

the lazy
sourdough

— BAKERY —

THE COURSE



TENINA HOLDER



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A wooden rolling pin is positioned diagonally in the upper left corner. To its right is a shallow wooden bowl with concentric rings. The background is a dark surface dusted with flour.

LAZY
SOURDOUGH
BAKERY



Welcome to The Lazy Sourdough Bakery Collection of Recipes

Sourdough has been the preferred way to create bread with better taste and a naturally longer shelf life for literally centuries. San Francisco is famous for its sourdough and the starter in one famous bakery is 160 years old and counting. Old starters that are well maintained will offer you more taste, more bread structure and of course they make for a great story! So hang on to your starter. Leave it in your will to your grandkids. You will find your sourdough loaves last really well compared to a loaf made with fresh or dried yeast as the leavening agent.

You should also find that if you are worried about a high gluten or glycemic content, that the fermentation process may reduce the negative effects of both gluten and naturally occurring sugars as they are used up during sourdough baking to assist with the rise and structure of the loaves.

Ultimately, the taste of a fermented loaf is far more important to me and you will find that a lot of regular bread just has no flavour in comparison. It is hard to go back after eating sourdough!

I wish you luck from here on in! You can totally do this. Please join our Facebook group and share your successes and questions with us there. <https://www.facebook.com/groups/cwtcoursegroup>

As always,
Happy Mixing!
Tenina

Our Difficulty Ratings



LAZY - 1 LOAF

We called this the lazy sourdough bakery course for a reason. We want you to have instant success. Our lazy rating means there is minimal fuss, maximal results!



GETTING THERE - 2 LOAVES

These recipes require a little more time and patience for great results.



ARRIVED - 3 LOAVES

Having completed all the initial weeks, you will be able to smash out these recipes like a bakery pro. (Go ahead, open your bakery... you got this!)

Recommended Equipment List

Before you begin, there are a few pieces of equipment that I would suggest you have. It will just make your bread-making more enjoyable and a whole lot easier. The tools I think are essential are marked in **GREEN**.

DROP SCALE

bit.ly/getdropscale

You can use your Thermomix scale for weighing but I do recommend a more accurate option if you are going to be seriously making sourdough a lot. It is pretty hard to weigh salt for example in your Thermomix.

STRAIGHT SIDED JAR

You can use glass or plastic. It should have a lid. This is how you will make, store and feed your starter. You probably need more than one.

SPATULA

bit.ly/oohlalahlah

I have stayed away from insisting on a scraper, though it wouldn't hurt. I find my silicone spatula is amazing, I use them constantly for everything and they are just perfect for bread making of all sorts! So although I have a scraper, I barely use it.

SCRAPER

Entirely optional. Used for the very busy bread maker, who will need to clean the bench and keep a lot of dough moving without sticking.

BANNETON (PROOFING BASKET) OR LARGE OPEN BOWL

You can use a banneton or proofing basket if you have one. However a double lined mixing bowl that has a wide mouth is going to do the trick for the Lazy Sourdough course!

LINEN TEA TOWELS

These are what you will line your bowl with if you don't have a proofing basket. It is best to use linen. Get a few!

DISPOSABLE SHOWER CAPS

I keep every shower cap I can get my hands on when staying in hotels and this stash is what I use a few times over for each cap to cover my bread when proving. They stretch to all shapes and seal the dough really well. (Hopefully travelling is in our future again!) Of course you can use a cloth, beeswax wraps or cling wrap.

LAME OR GOOD SCISSORS

These are to slash or cut the top of your risen dough before baking. You need to do this on every loaf so that the steam can escape as the dough hits the hot oven. If you don't cut the dough, you will find it will leave you with a misshapen and not very pretty loaf as the steam will find the weakest part of the bread and come out whether you like it or not!

BREADMAT

bit.ly/favebreadmat

If you don't already have 5 of these, rush over. They are literally the second most used tool in my kitchen after the Thermomix. I use them daily for so many things, and they are essential for this course!

DUTCH OVEN WITH A LID OR OTHER DEEP CASSEROLE DISH WITH A LID

You don't HAVE to use a Dutch oven but I highly recommend it. Especially a cast iron if possible. It will help you get a much hotter environment than most ovens can usually offer. The advantage of the lid is that you can 'steam' the loaf in the first part of the cooking before eventually removing the lid to get dry heat to create the colour on the crust which is a big part of the taste with a sourdough loaf.

WATER SPRAY BOTTLE

Just a cheapie from Bunnings will do the trick. Make sure it is in your bread supplies cupboard and not used for any other purpose.

ACTIVATION:

Activating your starter so it is ready to use. Making a levain is activation.

AUTOLYSE:

This is a step sometimes called for in recipes in which the flour and water are mixed just until combined and allowed to rest before adding salt, leavening, or further ingredients. The autolyse step provides several benefits through the hydration of the flour and the enzyme activity that follows. It helps break down the gluten and turn starches into sugars to feed the starter. But we are doing none of this in this course.

BULK FERMENT:

This step is the first fermentation period of the dough after the initial mixing of flour, starter, and water and often comes after a period of kneading. The bulk fermentation generally takes place at room temperature, unless otherwise noted in the recipe and is a longer period of time (4 -24 hours) than the final proofing period.

CRUMB:

A term referring to the texture of the inside of a loaf of sourdough bread. Often based on the size of the holes produced by the carbon dioxide or the moisture (or lack thereof) in the loaf. This term is also used in regular bread making and sometimes baking.

ELASTICITY:

The ability of a dough to hold its shape or return to its original shape after a fermentation period. Elasticity is dependent on the level of protein or gluten in the flour as well as the amount of fermentation that has occurred. Doughs can lose their elasticity if over-fermented. Also, low-protein flours do not produce as much elasticity as higher-protein flours.

FEEDING:

The process of adding flour and water to the sourdough starter to keep it active and healthy. This is usually done at least once per day, if the starter is kept at room temperature. For starters kept in the refrigerator, it only needs to happen once a week or less.

HYDRATION:

The ratio of water to flour in a sourdough starter or bread dough. The hydration is calculated by dividing the total amount of water by the total amount of flour. Nothing to worry about unless you are getting really serious about sourdough baking. But that is not this course!

KNEADING:

The process of flour hydration and gluten development through movement. By stretching the dough upon itself, often on a lightly floured work surface, the gluten is activated and a smooth, elastic dough develops over a period of 5-15 minutes. You can achieve this in the Thermomix and my recipes will reflect this.

LEAVEN/LEVAIN:

A sourdough leavening agent made from a sourdough mother culture (or starter). This technique is often used to boost the yeast activity of the sourdough starter by feeding a small amount of starter a larger quantity of flour and water.

PRE-FERMENT:

Sometimes referred to as a sponge or poolish, a pre-ferment is a mixture of flour, water, and starter allowed to ferment before being mixed into the final dough. The subtle acid and yeast notes found in sourdough breads are what give it irresistible flavour but these are only possible after a period of fermentation. Pre-ferments are therefore often used to add flavour and depth to doughs which require a shorter bulk ferment or proofing period.

PROOFING:

This is the final rise of the bread before it sees the oven. It generally, but not always, happens after the final shaping of the loaf.

SCORING:

Cutting the outside of the dough with a very sharp razor or knife just before baking. This practice achieves two things. First, it can be used as a decorative element on breads, to create a signature look, or to create a design to help bakers of many loaves to tell one from the other. Most importantly, however, slashing is used to help a bread expand in the oven without exploding, cracking, or creating unsightly bulges. Slashing increases the loaf's ability to expand once it meets a hot oven.

