a different way from home to work, or perhaps having a different breakfast everyday... We must continue to strive to be better not just for ourselves but also for this community and world we live in.

This ebook is about a big new journey of making, teaching and writing about sourdough. Sourdough has been a passion of mine for over twenty three years, I have travelled a long way from teaching how to make sourdough by hand to where I am today, having written two successful sourdough books, *Wild Sourdough* (2008) followed by *Sourdough* (2010) which are still in circulation, to making and teaching sourdough with my Thermomix and creating this sourdough Thermomix ebook and soon to be followed by an app.

My three years with Thermomix has been nothing short of amazing. I love my Thermie more and more everyday. The honeymoon period has definitely passed but instead a solid love and firm base have grown out of the time I spend and use my Thermomix. My Thermomix becomes my second right hand instead of just another tool in the kitchen. Using my Thermomix now becomes a habit, something that I do intuitively, without the thinking process. It now becomes an easy joy.

I never ever thought I would publish a book, let alone three, but here it is, my third book. This book is collection of my favourite recipes, some old and some



new. Believe me, choosing them hasn't been an easy task. This first ebook will be followed by *Book 2: Gluten Free Sourdough* and *Book 3: Wholegrain, Sprouted Grain and High Protein Sourdough Bread*.

My intent with this ebook is to explore the very best of my sourdough knowledge, exploiting the maximum capability of my Thermomix machine. I have more than pleasantly discovered that my Thermomix does things that are normally almost impossible to do by hand or using any other machine, beautifully and in such a short time without causing the dough to heat up. A fine example of this is making sourdough brioche-like dough such as Panettone.

I have also included tips and tricks to deal with specific idiosyncrasies of both the machine and my sourdough methods.

For me, the act of making sourdough is not just a means to an end of feeding myself, but it is equally my source of joy. Hours of creating new recipes have been nothing less than moments of rapture and that includes times when a failure occurred, because when a recipe fails, it is always an opportunity to understand and reinvent the recipe into a completely new recipe like never before, completely different to what I had intended initially. A new recipe created out of a failure brings a new taste horizon to surprise and delight my senses, and hopefully yours, taking me to places I have never been before, creating completely brand new recipes beyond my wildest imagination.

I have also done something very different in this book. Instead of recipes having just ingredients and method, I have created recipes where you have two different ways to deal with the dough after kneading is completed. These two methods are based on how you, the user of this book, wish to fit your sourdough repertoire into your busy life. For example if you wish to shape and bake your bread in three days' time you can do so. These 'how to fit sourdough into your life' methods were developed for your convenience and made possible by the naturally slow fermentation of 'real' sourdough. The sourdough dough can be kept at 1–4°C in your fridge for up to 5 days, giving you flexibility and the freedom to deal with your daily demands. Your sourdough life then becomes a source of joy, not a burden.

The other option is to make and bake the dough in one day, this will suit some of you who may like to do the whole process in a day. It is not a taxing or demanding process as your contact time with your dough is no more than 10 minutes in total from mixing to baking, the rest of the time only requires you to wait and be patient.

I do urge you to start with one basic recipe of your choice and a loaf tin, as this will give you the most satisfying result with the least stressful effort, as shaping a free form loaf requires practice. Once you have mastered one recipe, then you can experiment with all the recipes in this ebook. Remember, even if you do not have the confidence of a seasoned sourdough baker, do not carry and transfer your fear to your sourdough making. Instead take a deep breath and make a start. What have you got to lose? Think of what you could gain, bringing both deliciousness, nourishment and joy to yourself and those around you!

Lastly, the act of creating food for your loved ones, including this sourdough, should never be an act of purgatory or a chore. Enjoy it, experiment with it, adapt it to suit yourself, and finally, own it as if it is a part of you. Because only then will you intuitively understand the process, and the act of making this glorious food becomes your source of joy as it has been mine for over twenty three years...