STRETCH-AND-FOLD OR PULL AND FOLD:

An alternative to traditional kneading used to develop gluten. This method is often used in high hydration doughs and is performed periodically throughout the bulk fermentation. The concept is to take a corner of the dough, fold it upon itself, rotate the dough, and repeat. Once all four corners of the dough have been stretched and folded, gluten development and a smooth, elastic dough are underway.





Week One

1

THE STARTER

MAKING THE LEVAIN

Congratulations you are about to embark on an amazing baking journey that hopefully will inspire you to make sourdough regularly. Week One is all about beginning with the very basics. Creating your starter, feeding it to keep it lively and usable and then creating a levain from the starter. Let the fermentation begin.

Sourdough Starter

WEEK 1

MAKES 250G



Every sourdough loaf begins with a healthy dose of ‘starter’ or wild fermented yeast, also known by many other names; chief, chef, head, mother or sponge. This is the root for all your sourdough baking. Some starters are passed down family to family. This recipe can be that legacy for your grandkids if you look after it! (I’m kind of joking, but hey, there is value in tradition and sourdough really is a traditional way to bake bread!)

NEED:

50g filtered water

50g unbleached flour of any kind

Day Five or Six and beyond:

90g filtered water

60g unbleached flour or your choice

DO:

1. Place water and flour into a straight sided jar and beat together using a spatula until well combined. Cover loosely and leave on your kitchen bench for 24 hours.
2. On **Day 2**, add the same amount of water and flour to the starter and stir again to combine. Leave on the bench again overnight and every night. A warm draft free environment is not a bad idea, though not essential.
3. Repeat this process daily until **Day 5**. Remove half of the mixture in your jar and keep. This is your sourdough discard. You can add to this jar as required throughout your sourdough career. Your starter should hopefully be starting to smell a little sour as it should.
4. Feed your starter with the new ratios in this recipe and stir vigorously. Cover loosely and allow to bubble. By this stage you should be almost ready to create a levain.
5. Once you are confident in the bubbly texture and the sourness of the smell, you can make a levain and then a loaf. YAY! Keep the rest, covered, in your fridge.
6. Watch the feeding your starter video to keep this new pet alive!



TIPS:

We are creating natural bread leaven here. It is super simple to do but does require a little patience and about a week of care. After that, you will find it will be simple and easy to look after. You don't really need to worry about it too often, only on the days you plan on using it.

Notes on Flour to Use;

Rye flour has more sugar in it and so feeds the starter well. You can use any unbleached flour. Any flour off the shelf that has been over processed will make the growth of natural yeast difficult. So that is why unbleached flour is suggested. I think a mixture of white rye and unbleached bakers flour is always a good mix. But it is entirely up to you. All rye flour will require more water as is just thicker.

Notes on Filtered Water;

The same applies to using filtered water as to using unbleached flour. Any chlorine or other anti bacterial additives in your water will slow down or potentially kill the growth of natural yeast in your new starter. For bread making perhaps it is not so important, but for the sourdough starter I suggest using a filtered water until it is nice and healthy.



* FAIT MAISON

WEEK 1

MAKES ENOUGH FOR ONE LOAF



A leaven or levain is really a great way to improve your end result. Using a levain increases the strength of the dough structure and you potentially get a better rise. Ultimately, a levain is a lean starter that is fed well and so becomes extremely active and thus works hard to create a better loaf.

NEED:

20g Sourdough Starter, healthy and active

40g filtered water

40g flour of choice

DO:

1. Measure out the starter, add water into the same jar. Stir to combine, add flour and combine again.
2. Cover loosely with a piece of baking paper or similar and keep draft free for 4 hours until it is bubbling and more than doubled. Use as directed in sourdough recipes of choice.
3. To make a smaller or larger amount of levain for a recipe that requires a different amount of levain, the ratio is 1 part starter to two parts water and two parts flour.

TIPS:

What we are making here is a healthy natural yeast with a minimum of starter that will make your baked goods rise as expected. It will have a nice sour taste in the end result which is partially what you are aiming for with sourdough, but it also will make a more workable dough, as opposed to the Lazy method of making a dough. The ratios for a levain remain the same, no matter what flours you are using. I suggest using the same flour to create your levain as you plan to use in your dough.

To make a levain that will take longer to develop and potentially be more active, you can use the following ratios. 1 part starter; 4 parts water, 4 parts flour. This will increase development time to around 8 hours. This can be quite convenient if you are looking to make a lot more dough, or need to be doing something else rather than worrying about the 4 hour time limit on the quantity in this initial recipe.

Week Two

— 2 —

LAZY SOURDOUGH LOAF
(NO LEVAIN)

DARK RYE SOURDOUGH

CHEDDAR JALAPENO BOULE

ROSEMARY SALTED GRISSINI



Your starter is ready to use. So off you go!
'Proving' you can do it is as easy as making these few recipes!



6 OEUFS FRAIS

Lazy Sourdough Loaf (Without Levain)

15

WEEK 2

MAKES ONE LARGE LOAF



The 'a-ha' recipe that began this whole journey. I hope you love the simplicity of it as much as I do. It is not an artisanal loaf in the traditional 'sourdough' way, but I have to say you will most likely find you default to this loaf over and over again. It is too easy... very lazy and totally tasty!

NEED:

100g Sourdough Starter, straight from the fridge

340g filtered water

560g bakers or strong flour

8g pink salt flakes

DO:

1. Place all ingredients into the Thermomix bowl and blend **10 sec/speed 6**.
2. Tip out into an oiled bowl, cover and leave for a minimum of 24 hours or until doubled. If it is summer, this may take less time.
3. When you are ready to form the loaf, decide which shape you will make. We used a banneton to proof the loaf again. Loads of rice flour, cornmeal or other gluten free flour...etc. which helps prevent stickery. Shape the loaf gently using the pull and fold technique (see the video) and allow it to rise in the mould until bubbly and you can see that it is ready. This may take up to 4 hours or more.
4. The last time you touch the dough is before its second rise. Turn the dough out of the banneton onto a piece of baking paper and cover with a glass bowl or similar to keep it warm. Allow it to prove for at least an hour more.
5. Preheat your oven to as hot as it can get for at least an hour. You need to preheat the Dutch oven at the same time.
6. Place the loaf into the heated cast iron Dutch oven using the paper, score as you desire and cover. Bake 20 minutes with lid on, reduce temperature to 250°C and cook further 20 minutes with the lid off.
7. Cool completely before slicing.
(If you are disciplined enough!)



TIPS:

Notes on Proofing;

A bunch of things are happening during the overnight proof. The yeast are feeding off of the starches in the flour and multiplying, creating lots of helpful byproducts. Carbon dioxide creates those beautiful air bubbles, alcohol makes the bread more flavourful. The gluten chains in the dough are also repairing and swelling, capturing the gasses and giving the bread its structure. So if you notice a fun doming of your plastic wrap in the morning, that's just the yeast partying hard.

Notes on Pull and Fold;

Gluten has already started to develop during the proofing stage—you'll notice that without any additional mixing, the dough is already stretchier and more cohesive without even touching it. Stretching and folding the dough helps encourage the gluten proteins to form longer and more robust chains, capturing even more of that gassy goodness and lending a beautiful crumb structure to your dough. We also give it time to rest and form those new gluten chains between each turn.

Notes on Pre-Heating and Dutch Ovens;

I have played around a few times with the heat in my oven and had the best success when I preheated it to 275°C which is as hot as I can get it. I then do the first cook with the lid on the cast iron pot, remove the lid for the remainder of the cook and turn the oven down to 250°C. You may not have an oven that will get that hot. Using a Dutch Oven will help you get a hotter cooking environment and you should certainly invest in one if you don't already have it.



Dark Rye Sourdough

18

WEEK 2

SERVES 10



The chocolate in this loaf is for both colour and texture. The fat in the Brew Choc and cocoa means you get an amazing soft dough. To use 100% rye flour would still not give you this colour and the structure of the dough is extremely difficult to work with when you use all wholegrain. I will always suggest that when making a whole grain loaf you use $\frac{1}{3}$ whole grain flour and $\frac{2}{3}$ bakers flour for best results.

NEED:

100g Levain, bubbly and active
300g Brew Choc brewed liquid, cooled to room temperature
20g dark cocoa powder
20g raw caster sugar
8g fine grind salt
200g organic dark rye flour
300g bakers or strong flour
Enough besan (chick pea) flour to dust the outside of the loaf before baking

DO:

1. Place all ingredients into the Thermomix bowl and knead **3 min/Interval, dough setting**. Tip out into a bowl, cover and leave to proof for 24 hours with a couple of pull and folds as described in the lazy sourdough loaf video. Keep the folds underneath the dough as it rises.
2. When the dough has risen sufficiently to your liking, tip out onto a floured bench and do the last pull and folds needed. Form the loaf and rise it in a besan dusted banneton while you heat the Dutch oven to as high a temperature as it can go. (I go to 275°C) Rise at least a further 30 minutes.
3. Tip the bread onto a piece of baking paper, dust well with the besan flour, and then cut as you wish with a lame.
4. Transfer the paper and loaf to the hot Dutch oven, cover and bake 25 minutes on this high temperature. Remove cover, reduce temperature to 200-200°C and bake a further 20 minutes. The loaf will be dark and sound hollow when tapped.
5. Cool on a wire rack before cutting. Serve as you would any other sourdough, though this loaf is delicious with salmon, cheeses, fresh butter, salad, shaved ham etc.



WEEK 2

MAKES ONE LARGE LOAF



This is our 'inclusion' loaf method that you can adapt to any additions to your sourdough loaves that you fancy. Think dried fruit, nuts, cheeses, herbs, olives, cured meats etc. Potentially you should just go ahead and make a double batch of this particular loaf. You will find it is demolished in a very short amount of time. Good luck with not eating it in one sitting. Get your Pepe Saya Butter organised early.

NEED:

100g Levain ready to go
260g filtered water
400g bakers or strong flour
Generous pinch pink salt flakes
200g mature cheddar cheese, cubed
Enough pickled jalapenos to suit your taste

DO:

1. Place levain, water, flour and salt into the Thermomix bowl and knead **30 sec/Interval** or dough setting. Leave in the Thermomix bowl for up to an hour. Knead further **1 min/Interval** or dough setting. Tip out onto an oiled bread mat and wrap. Keep draft free for up to 6 hours until the dough is soft and pliable.
2. Place cheese into the Thermomix bowl and mill **10 sec/speed 10**.
3. Get ready to incorporate the cheese and chillies by having everything ready on your bench.
4. Using the pull and fold method, work the dough 4 times, once each direction.
5. Repeat, except add cheese and chillies on each pull and fold. Turn the dough upside down when everything is in the loaf and pinch tightly together at the bottom. Flour a banneton or bowl really well with a gluten free flour, I used cornflour this time.
6. Place the loaf, pretty side down into the banneton and cover. Rise until it has reached the top of the banneton or until you are happy it is ready to bake. Preheat your oven and hopefully a cast iron Dutch oven for at least 30 minutes to an hour at 260°C. When you are ready to bake, turn the banneton upside down onto a piece of baking paper, cut the loaf in your pattern of choice and quickly transfer to the Dutch oven, lid on. Turn the oven temperature down to 220°C and bake 20 minutes. Remove lid and bake further 25 minutes.
7. Serve with loads of butter. This is divine when toasted the next day... if you can wait long enough to get it to toasting stage!



Rosemary Salted Grissini

22

WEEK 2

MAKES ABOUT 40



Perfect for showing off your sourdough bakery skills, this version of grissini is really easy and so delicious. Get the kids onto the rolling bit. (Oh and they freeze brilliantly, just refresh in a hot oven before serving.)

NEED:

150g parmesan cubed

80g Levain

220g water

500g bakers or strong flour

1 tsp fine grind salt

2 large sprigs fresh rosemary, leaves only

Pink salt flakes, as needed for grissini

2 tsp garlic powder

20g EVOO

DO:

1. Place parmesan into the Thermomix bowl and mill **10 sec/speed 10**. Remove from bowl and set aside.
2. Without cleaning the bowl, place active levain and water into the Thermomix bowl and warm **1 min/37°C/speed 1**.
3. Add flour, fine salt and rosemary and blend **6 sec/speed 6**. Knead **2 min/speed 8**.
4. Turn out dough onto a lightly floured silpat mat and knead into a ball. Wrap up and leave to double in size. This may take up to four hours.
5. When the dough is ready, preheat oven to 200°C and line 2 baking trays with paper.
6. Divide the dough in half and keep one half covered. Lay your bread mat out and cover it with half of the milled cheese, 1 teaspoon of the garlic powder and a big pinch of pink salt.
7. Place the EVOO in a bowl.
8. Cut off a small piece of dough, roll it into a small sausage shape, then dip into the EVOO then roll out on to the cheese mixture until it is a long pencil thickness grissini. Repeat until the trays are full. Sprinkle with pink salt flakes.
9. Bake for 12 minutes or until crispy and brown. Store in airtight container in the fridge to preserve freshness, but we think you will probably eat them in one hit.

Week Three

3

USING THE DISCARD

SOURDOUGH DISCARD CRACKERS

DISCARD FLATBREAD

GOZLEME

LEMON SOURDOUGH CAKE

DISCARD BROWNIES

DISCARD CHOC CHIP COOKIES

FLUFFY DISCARD PANCAKES

The best way to keep your starter healthy is to keep using it and then feeding it. As discussed in some of the videos, I no longer keep a discard separate from my starter jar. However if I plan to make a loaf on the weekend for example, I will make a discard recipe the day before, then feed my starter so it is very active and happy before use. This collection of recipes is your go to in order to keep your starter happy. I mean if you must have cake or brownies or cookies, you must!



Sourdough Discard Crackers

25

WEEK 3

SERVES 4



My go to for whenever I need to quickly refresh my starter. SUPER lazy. Enjoy.

NEED:

30g butter

200g sourdough discard

1 pinch pink salt flakes

2 tsp dried mixed herbs

DO:

1. Preheat oven to 150°C and line a large baking tray with paper.
2. Place butter into the Thermomix bowl and melt **3 min/90°C/speed 1.**
3. Add remaining ingredients and blend **20 sec/speed 8.**
4. Spread on the prepared baking tray and put into the oven for 10 minutes.
5. Remove and score the crackers as you wish. Return to the oven for a further 30 minutes. You may need to turn the temperature down to 140°C if they are browning too quickly. Leave in the turned off oven to dry out completely before storing in an airtight jar.

WEEK 3

MAKES 12 FLATBREADS



So it is time to start looking at ways to use your discard. If you happen to be making a lot of sourdough by now, you will need to keep that starter lean and the best way to do that is to use it up in a 'discard' recipe. This dough is amazing, and when cooked you can use it for any traditional flatbread recipes you are familiar with or to replace naan, or tortillas in all your favourite dishes.