I am never far away from you. I welcome your questions, comments, corrections and sourdough stories.

My email is yoke@wildsourdough.com.au.



Getting Started

Ingredients

Gluten Flours



The ingredient list for sourdough is very short, because the only ingredients you need for making delicious and nourishing sourdough bread are flour, water, and salt. No oil or sugar or honey is required, unless you are making special enriched or flavoured breads.

History of wheat and coeliac disease

Here is a condensed history of wheat, which also examines the emergence of coeliac disease.

My hope is that this will shed a little light on the different types of wheat (*Triticum* species) and its early ancestors. Early wheat came from the family of early grasses and belongs to the species *Triticum*. These early wheat species are classified as diploid, because they have two sets of chromosomes in their DNA. Einkorn is an ancient diploid wheat, known to man as far back as 16,000 BC, and it is still grown in some isolated areas of France, India, Italy, Turkey, and Yugoslavia. Einkorn was superseded by Emmer during the Bronze Age (10,000–4,000 BC). This early diploid grass mixed with another diploid wild grass to produce Emmer. Emmer, therefore, contains four sets of chromosomes, and is classified by geneticists as Tetraploid.

From Emmer emerged two different groups of hexaploid (six chromosomes) wheat, with the addition of two more sets of wild grass chromosomes. These are spelt (*T. spelta*), and modern wheat (*T. aestivum*).

Modern wheat became the preferred species for modern farming because the grain kernels thresh free of the hulls. Modern wheat was further hybridised to create higher gluten and protein, higher yields, more adaptability to harsher growing conditions and greater pest resistance.

Ancient wheats—Einkorn, Emmer, and Spelt—require more of an effort to remove their hulls. Thanks to this unique characteristic, early wheat is unattractive to modern farming. Recent findings from genome mapping seem to indicate that the culprit gene responsible for initiating toxic or allergic reactions in people with coeliac gene inheritance belongs to the last two sets of chromosomes added, which the hexaploid wheat acquired from its wild grass parent. It is now believed that both diploid (Einkorn), and tetraploid (Emmer, Kamut and some durum wheat) are free of this

mischievous gene. I do believe fast modern bread production is also responsible for the rise of coeliac disease. Our ancestors, who were eating and making slow-risen sourdough bread, were practically free from the disease. This is due to the lactobacilli's pre-digestion of gluten in proper slow sourdough fermentation. Just a decade ago, coeliac disease was a rare phenomenon, occurring in one in every 2,500 people. This rate increased dramatically in the 1990s, when one in 130 people suffered from coeliac disease in the United States with almost as many sufferers elsewhere. It must be said that caution and medical supervision is advised when dealing with such a controversial and not well understood disease such as coeliac.

ABOUT GLUTEN

Gluten is the storage protein in wheat or other varieties such as spelt, kamut, einkorn, and so on. Gluten is used as an umbrella term, although technically not correct, to include the storage proteins in barley, rye, and oats also. Gluten consist of prolamines and glutelin. Prolamine is any class of simple amino acid strings high in proline and glutamine. The prolamine in wheat is gliadin and the glutelin in wheat is glutenin. The prolamines in barley are hordein, secalin for rye, and avenin for oats. Gliadin is thought to be the culprit protein that causes people to have an allergic reaction. Wheat contains the largest amount of gliadin, followed by spelt and oats contain the least. It is widely believed that some coeliacs can tolerate wheat-free (uncontaminated) oats.

The naturally occurring gluten (gliadin and glutenin) in the wheat family, when mixed with water, creates long strands of gluten, which cause a bread to rise. Without this gluten, bread dough cannot rise. Gluten-free bread needs one or a variety of substances to replace the gluten. The most popular gluten replacer is xanthan gum (see my comment about xanthan gum later in the gluten-free flour section).

Flour

Flour, being the major ingredient of your bread, is so vital to the taste. Use the best quality, freshest, unbleached flour you can afford, preferably locally grown organic or biodynamic. The bleaching process in flour, apart from its toxicity, oxidises beta-carotenoids, which destroys them, causing the bread you make with it to be tasteless. I always endeavour to find biodynamic or organic flours that are grown locally. It is not necessarily true that organic flours always taste better and produce better bread than nonorganic counterparts, but for me it is important to look after our precious Earth. Locally grown ingredients often mean fresher produce—

highly important for wholemeal/wholegrain flours, which can go rancid very fast if not stored properly in a refrigerated or cool room.

The type of flour you use depends on what type of bread you would like to eat. There is no such thing as the best flour, because everyone's taste and bread making style are so different. With practice and experimentation you will develop the intuition to 'design' your very own favourite bread. My own preference for everyday bread is a 50/50 wheat and spelt sourdough bread, one being a wholemeal flour, or a 70 per cent unbleached white premium baker's flour and 30 per cent wholemeal spelt. Lighter breads need white flour with high gluten (wheat or spelt), heavier bread is produced by using lower gluten flours such as rye, barley, oats, and wholemeal/wholegrain which has microscopic tiny spikes in the bran that cut through the gluten strands, hence hindering their ability to rise

Grinding grains in the Thermomix

When you purchase wholemeal flour, especially when it is non-organic and not stone ground, what you are getting is a white flour with some bran thrown back in, missing out on the germ. I suspect the reason for commercial millers to do is to prolong the life of the flour because the germ causes the flour to go rancid, and they can sell the germ to the health food industry to make things such as wheat germ, wheat germ oil. The beauty of owning a Thermomix is that you can successfully mill your own flours in a matter of minutes. The only drawback for me is that the machine can get hot which destroys the precious nutrients, so the way around this is to freeze the grains (freezing will also stop weevils proliferating) and do small batches, say 100–150 grams maximum. Generally, 1–2 minutes at speed 9 is ample, depending on how fine you want your flour to be. You can then sift the flour, to make white flour if you wish. Doing small batches as needed means you have fresh flour, free from rancidity. Grinding your own flour for rye to feed your starter is a practical and excellent choice. Grinding gluten free grains such brown rice, buckwheat, quinoa, or amaranth will save you lots of money and means that your flour will be very fresh, as these flours can go rancid very quickly.

Gluten Free Flours



agar-agar powder



quinoa



chia seed



flaxseed meal



tapioca flour



potato flour



quinoa flour



brown rice flour



buckwheat flour

FLOUR CONTAINING GLUTEN

WHEAT FLOUR

Wheat flour is the most commonly used flour in bread making. Wheat flour used in bread making will need a gluten (protein) content of more than 10g per 100g, or 10 per cent of the total weight. Bread made with wheat has good volume and a beautiful sweet, nutty flavour. In Australia, the average gluten content of organic wheat is around 10–11 per cent. Wholemeal flours have more gluten and fibre than white flours.

SPELT FLOUR

Spelt, the ancient wheat, has been heralded lately as a better grain than wheat. There have been many wheat intolerant people who have been advised to try spelt as an alternative. It is a common misconception that the gluten in spelt is fine for people with gluten allergy. As far as I know, spelt has a higher protein/gluten content than wheat, being around 14 per cent, however spelt has a lower ratio of coeliac inducing gliadin than wheat which may make it more digestible or tolerable to some people who are sensitive to gluten. However, if you have been medically diagnosed with coeliac disease, I would approach spelt with great caution as it still contains some gliadin.

It is worth mentioning here that proper sourdough spelt bread may be suitable for people on a low FODMaP diet while wheat and rye are not suitable. According to this clinical research at Monash University in Melbourne, spelt does not cause many of the symptoms of irritable bowel syndrome (bloating, flatulence etc) that wheat does:

Spelt flour and its products are usually lower in FODMaPs (particularly fructans) than wheat flour, but spelt still contains moderate amounts of fructans . White wheat contains 1.2% fructan, wholewheat has 1.8% and white spelt has 0.6%. However, the sourdough process lowers the fructan content in spelt even further and that's why spelt sourdough bread is considered suitable on a low FODMaP diet.