NEED:

250g sourdough discard, room temperature

95g whole milk

45g Greek style yoghurt

360g bakers or strong flour

Generous pinch pink salt flakes

EVOO, for frying (or use a pizza stone in the oven)

DO:

1. Place all ingredients into the Thermomix bowl and blend **10 sec/speed 6**. Check consistency, it should be pulling away from the sides of the bowl.
2. If you need to add a little flour to make it form an easy workable dough, start with 10g and blend further **6 sec/speed 6**. The dough texture can vary depending on your discard texture and age.
3. Knead the dough on a floured silpat mat into a tight ball, wrap and rest for an hour before dividing into 12 equal pieces. Roll into rounds. Heat an oiled frying pan to a medium high heat and fry the flatbreads on both sides until puffy and well cooked. Serve hot or cool before freezing.
4. Alternatively use in recipes as directed.



WEEK 3

MAKES 12



A wonderful lunch or light dinner, gozleme is a stuffed Turkish flatbread that you can really let your imagination run riot with. The fillings are varied and many. We have gone with simple (lazy!) here for you, but don't let that limit you!

NEED:

1 batch Sourdough Discard Flatbread
150g cheese, cubed (cheddar, parmesan and mozzarella)
1 brown onion, peeled and quartered
4 garlic cloves
20g EVOO
1 tbsp ground cumin
1 tbsp ground coriander
1 tsp smoked paprika
2 lemon juice
80g feta, crumbled
1 handful mint leaves, chopped
1 handful parsley, chopped
Lemon wedges to serve

DO:

1. Place cheeses into the Thermomix bowl and mill **10 sec/speed 10**. Set aside.
2. Place onion, garlic and EVOO into the Thermomix bowl and chop **3 sec/speed 5**. Cook **5 min/Varoma/speed 1/MC off**.
3. Add remaining ingredients, including the grated cheeses and combine **10 sec/speed 4**.
4. Preheat frying pan over medium heat.
5. Divide flat bread dough into 12 equal portions. Roll each one out into a large flat circle.
6. Place some of the cheese mixture onto each round.
7. Fold over into a half moon shape.
8. Without sealing edges, fry both sides in hot oil.
9. Serve cut into wedges with extra chopped herbs and lemon wedges. Mint and parsley are nice with this recipe.



Lemon Sourdough Cake

30

WEEK 3

SERVES 10-12



This may become your new family cake of choice. It is so lazy, the hardest thing about it is zesting the fresh lemons. YUM.

NEED:

The Cake;

250g Sourdough Starter or discard
230g milk
200g raw caster sugar
100g EVOO
2 eggs
2 tsp vanilla bean paste
15 drops doTERRA lemon oil (this is in addition to the zest)
4 tbsp finely grated lemon zest
100g fresh lemon juice
300g cake flour
2 tsp bicarb soda
1 tsp pink salt flakes

The Glaze;

175g icing sugar
30g butter
10 drops doTERRA lemon oil
Zest 2 lemons, finely grated
Enough fresh lemon juice to bring it to your desired glaze consistency
Edible flowers to garnish

DO:

1. Preheat oven to 180°C and butter a 24cm ring cake tin generously. This cake needs to come out of the tin easily so just go for it.
2. Place starter, milk, sugar, EVOO, eggs, vanilla, lemon oil, zest and juice into the Thermomix bowl and blend **6 sec/speed 6**.
3. Add dry ingredients and mix **22 sec/Interval/dough setting**. Finish combining with the aid of a spatula if necessary.
4. Scrape into prepared tin and tap gently on the bench to level the top.
5. Bake 40 minutes until springing back when you touch it in the middle of the largest part of the cake. It should also be golden.
6. Cool in the tin on a wire rack, completely before removing.
7. To make the glaze place the sugar, butter, and lemon zest into the Thermomix bowl and blend **10 sec/speed 10**. Add lemon oil and lemon juice and blend until well combined. Drizzle over cold cake and decorate with edible flowers if using. This cake improves in flavour over a few days.



WEEK 3

SERVES A SMALL ARMY



I love a good brownie and the discard just makes these moist and chewy as a good brownie should be. Super lazy... really.

NEED:

400g chocolate dark callets or chunks
225g butter, cut into pieces
200g raw caster sugar
200g light brown sugar
60g cocoa powder, dark if possible,
or dutched
2 tsp pink salt flakes plus more to finish
5 eggs
1 tbsp vanilla bean paste
250g sourdough discard at room
temperature
120g bakers or strong flour
150g pecans, shelled and roasted,
roughly chopped

DO:

1. Preheat oven to 180°C and butter and line a 20 x 30cm baking tin with paper, with some extending above the edges for easy brownie removal. If you use a smaller tin, you will get a deeper brownie and cooking time may vary slightly.
2. Place 170g of the chocolate into the Thermomix bowl and mill **10 sec/speed 10**. Add butter and melt **7 min/50°C/speed 1**. Stop and scrape down sides of bowl about half way through. Add more time if required, but you should have a nice smooth mixture.
3. Add sugars, cocoa, salt, eggs and vanilla and blend **6 sec/speed 6**. Add sourdough discard and blend **6 sec/speed 6**.
4. Add flour and combine **6 sec/speed 6**. Scrape down sides of bowl with a spatula and fold in any flour that is not incorporated.
5. Add half of the remaining chocolate and half the pecans and stir through. Spread into the prepared tin and tap gently to settle the mixture.
6. Bake 38 minutes. Remove from the oven and top with the remaining pecans, the chopped chocolate (this needs to act like glue to hold the nuts in place) and a few pink salt flakes. Return to the oven and bake for a further 2-3 minutes until the chocolate has melted.
7. Cool on a wire rack in the tin until completely cold before removing it and cutting into squares. (However, as warm brownies are almost irresistible, we suggest you cut off one corner and have a taste before they are totally cold!)



Discard Chocolate Chip Cookies

34

WEEK 3

SERVES A SMALL ARMY



The little kids and big kids will love this one. It makes a LOAD of delicious cookies, that are slightly less sweet because of the sourdough element. They also freeze exceptionally well once cooked.

NEED:

300g rolled oats
150g almonds roasted
150g shelled pecans roasted
250g dark chocolate callets
150g coconut sugar
220g raw caster sugar
250g butter
2 tsp vanilla bean paste
2 eggs
250g sourdough starter (discard)
1 tsp baking soda
1 tsp baking powder
1 pinch pink salt flakes

DO:

1. Preheat oven to 180°C and line oven trays with baking paper.
2. Place rolled oats into the Thermomix bowl and chop **3 sec/speed 6**. Set aside.
3. Place nuts into the Thermomix bowl and chop **3 sec/speed 5**. Set aside.
4. Place chocolate into the Thermomix bowl and chop **4 sec/speed 5**. Add to the nuts, reserving some for the top of the cookies.
5. Place both sugars into the Thermomix bowl and mill **8 sec/speed 9**. Add butter and vanilla and whip **30 sec/speed 4**.
6. Add eggs, sourdough starter (discard), baking soda, baking powder, salt and oats. Blend **20 sec/Reverse/speed 6**.
7. Transfer mixture into a large bowl and add the nuts and chocolate. Stir to combine.
8. With wet hands, roll golf ball sized balls of cookie dough and place onto prepared trays. They will flatten a lot while baking, so leave plenty of space between them. Top with extra chocolate and a decent sprinkle of pink salt flakes.
9. Bake for 10-12 minutes. Cool on wire racks.
10. These can be frozen and thaw very quickly at room temperature.