NOTE on WHEAT versus SPELT in sourdough bread making

On Dough: Using the same hydration (amount of water to flour) and recipe, you will get a much wetter dough with spelt. If this worries you, you can reduce the amount of water by 5% or up the flour by 10%. Generally speaking, you can use wheat and spelt interchangeably however just be aware of their idiosyncrasies I have mentioned here.

On Kneading: Spelt kneads faster than wheat, so you must not over-knead spelt or your dough will lose its integrity ('spent' is the baker's term) by becoming very sticky and becoming tacky by losing its elasticity. Less is more...

On Rising: Spelt will generally rise faster than wheat. Free-formed spelt sourdough loaves tend to spread more and are therefore lower in height (flatter loaf) than the wheat counterpart. To correct this, reduce the water in your spelt sourdough making to make stiffer drier dough. Spelt does not tolerate over-rising very well, meaning once it is risen, you need to bake it as soon as possible or it will collapse before your eyes in no time.

On Baking: Spelt sourdough has a better 'oven spring' than wheat meaning that it will rise more in the oven. Spelt will produce a dark brown crust, while wheat will give you a golden brown crust. This can be very misleading, as the loaf will brown way faster than wheat. Do not under-bake spelt loaf because you think it is already cooked, get used to a darker loaf for spelt.

KAMUT, SEMOLINA, AND DURUM FLOURS

All these grains belong to the same family. However, these are the 'hard wheats', which are generically known as durum wheat. They are best suited for making pasta. They are to be used sparingly (no more than 25–30 per cent of total flour) in bread making as they tend to produce a hard and dense bread, with a thick crust. Kamut, also known in Australia as Egyptian Gold, has golden, coloured grains giving a beautiful golden colour in both the crumb and the crust. It adds nutty flavour and a crusty crust to bread. Semolina flour is made from durum wheat and has similar characteristics to kamut when added to bread. As mentioned at the beginning of this section, kamut is missing the allergenic gene that causes the coeliac reaction, so

kamut may be tolerated by some coeliacs. You can now buy locally grown White Kamut flour in Australia, and you can make 100 per cent white kamut loaf. The trick to working with kamut is to treat it like rye/spelt flour, with less kneading, 20 seconds is generally sufficient. Kamut dough can go from having some kind of elasticity to becoming a tacky mess in a matter of seconds in your machine.

RYE, OAT, AND BARLEY FLOURS – LOW GLUTEN GRAINS

These are low-gluten grains. Of the three grains, oat has the least gluten and rye has the most. Rye has an unfavourable quality in bread making: it contains a polysaccharide called pentosan, which forms a glue-like substance once it is mixed with water. Because we need water in bread making, bread made with a higher percentage of rye will be dense and heavy, with poor volume.

These low-gluten flours, therefore, are to be used sparingly in bread making: no more than 20 per cent of total flour, unless you specifically want a very dense bread (popular in Northern Europe). Rye and oats give silkiness to any dough, and barley gives the ultimate sweetness. Used sparingly and intelligently, they add complexities and unique flavours and textures to bread. Rye works really well with caraway seeds as flavouring. Rye-rich recipes are included for those of you who prefer to eat denser but flavoursome rye bread.

GLUTEN-FREE FLOUR

BROWN RICE FLOUR

Brown rice flour is made from ground kernels of rice from which only the hull has been removed. It is used in my gluten-free sourdough starter because it ferments really well, giving an almost neutral-smelling starter. It acts as a bulker, and the good news is that it is readily available at reasonable cost. Brown rice flour is available from bread shops, health food shops, supermarkets and Asian grocers, or you can grind your own from brown rice kernels.