WEEK 3

MAKES 10 MEDIUM PANCAKES



You always wanted fluffy pancakes and these are the fluffiest! I have other recipes for fluffy pancakes, but these take the... well, pancake!

NEED:

190g bakers or strong flour
25g raw caster sugar
1 pinch fine grind salt
2 tsp vanilla extract
250g Sourdough Starter cold and unfed, straight from the fridge is fine
2 large eggs
250g buttermilk
45g butter melted, plus more for frying
2 tsp baking powder
1 tsp baking soda

DO:

1. Place all ingredients except the baking powder and baking soda into the Thermomix bowl and blend **20 sec/speed 8**. Scrape down sides of bowl well to make sure all the flour is well combined. Blend **10 sec/speed 8**.
2. Leave in the bowl at room temperature overnight.
3. In the morning, preheat a flat cast iron pan to a medium heat.
4. Add the baking powder and soda into the Thermomix bowl and combine **20 sec/Interval/dough setting**.
5. Prepare all your toppings while the batter rests a little and preheat the oven to 90°C with a lined tray inside.
6. Butter the hot pan with a ½ tsp extra butter and use approximately ⅓ cup of batter per pancake. Cook for 2 minutes or until the edges start to puff up and bubbles appear on the surface of the pancake. Flip it and cook until just done. Transfer to the oven to keep warm. Repeat with a little more butter and batter until all of the batter is cooked.
7. Serve with any toppings you love to have on pancakes. Think butter, cream, raspberry coulis, fresh fruit, lemon butter, jams, maple syrup, powdered sugar, yoghurt etc.

Week Four

4

ALL IN ONE STEAK SANGA

BUTTER CROISSANTS

PAIN AU CHOCOLAT

CINNAMON BABKA

SOURDOUGH DOUGHNUTS



This week you can expect to have a few more challenging recipes. This is your playing around with your new skills and really it's up to you what you pick and choose from this week. You will love them all, so be brave and venture in!

All in One Steak Sanga

38

WEEK 4

MAKES 2 GIANT SANDWICHES



This is so fun to make. Watch the video and then go for it. I have given it a 3 loaf difficulty rating, but you will find it isn't that difficult once you do it the first time. It is pretty impressive! Enjoy.



NEED:

The Sourdough;

100g Levain, bubbly and ready to go

250g filtered water

2 tsp fine grind salt

500g bakers or strong flour

Cornmeal or polenta for baking

Pink salt flakes and cracked black pepper for baking

The Filling;

2 garlic cloves

Generous handfuls baby spinach leaves or rocket

Plenty French Mustard or any mustard of choice

2 x 250g thick scotch fillet steaks

1-2 large mushrooms, sliced

2 slices mozzarella cheese

Parmesan freshly grated, as needed

Seasoning, as needed

DO:

1. For this recipe I make a levain in the morning and let it activate all day. No need to fuss. Just make and get on with your life.
2. Then make the dough in the evening using the active levain.
3. Place all dough ingredients into the Thermomix bowl and knead **3 min/Interval/dough setting**.
4. Tip out dough into a large oiled bowl, cover and leave overnight or 12 hours. You will have a taut firm dough but it will clearly have risen.
5. When you are ready to bake, you need to do the pull and fold technique as described on video and then divide the dough into two equal pieces. Cover with a floured tea towel and allow to proof while you prepare the rest of the recipe.
6. Preheat either a pizza stone or cast iron flat dish in an oven set as high as you can get it. I have the option of 275°C. Anything over 250°C is good. The hotter your oven during pre-heating the better.
7. Place the garlic into the Thermomix bowl and chop **3 sec/speed 8**. Add the spinach and chop **3 sec/speed 5**.
8. Prepare the steak by drying it with a paper towel and seasoning with salt and pepper.
9. Roll the first piece of dough into a large rectangle, not thinner than 2cm thick, especially at the 'bottom' of the loaf, where the meat will sit. You can make the edges slightly thinner as they will be doubled and create a thicker top when cooked anyway.
10. Spread the entire piece of dough with mustard. (If you prefer you could use tomato sauce.)
11. Place the chopped garlic and spinach mixture into the centre of the dough. Place the steak on top. Top with sliced cheese, sliced mushroom and grated parmesan. All of this should make a tidy parcel, so don't go crazy. You also don't want to tear any of the dough and have a leakage.
12. Fold the dough over to create a parcel. Seal all the joins very well. Sprinkle with cornmeal, salt flakes and pepper.
13. Transfer to the oven using a pizza peel or similar and bake on the preheated stone or cast iron for 25 minutes for medium rare, longer for well done. I wouldn't recommend a rare steak sandwich as it would be a bit difficult to eat.
14. Let it cool for at least 10 minutes (you are resting the meat) before slicing and devouring.



WEEK 4

MAKES 20 SMALL CROISSANTS



Croissants are all about the butter being layered or laminated into the dough. Sourdough croissants are no different and it is a little tricky to master, but you got this! Be amazed at yourself.

NEED:

100g Levain made with white bakers flour

30g raw caster sugar

300g milk

600g bakers or strong flour

Good pinches pink salt flakes

350g butter

1 egg

Splash milk

Pinches pink salt flakes

Tenina's pastry/bread mat

DO:

1. Place levain, milk and sugar into Thermomix bowl and blend **5 sec/speed 6**.
2. Add flour and salt and mix **6 sec/speed 6**. Knead **3 min/Interval**.
3. Turn out onto Silpat mat and roll into a tight ball. Wrap and allow to prove for 24 hours in the fridge.
4. Meanwhile, roll butter between two pieces of baking paper into a large flat square about 1cm thick. Refrigerate.
5. The next day, remove dough from the fridge and do the 4 pull and fold as per other sourdough recipes. (see video)
6. Roll dough out into a square about 2cm thick. It needs to be slightly larger than the prepared butter block. Place butter into centre of dough and fold corners in to meet in the middle as though it were an envelope.
7. Roll dough out again. Fold bottom third up and top third down over bottom. Roll flat and wrap. Refrigerate for 30 minutes.
8. Do this three more times. The dough and butter will start forming thin layers, this is lamination. (See tutorial video on croissant techniques).
9. Preheat oven to 200°C and line a large baking tray with paper.
10. Roll dough out one final time to a large rectangle around 2cm thick.
11. Cut into triangles and roll, starting with wide part and finishing with pointy end. Allow to rise again, covered in a draft free environment, until you get the wobble! Brush with egg wash and bake for 15 minutes or until golden and puffy.



WEEK 4

MAKES 8



We show you the laziest laminating method ever in our video for this recipe. You can certainly convert the method in the original croissant recipe to this as well. We think you will be making these on repeat. The dough freezes well, once it reaches the buttered rolled up stage. Imagine, you could have pain au chocolat on demand. It's a wonderful idea isn't it?

NEED:

100g Levain made with white bakers flour
30g raw caster sugar
300g milk
600g bakers or strong flour
2 tsp fine grind salt
350g butter at room temperature
Egg wash
200g chocolate dark, in pieces
Tenina's pastry/bread mat

DO:

1. Place levain, milk and sugar into Thermomix bowl and blend **5 sec/speed 6**.
2. Add flour and salt and mix **6 sec/speed 6**. Knead **3 min/Interval/dough setting**.
3. Turn out onto the bread mat and roll into a tight ball. Wrap and allow to prove for 24 hours in or out of the fridge depending on how cold it is.
4. The next day, remove dough from the fridge and do the 4 pull and fold as per other sourdough recipes. (see video)
5. Divide the dough into 4 equal pieces and work with one piece at a time. Line a baking tray with paper or silicone baking mat.
6. Roll a piece of dough out into a large rectangle, making sure the dough is no thinner than 1cm. Take $\frac{1}{4}$ of the butter with your finger tips and spread it evenly across the surface of the dough until it is well coated. Roll the dough into a long sausage shape, starting with the short end. You will have a large fat roll of dough. Place it onto the tray and repeat with the remaining pieces of dough. Cover and allow to rise in the fridge for up to 1 hour.
7. Take each piece of dough and roll flat, by pressing gently onto the dough until it flattens. Use a well floured rolling pin and surface for this without going overboard. When the dough is flat and again in a rectangle shape, turn the dough so the the long side of dough is closest to you.
8. Place the chocolate into the Thermomix bowl and chop **4 sec/speed 5**.

CONTINUED NEXT PAGE...

9. Put a little of the chocolate along the long edge of the dough. Roll the dough away from you, adding more chocolate into the 'roll' as you go. Most of it should end up in the centre of the croissant once cooked, so start with more and end with less as you roll.
10. Return this roll to the lined tray and repeat with the other three rolls. Cover and prove in a cool environment for 30 minutes.
11. Cut each roll into 4 lengths, across the roll, so you see the lamination and the chocolate in the centre of the roll. Brush well with egg wash and cover and rise until you are happy with the look of them. If butter begins to melt out of the croissant at any time, they are getting too warm, and you need to put them into the fridge. (It is never too late, baking them straight away will mean the butter will melt even more but the dough soaks it back up once they are cooked and cooled on the tray.)
12. Preheat oven to 200°C and bake 20-25 minutes until golden and puffed. Eat hot, or warm. That crunch though.





WEEK 4

SERVES 8-10



We love this recipe, it is so beautiful both as a loaf and when sliced. We hope you love it too.

NEED:***The Bread;***

100g levain

1 eggs

50g butter

250g milk

80g raw caster sugar

1 tsp fine grind salt

650g bakers or strong flour

Filling;1 vanilla bean dried or roasted until brittle
(perfect way to use up old vanilla beans!)

1 cinnamon stick

140g dark brown sugar

70g butter room temperature

50g pure maple syrup to glaze

DO:

1. Make the levain as instructed in the recipe. Make sure it is active and bubbly before proceeding.
2. Place active levain, eggs, butter, milk and sugar into the Thermomix bowl and blend **6 sec/speed 6**.
3. Add remaining dough ingredients and mix **10 sec/speed 6**.
4. Knead **3 min/Interval**. Knead by hand into a tight ball and place in a buttered bowl, covered until doubled in size. This may take up to 4 hours or longer.
5. Roll dough into large rectangle and cover with a clean cloth while you make the filling.
6. To make filling, place cinnamon stick, vanilla bean and sugar into Thermomix bowl and mill **20 sec/speed 10**. Add butter and blend **6 sec/speed 6**.
7. Use a floured bread mat to do some pull and folds on the dough. Then roll the dough out to as large a rectangle as you can without pulling on the dough. It should be fully centred on the bread mat and the same shape.
8. Dot the surface of the dough with filling and spread carefully so as not to tear the dough. Roll up, into a long sausage shape and cut lengthwise through the entire roll, so that you can see the filling. Stick the ends together and wind the two pieces of dough, cut side out around each other. Transfer to a loaf tin quickly, pushing at either end to fit. Cover and rise again while you pre-heat the oven to 200°C.
9. Reduce the temperature to 180°C and bake for 40 minutes until golden and fragrant.
10. Whilst still hot brush liberally with maple syrup.
11. Allow to cool in the tin slightly before removing. Slice and serve with butter or eat the next day toasted... so good!

Sourdough Doughnuts

47

WEEK 4

MAKES 18



I would perhaps put this down to being the most difficult recipe of the entire course, but nothing to do with the sourdough element of the recipe, rather just getting the oil to the correct temperature. Follow the instructions though and you will have doughnut success!



NEED:***Doughnuts;***

100g raw caster sugar

2 eggs

Fresh nutmeg ground, to taste

50g butter

150g water

1 pinch pink salt flakes

600g bakers or strong flour

100g Levain

Lemon Vanilla Filling Custard;

80g bakers or strong flour toasted,
(see instruction)

80g raw caster sugar

6 egg yolk

350g whole milk

1 tsp vanilla bean paste

10 drops doTERRA lemon oil or finely
grated zest 1 lemon

To Finish;

EVOO, enough to fill a small saucepan
deep enough to cover one donut
whilst frying

Icing sugar to dust

Strawberry Vanilla Jam to fill, (optional)

DO:

1. Place sugar, eggs, nutmeg, water and salt into the Thermomix bowl and blend **1 min/37°C/speed 4**.
2. Add flour and starter and mix **6 sec/speed 8**. Knead **4 min/Interval or dough setting**. Set aside in floured Silpat mat and allow to double. This will take up to 4-6 hours depending on the temperature in your room.
3. Pull and fold 4 times. Wrap and place into the fridge overnight for a slow prove.
4. Remove from the fridge in the morning and line two oven trays with baking paper and dust them with flour. Work while the dough is cold. It will make it easier. Roll the dough out, divide it into equal size pieces, I used approx 95g. Roll each one with the ball of your hand, vigorously into a small dough ball that is smooth with no seams underneath. Place on the prepared trays and repeat with all the dough. Cover and prove for around 4 hours or until fluffy and wobbly. If they are not fluffy and wobbly, you should not proceed with the frying. Give them a bit more time! You can thank me later. If you prove them and then run out of time to cook them, refrigerate them, covered, again at this point, then fry and fill when you have the time.
5. Place EVOO into a small saucepan and heat until it reaches 160°C. Fry donuts for exactly 13 minutes, let cool and drain on a paper towel before coating in icing sugar.
6. Meanwhile, make and chill the filling custard.
7. If you don't wish to cook doughnuts for filling with custard, you can cook regular shaped doughnuts at the same temperature for 8 minutes. Dust with icing sugar or glaze and add sparkle to taste!
8. Toast the flour for the custard by placing into a dry frying pan onto a medium heat until it is turning a golden colour. Keep moving it around as you do this. This will prevent any 'raw' flour taste in the custard after it is cooked. Cool slightly.
9. Place all custard ingredients into the Thermomix bowl (including the toasted flour) and cook **8 min/80°C/speed 4**.
10. Cook further **2 min/90°C/speed 4**. Remove from bowl and place into a container. Press a piece of paper (cartouche) right onto the surface of the custard. Cool on the bench for 2 hours and then refrigerate until ready to use. You can make this in advance up to a week.
11. Place a small circle nozzle inside a piping bag and fill with custard. Pipe into the side of the donuts.





Week Five

————— & Beyond —————

LAZY SOURDOUGH PIZZA BASE

LOADED FOCACCIA

CIABATTA

SEEDED BAGELS

BUNNY CHOW

SKILLET SALTED BANANA
CARAMEL BREAD PUDDING

CRUNCHY CHEESEY CROUTONS

—————
JAMS

WHOLE CHERRY JAM

APRICOT VANILLA JAM

STRAWBERRY VANILLA JAM

PINEAPPLE JAM

Congratulations! You are officially a pro! Here are a few recipes for you to enjoy as your skills increase. All recipes are still pretty simple and very achievable. We thought you would enjoy some more ways to use your sourdough!



Lazy Sourdough Pizza Base

52

WEEK 5

MAKES 2 LARGE PIZZAS



The best pizza base is always made from sourdough, and the easiest is the lazy sourdough!
You are welcome.