I find it is better, fresher, and most economical to make organic brown rice flour in your Thermomix, see Grinding Grains in the Thermomix Brown rice starter tends to separate readily after mixing. To prevent this, I add ground chia seed or linseed (or linseed meal) to my brown rice starter. I find brown rice based sourdough gluten free bread will be more 'cakey' or heavier in its texture than any buckwheat-based sourdough bread. However, it has a milder flavour.

For a lighter gluten-free bread, you can use white rice flour. You may also like to try roasted white rice flour found in many Indian supermarkets. Roasted white rice flour makes the lightest and best tasting sourdough gluten free bread in my experience.

BUCKWHEAT FLOUR

Buckwheat flour comes from ground buckwheat seed. Buckwheat, despite its name, does not belong to the wheat family and neither is it a grass - Buckwheat is related to rhubarb. The kernel is a triangular-shaped seed with a black shell. It is hulled and ground to produce fine flour. Buckwheat flour is silky and has an earthy smell. Some people find buckwheat's smell strong and its taste bitter. However, if used in sourdough fermentation, these two problems are significantly reduced. I love both the taste and consistency of buckwheat—it gives my gluten-free wholegrain sourdough a lighter, spongier, 'bread-like' structure to its crumb.

As a starter, buckwheat ferments easily and produces a beautiful silky-smooth, spongy starter. Its texture is between a sponge cake batter and a melting ice-cream. To reduce the slight bitter taste, you can add a small amount of sweetener to any of the buckwheat recipes. In some recipes, I have also added neutral tasting and smelling sorghum flour into my buckwheat starter. The addition of sorghum substantially dilutes the strong taste and smell of buckwheat. You can also add some ground aromatic spices such as caraway, cinnamon, or fennel seeds into any buckwheat recipes. Buckwheat flour is available from bread shops, health food shops and Asian grocers.

CASSAVA FLOUR (TAPIOCA, MANIOC, YUCCA)

Cassava flour is the starch that is extracted from the root of the cassava plant, and ground into flour, which is used as a thickener. It can be used interchangeably with potato flour. Please make sure that your cassava flour does not contain any preservative. In Australia, cassava flour is often misleadingly sold as arrowroot flour or sago flour. I avoid this 'false' arrowroot/sago flour because it has a sulphur-based preservative. If you can find genuine arrowroot or sago flour, by all means, use it. I have seen genuine organic arrowroot flour in health food shops, but it is very expensive. Cassava flour is available from most Asian grocers.

CHICKPEA FLOUR (GRAM, GARBANZO, OR BESAN FLOUR)

Chickpea flour is made from ground chickpeas. It is used in many countries on the Indian subcontinent. It is commonly used in gluten-free bread making and cooking as a thickener, egg-replacer and protein enricher. I have not

used this in my gluten-free sourdough because I do not like the unpleasant 'bean smell' it gives to baked bread.

CORNFLOUR (CORNSTARCH)

I have included cornflour in this section because I want you to understand why I do not use this in any of my recipes! I have three reasons:

- It is one of the most genetically modified cereal grains in the world.
- It is often confused with 'cornflour made from wheat starch' (often called 'wheaten cornflour'), which is unsuitable for people with gluten intolerance.
- It has no nutritional value whatsoever.

While cornflour does create lightness to bread and cakes, potato flour and cassava flour are excellent substitutes, with no genetically modified genes and more nutrients than corn starch.

POTATO FLOUR AND POTATO STARCH FLOUR

It is important to make the distinction between potato flour and potato starch flour. Potato flour is made from ground whole potato. It retains both the potato flavour and the vitamins and minerals. Potato flour is available from health food shops, eastern European and Asian grocers. Potato starch flour or potato starch is prepared from cooked potatoes that are washed of all fibres until only the starch remains. Potato starch is devoid of any nutrients—it is just pure starch. However, if you cannot find potato flour at all, you can use potato starch. One of the large supermarket chains in Australia has a good supply of potato flour under its own brand in the health food section. You need potato flour or potato starch to create lightness in gluten free baked products especially bread.