NEED:

100g Sourdough Starter straight from the fridge

10g fine grind salt

30g EVOO

50g flour, whole wheat

450g bakers or strong flour

350g filtered water

Pizza toppings of choice

DO:

1. Place all ingredients but toppings into a large bowl and loosely mix with your hands until all the flour is wet and you have a shaggy dough of sorts. Cover and leave all day at room temperature.
2. Perform a set of stretch and folds up to 3 times throughout the day. This is not essential but will help you get your dough into a more useable state.
3. At this point you can either shape your pizza bases or you can cover the dough and place into the fridge (cold ferment) for up to 2 days before using. Refrigerating will result in a finer crumb.
4. Remove the cover, divide and shape your dough on a generously floured bench top into two large rounds. I use cornmeal on the base of my pizza to help it move easily on and off the baking stone. Leave uncovered for at least 30 minutes before topping with sauce, and toppings of your choosing.
5. Preheat your pizza stone or baking dish (I use a cast iron tray) to as hot as you can get it, (250°C or hotter if you can) for around 30 minutes while the dough is proving.
6. Bake your pizzas until crust is charring slightly and toppings are golden and bubbling. Serve immediately.



WEEK 5

SERVES 10



Not unlike a pizza but with a few more folds to incorporate the EVOO. Always use the best, Aussie Cobram is our choice!

NEED:

500g bakers or strong flour
10g pink salt flakes, plus some more
100g Levain, ready to go
330g water
40g EVOO, plus plenty more
3-4 rosemary sprigs
A few Heirloom cherry tomatoes, halved
A few kalamata olives, pitted
Dried Italian herb mix as you like

DO:

1. Place the flour and salt into the Thermomix bowl and blend **5 sec/speed 5**.
2. Add levain and water and knead 1 min/Interval. Leave in the Thermomix bowl for up to 30 minutes. Knead again, **1 min/Interval**.
3. Pour the EVOO into a large bowl and tip the dough out on top. Using a silicone spatula, turn the dough by folding in from the edges, bringing some of the EVOO into the dough as you fold.
4. Cover with cling film and allow to rest for 30 minutes. Repeat this process at least 4 times over the course of 24 hours. The oil will incorporate into the dough, but not fully. This is OK.
5. After the final fold, move the bowl to the fridge for at least 10 minutes.
6. Preheat the oven to 220°C or hotter and lightly oil a deep 30cm x 20cm baking tray. I used cast iron to get the high temperature.
7. Push the dough into the tray and massage the oil into the surface of the dough, dimpling it with your fingers.
8. Top with a few salt flakes, the herbs, tomatoes and olives, pushing them into the dough slightly. Drizzle the whole thing with more oil and leave uncovered to rise for another 30 minutes. Before placing into the oven sprinkle generously with more salt flakes.
9. Bake 20 minutes and then add a grill function to your oven at 250°C. Toast the top for around 3-4 minutes, keep an eye on it, you want it to be crunchy and golden. Serve hot.



WEEK 5

MAKES 2 LOAVES



This traditional Italian slipper bread is super lazy with our method. Forget about it... literally!

NEED:

100g Levain bubbly and ready to use
370g filtered water
500g bakers or strong flour, plus more for dusting
10g fine grind salt
30g EVOO
Ice cubes for baking

DO:

1. Place levain, water, flour and salt into the Thermomix bowl and blend **6 sec/speed 6**.
2. Drizzle dough with EVOO and cover with lid. Allow to sit in the bowl for 1 hour.
3. Knead **2 min/Interval/dough setting**. Tip dough out into a square or rectangular container with a lid. Leave on your kitchen bench for up to 6 hours. Occasionally do a pull and fold. Up to 3 times. Place container into the fridge for up to 18 hours.
4. When ready to bake, preheat oven to 250°C for a minimum of 30 minutes. Line a cast iron flat tray or pan with baking paper.
5. Dust the bench liberally with flour and tip the container with the dough upside down, allowing the dough to eventually release and fall out of the container. Use a scraper to divide the dough into two. Dust the top with flour and add a few salt flakes if desired. Transfer the dough onto the prepared tray as two loaves. Throw a cup full of ice into the bottom of the oven before placing the tray inside. Bake 20 minutes. Reduce heat to 200°C and bake a further 30 minutes.
6. Baking time with sourdough is always a lot longer with sourdough than yeast risen doughs. You need to learn the intricacies of your oven, which can really impact the end cooking time.



Seeded Bagels (Using a Levain)

WEEK 5

MAKES 8



Declared a favourite in our house, these are perfect to freeze, easy to make, they just take a little more time than the straight lazy method as you need to create a levain. However, they are still extremely simple.

NEED:

The Bagel Dough;

100g Levain, nice and bubbly ready to use

250g filtered water

2 tbsp raw caster sugar

2 tsp fine grind salt

500g bakers or strong flour

The Rest;

2-3 L water in a large saucepan

2 tbsp sugar

2 pinches pink salt flakes,
plus more as needed

A small bowlful of mixed seeds of choice; linseed, sesame, sunflower and pepitas were what we used

DO:

1. For this recipe I make a levain in the morning and let it activate all day. No need to fuss. Just make and get on with your life.
2. I then make the dough in the evening using the active levain.
3. Place all dough ingredients into the Thermomix bowl and knead **3 min/Interval/dough setting**.
4. Tip out dough into a large bowl, cover and leave overnight or 12 hours. You will have a taut firm dough but it will clearly have risen.
5. Line a baking tray with paper.
6. Use a Silpat mat for the shaping of the dough. Form the bagels by dividing the dough into 8 pieces approx 110g each. Roll into balls and flatten slightly. Push your finger through the centre of each dough ball and form the bagel by kneading the dough into a ring shape. If you don't have enough space in the centre you will end up with a weird shaped bun, so make sure the hole is visible. Place each bagel onto the prepared tray, cover and allow to rise again for at least an hour until slightly risen and smooth.
7. Preheat the oven to 220°C on a bread baking setting or conventional oven.
8. Bring a large pot of water to the boil with the sugar and plenty of salt.
9. Drop a couple of bagels at a time into the boiling water and set a timer, they need to boil for at least 2 minutes if not a bit longer. Remove with a slotted spoon or strainer and return with the smoothest side up onto the lined tray.
10. When they are cool enough to handle, dip the top side into the seed bowl. Return to the tray seed side up.

CONTINUED...



11. Bake 25 minutes until dark brown.
12. Serve with any toppings of your choice.
13. These freeze really well. Freeze in serving sizes in freezer bags, thaw and reheat briefly before serving as though fresh. You can of course toast these, though the seeds tend to get a bit overdone.

TIPS:

As the crust is set from the boiling process, bagels don't rise as much as other bread once baked in the oven, giving bagels their dense and chewy interior. A longer boil produces a thicker crust and very dense interior, while a shorter boil produces a thinner crust and softer interior. What I like about the 2 minute boil is the shape ends up being near perfect. If you boil a shorter period of time the dough inside the bagel can still somehow decide to come alive and push out through the weakest part of the dough during baking giving you a wonky result.

WHAT'S YOUR FAVOURITE TOPPING?

Avocado, ham and cheese

Cream cheese, onions and smoked salmon (with a squeeze of lemon)

Bacon and eggs

Cheese toastie of any description

Notella

Raspberry Jam... (potentially also with cream cheese)

Loads of butter while they're still warm from the oven

Banana and honey

There is no end to what you can eat on top of a bagel.

It has a very stable base so can be loaded up. Enjoy!



WEEK 5

2 LARGE BUNNY CHOW



This is a delicious way to serve your favourite sourdough loaf.

NEED:

The Chow;

1 brown onion
2 red chillies
5 garlic cloves
3 tbsp commercial yellow curry powder
1 tsp ground turmeric
20g EVOO
2 carrots, roughly chopped
2 potatoes, roughly chopped
1 apple, cored and roughly chopped
500g minced beef
1 tin diced tomatoes
50g tomato paste
1 tbsp raw caster sugar
Pink salt flakes and pepper, to taste
40g frozen peas
Sourdough made into a sandwich loaf of bread, halved and hollowed out

The Garnishes;

1 red onion sliced and salted
Fresh parsley or coriander leaves, to garnish
Grated carrot, optional to garnish
Lemon wedges, to serve

DO:

1. Place onion, chilli, garlic, curry powder, turmeric and EVOO into the Thermomix bowl and chop **5 sec/speed 6**. Cook **5 min/Varoma/speed 1/MC off**.
2. Add carrot, potatoes and apple and chop **3 sec/speed 6**.
3. Insert Butterfly into the Thermomix bowl and add all remaining ingredients, except peas and bread and garnishes. Cook **20 min/100°C/Butterfly/speed 2**. You may need to help it along with a spatula at first.
4. Add peas and combine with spatula.
5. Serve in hollowed out loaf of bread. This is what makes it street food and for some reason, 'Bunny Chow'.
6. Bunny Chow is usually served with fresh sliced red onions, sometimes grated carrot and some herbs and potentially a wedge of lemon or lime. The eater uses the hollowed out bread as a spoon to eat the curry, then starts on the crust of the loaf bowl as the curry levels decrease!



Skillet Salted Banana Caramel Bread Pudding

63

WEEK 5

SERVES 4



NEED:

Sourdough Crumb Topping;

200g sourdough bread cut in pieces

50g raw macadamias

80g butter

4 tsp vanilla extract

1 tsp ground cinnamon

2 drops cinnamon bark oil

Salted Banana Caramel;

150g raw caster sugar

75g butter

1 pinch pink salt flakes

1 tsp vanilla bean paste

2 bananas, peeled and sliced

DO:

1. Place the sourdough (crusts and all) into the Thermomix bowl and mill **10 sec/speed 10**.
2. Add almost all the macadamias, leaving out a few for garnish. Blend **3 sec/speed 6**.
3. Meanwhile, heat the butter in a frying pan on a medium heat, until melted. Add the crumb mixture to the hot butter and stir until crisping up and fragrant but not changing colour too much. This should take around 8 minutes.
4. Add the vanilla, cinnamon and cinnamon bark oil if using and keep stirring until all absorbed. Set aside.
5. Preheat oven to 180°C.
6. Make the Banana Caramel as per recipe. You could use the same skillet you are using to bake the entire dessert for this process.
7. When fully cooked, top this mixture whilst still hot with the crumb mixture piling it up as high as it needs to be. I used a 15cm skillet for this recipe and had about just under half the crumbs left over, which I will use with another fruit crumble recipe in the future.
8. Top with the reserved macadamias and bake for 15 minutes until golden and fragrant.
9. Serve with loads of vanilla ice cream.

Salted Banana Caramel;

10. Heat half the sugar in a light coloured, dry frying pan until it starts to melt, without stirring. Give the pan a gentle toss occasionally.
11. Add the rest of the sugar and bring it to a melted deep amber colour, without burning. Add the butter a little at a time and stir it vigorously until combined. Add salt and vanilla, and finally banana. Cook down the bananas a little. Store in an airtight container in the fridge until use on ice-cream, porridge, pancakes, waffles or as a pie filling. YUMMERS.



Crunchy Cheesey Croutons

65

WEEK 5

MAKES A LOT



Super easy way to help use up your leftover sourdough, if you ever have such a thing!

NEED:

1-2 sourdough, cut into croutons

275ml EVOO

50g parmesan cubed

50g coarse polenta

Generous pinch pink salt flakes

1 tbsp garlic powder

1 tsp smoked paprika

DO:

1. Preheat the oven to 180°C and line a baking tray with paper.
2. Place parmesan into the Thermomix bowl and mill **10 sec/ speed 10**.
3. Add to a large mixing bowl and add all other ingredients. Give them a very good toss to coat the croutons well.
4. Spread across the prepared tray and bake 20-25 minutes stirring occasionally as needed.
5. When golden and fragrant, either use immediately or store in an airtight container in the fridge until use. They will keep well in the fridge for up to 3 weeks.



We have included a few of the best homemade jam recipes for your browsing pleasure. There is nothing better than a slice of fresh homemade sourdough topped with plenty of butter and your own jam! Get all jammy on us if you wish!

Whole Cherry Jam

WEEK 5

MAKES APPROXIMATELY 500G JAR

NEED:

500g whole cherries with pits (or not, up to you)

1 lemon, quartered with pips

250g golden caster sugar

1 green apple, quartered, skin and pips included

DO:

1. Place all ingredients into Thermomix bowl and cook for **60 min/100°C/Reverse/speed 2/MC off** but use the simmering basket on the lid to prevent spattering.
2. Strain jam through a sieve to remove pits and lemon rind etc.
3. Return to the Thermomix bowl and cook a further **20 min/Varoma/Reverse/speed 1/MC off** but use the simmering basket on the lid to prevent spattering. Test the jam has a good consistency by placing a spoonful onto a cold plate. It should set quite quickly.
4. Store in sterilised glass jars in the fridge (once cooled).

Apricot Vanilla Jam

WEEK 5

MAKES 2 X 300G JAR

NEED:

400g apricot halves, fresh or frozen

200g golden caster sugar

1 orange, zest finely grated and juice (min 100g)

1 vanilla bean cut in pieces

DO:

1. Place all ingredients into the Thermomix bowl and cook **45 min/Varoma/Reverse/speed 1**, with the simmering basket on top of the lid instead of the MC.
2. Pour into sterilised jars and keep in the fridge until use.





Strawberry Vanilla Jam

70

WEEK 5

MAKES 1 LARGE JAR

NEED:

400g strawberries (fresh or frozen)
200g sugar
1 green apple, sliced with skin on
1 vanilla bean, cut into pieces

DO:

1. Place all ingredients into the Thermomix bowl and cook **25-35 min/Varoma/speed 1** with simmering basket on top of lid in place of the MC (cooking time will vary depending on whether you are using fresh or frozen strawberries).
2. Check the consistency of the jam by placing a spoonful onto a cold plate. If it wrinkles up when pushed, the jam is ready. If not, cook **10 min/Varoma/speed 1** at a time and check after each time period, up to 30 minutes more, until it has reached the consistency that you like.
3. Pour into sterilised jar and allow to cool before serving.

Pineapple Jam

WEEK 5

MAKES A LOT

NEED:

1 average sized pineapple, peeled, cored and cubed
300g water, for boiling
400g sugar
2 sprigs of rosemary
1 pinch pink salt flakes
1 lime, zest and juice
30g yuzu kosho paste (available from Savour School in Melbourne online)

DO:

1. Place pineapple and water into the Thermomix bowl and cook **30 min/Varoma/Reverse/speed soft/MC off**.
2. Discard water, leaving the cooked pineapple in the bowl... drink the water!
3. Puree **20 sec/speed 9** Scrape down sides of bowl.
4. Add sugar and cook **30 min/Varoma/speed 1**.
5. Add rosemary, salt and the zest and juice of the lime and combine **10 sec/speed 2**.
6. Scrape into a sterilised jar and let cool before using. Keep refrigerated.



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