QUINOA FLOUR

Quinoa flour is ground from quinoa seeds. Quinoa is not a cereal grain or a grass seed, and is related to spinach and amaranth. It has a mild, nutty flavour and is very high in protein. I prefer to grind my own quinoa flour (see Grinding grains in the Thermomix), because quinoa seeds have a coating of bitter-tasting saponin, a soap-like substance, which is toxic and unpalatable. It is very hard to know whether quinoa seeds or flour sold commercially have been processed to remove this coating. To make quinoa flour, you first need to rinse quinoa seeds thoroughly to remove this soapy

substance, running them a few times under running water. Soak your seeds for about 4–6 hours, then rinse the seeds again and dry them under a hot sun, in a dehydrator, or in a low oven. Once dried, you can grind the quinoa seeds into flour effortlessly in your Thermomix. It is fresher for you and considerably cheaper to grind your own quinoa flour.

FLAXSEED OR LINSEED MEAL (GROUND FLAX/LINSEED)

Flaxseed or linseed meal is made from whole flax or linseed—but for freshness, it is better to buy it refrigerated and grind your own. Use your Thermomix to grind your linseed, but freeze your linseed first and only do small amounts (50–100g maximum) at a time to prevent making an oily paste. Linseed meal goes rancid quickly, especially if it is not kept refrigerated. This seed contains very high levels of Omega 3. There are two types of linseed, brown, or golden yellow. I prefer the look and taste of Australian locally grown golden yellow linseed.

CHIA SEEDS

Chia seeds have gained popularity in Australia recently—so much so that Australia is now the largest grower of chia seeds in the world! Chia seeds are incredibly rich, having about 30 per cent of their weight in both Omega 3 and Omega 6 content, which make them very unique. I like to add chia gel to my smoothies and yoghurt drinks. Chia seeds are harvested from a species of flowering plant in the mint family, native to South America.

To make chia flour, you can easily grind chia seeds in your Thermomix (see Grinding grains in the Thermomix). To use chia seed or ground chia, you need to soak it in water for at least 4–6 hours to produce a chia gel, which is then used in making gluten-free sourdough breads. Chia gel adds body and behaves somewhat like a glue to replace gluten or egg white in gluten-free bread products. Be careful, as too much chia gel will make your gluten-free sourdough bread heavy, gluggy, and cake-like.

AGAR-AGAR POWDER

Agar-agar is a high protein, high fibre, nutrient dense and practically zero calorie gelling agent. It is made from sea-weed. I prefer to use agar-agar powder rather than flakes or bar, for practicality. It is a saving grace for gluten free bread where I use agar-agar, along with egg whites, to mimic gluten. It is not as effective as xanthan or guar gum as a gluten replacer but it is so much better for you. Agar-agar once mixed with water and heated or boiled can set soft or hard very easily at room temperature or in the fridge, depending on the amount of agar-agar you put in the water.

The beauty of agar-agar is that once it is set, it can be kept in the fridge or freezer for a week or more and reheated again in your Thermomix for use in your gluten free breads. Thermomix is perfect and practical for this, saving you from endless stirring and washing up. You can add a small amount of water if the mixture is too thick when reheating. Generally, I use about 1 tbs of agar-agar powder to 500ml/g of water, boil to dissolve at 90°C for 6–8 minutes at speed 2–3. It does not need to reach boiling point. To reheat, 90°C for 10–15 minutes at speed 3–4, depending on the quantity and the temperature of gelled agar-agar.

TIP Xanthan gum should be avoided. It is used extensively in almost all commercially produced gluten-free bread flours as a replacement for the missing gluten. It is produced through a process involving fermentation of glucose or sucrose from corn by the *Xanthomonas campestris* bacterium. As most corn products are contaminated with genetically modified corn, so is xanthan gum. Products containing xanthan gum are best avoided for consumption by children as it causes constipation by absorbing water out of the body. There are many ways to mimic gluten in gluten-free bread without resorting to xanthan gum. You will find out all about this in my gluten-free sourdough recipes.

Water

Always use filtered, non-chlorinated, non-fluoridated water, especially for your starter culture. Chlorinated water will kill your wild-yeast starter/culture. I have a water filter attached to my kitchen tap, which makes obtaining filtered water very simple. Rainwater also makes a beautiful alternative, just make sure that you do not have any algae or dead animals in your rainwater tank, as this will create mould in your starter. Do not use de-ionised ‘dead’ water, this is sold in supermarkets as distilled water. In my limited experience with rainwater, reduce the amount of water by 5–10 per cent if using rainwater in your sourdough bread making.

TIP It is very important to remember that wet dough makes moist bread, so do not go overboard by adding more flour during kneading. If your flour dough still feels wet after some kneading, never add more flour without a mandatory rest of 20–30 minutes to allow the flour to absorb the water, especially for wholemeal flours.

Salt

Salt enhances the flavour of the bread. Using sea-salt, lake salt, macrobiotic salt, fleur de sel or Celtic salt, ground or dissolved first, results in the best-tasting breads. Do not use salt with added 'free-flowing agent' (aluminium-based) and iodine. My preference is about 20 grams per kilo of flour (2 per cent). You may like to add less—say 10 grams per kilo of flour—it's up to your own taste.

It is important to add salt because:

- Salt controls your dough's fermentation, allowing you to have a long fermentation period.
- Salt increases the strength of the gluten by tightening the gluten structure. Salt-less dough will be slack and sticky and the bread volume will be poor.
- Salt enhances the colour of your crumb and increases its moistness.

A note on measurements

Liquid measures

¼ teaspoon = 1.25ml

½ teaspoon = 2.5ml

1 teaspoon = 5ml

1 tablespoon = 20ml (Australian)

NOTE

Imperial and NZ tablespoon is 15ml

Oven temperatures

100°C = 210°F = Gas Mark 1

120°C = 250°F = Gas Mark 1

150°C = 300°F = Gas Mark 2

160°C = 320°F = Gas Mark 2–3

180°C = 355°F = Gas Mark 4

190°C = 375°F = Gas Mark 5

200°C = 390°F = Gas Mark 6

220°C = 430°F = Gas Mark 7

230°C = 445°F = Gas Mark 8

250°C = 480°F = Gas Mark 9



About the Author

Following successful careers in fashion and finance, Yoke Mardewi took the plunge and decided to work at her first love and passion—the making and sharing of food, in particular, sourdough bread making.

Her first book *Wild Sourdough: the natural way to bake* was an introduction to sourdough bread making and quickly became a much loved practical textbook on sourdough bread making. Her second book, *Sourdough: from pastries to gluten-free wholegrain breads* extends the art to encompass many of the issues and ideas raised by her students and readers. These include soft sourdough, whole-rye, croissants and pastry, and gluten-free breads.

This long awaited *Wild Sourdough for the Thermomix (Book One)* ebook is her first foray into the digital publishing world. It is her most satisfying creation to date as she was involved in every part of the ebook. More ebooks will follow in due course.

Yoke continues to run sourdough cooking classes on both the West and East coasts of Australia. She welcomes opportunities to teach anywhere else in the world. Her classes are as much about sharing her warmth and passion for life as they are about the joy of food. She is a strong supporter of organic and biodynamic farming.

She features regularly in food and health magazines, newspapers and websites. Her own website www.sourdough.com.au has grown to include information about her classes and online ordering for her signed books and starters.

Yoke currently lives in Perth, Western Australia with her daughter and two Jack Russells. She supports and encourages others to have the courage to pursue their passion in life. She still believes in miracles and random acts of kindness.

Yoke welcomes contact from all her students and readers around the world.

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