

Recipes

Here are the recipes created and demonstrated by baker Rosie Gray of Reviving Food in Kincaig. We hope that you enjoy giving them a go.

To make the tin loaf/rolls, pizza and brioche featured here, you will need to create a **sourdough starter**. If you are lucky to live near a bakery making sourdough bread, you can ask the baker for a little of theirs, or make your own over a few days using the method below.

1. Make a Sourdough Starter

Ingredients

| | |
|--|-------|
| Scotland The Bread (STB) wholemeal flour | 100 g |
| Warm water | 100 g |

Method

Mix the flour and water together in a bowl or tub, cover and leave somewhere warm for up to 3 days. Check the mixture after each day, and if it looks very bubbly you can move to the next stage sooner.

Keep a teaspoon of this mixture and put aside the rest (there are lots of recipes online that you can make to use up the surplus starter - pancakes, waffles, cakes etc.)

To this teaspoon (5 g) of starter, add another 50 g wholemeal flour and 50 g warm water. Cover and leave in a warm place. Do this twice a day, morning and evening, beginning with only a teaspoon of starter each time.

Repeat this process for two or three more days, establishing a routine where bubbles are forming regularly, it should also taste mildly sour and slightly fruity.

At this point your **sourdough starter is ready to use**.



Rosie Gray's Mobile Bakery

2. Tin loaf / rolls

Makes 2 x 450 g loaves or 8 rolls

Refresh your starter

| | |
|---------------------|------|
| Sourdough starter | 20 g |
| Warm water | 65 g |
| STB wholemeal flour | 65 g |

Leave for **8-12 hours** or overnight.

OR...

| | |
|---------------------|------|
| Sourdough starter | 50 g |
| Warm water | 50 g |
| STB wholemeal flour | 50 g |

Leave this for **3-4 hours** at warm room temperature. Measure out 100 g of this mixture to use in the recipe below. Keep the remaining starter for future use.

The dough

| | |
|-------------------------------|-------|
| STB wholemeal flour | 510 g |
| Water | 390 g |
| Sourdough starter (refreshed) | 100 g |
| Salt (2 teaspoons) | 10 g |

Method

1. Mix the water and sourdough starter together in a large bowl.
2. Add the flour and mix well.
3. Sprinkle the salt on top, then cover the bowl with a tea towel, plastic bag, shower cap or lid and leave for 30 minutes.
4. Mix the salt through the dough. Cover the bowl again and leave for another 30 minutes.
5. Wet your hands and 'fold' the dough by pulling it up and over itself from each of the four sides of the bowl, then turn the whole ball of dough upside down. Cover and leave for another 30 minutes.
6. Fold the dough one more time, cover and leave for about an hour, until relaxed and increased in volume.
7. Prepare two loaf tins by greasing them lightly with oil, or line two baking trays with non-stick baking parchment if you would prefer to make rolls.

8. Dust your tabletop and the top of the dough with flour then place the dough onto the table.
9. If you would like to make **tin loaves**, start with the dough in a rectangle shape, fold the outer edges in, then gently roll the dough towards you like a Swiss roll. Place seam-side down into the prepared baking tins and cover with a tea towel, plastic bag or shower cap.
10. If you would like to make **rolls**, divide the dough into 8 pieces. You can either pop them straight on the tray like that, or make them more rounded. To do this, take one piece of dough, gently fold in the outer edges (same as folding above). Turn the ball over, make a claw with your hand and sweep it around so that your thumb and small finger push and pull at the dough, creating tension. Continue with the other pieces of dough, place them all on the baking trays and cover the trays with a tea towel or plastic bag.
11. Leave the loaves or rolls to rise at room temperature for 1 to 1½ hours. Preheat the oven to 230°C
12. The bread is ready to bake when it has increased in volume and it springs back slightly and slowly when gently pressed with a finger. Place a roasting tray in the bottom of the oven and pour in a cupful of water. Place your loaves or rolls on the shelf above and close the door.
13. Bake for 15 minutes in this hot steamy environment. Then open the door, releasing the steam and remove the roasting tray, then allow another 5 minutes for the rolls or another 10-15 for the tin loaves. You will know when the loaves are ready when the sides are golden brown and if you hear a hollow sound when you tap the bottom. If you have a temperature probe they should measure 95°C in the middle of the loaf.

3. Pizza

(makes 4)

Refresh your starter

| | |
|---------------------|------|
| Sourdough starter | 20 g |
| Warm water | 40 g |
| STB wholemeal flour | 40 g |

Leave for **8-12 hours** or overnight.

Build

| | |
|--|-------|
| Sourdough starter(from previous stage) | 100 g |
| Warm water | 100 g |
| STB wholemeal flour | 100 g |

Leave for **2 hours** at room temperature. Use 260 g of this build in the recipe below, and keep the rest aside for making other recipes.

The dough

| | |
|----------------------------------|-------|
| Warm water | 490 g |
| STB wholemeal flour | 520 g |
| Sourdough starter (from above) | 260 g |
| Strong brown flour (Mungoswells) | 130 g |
| Salt (2½ teaspoons) | 13 g |

Method

1. Mix the water and sourdough starter together in a large bowl.
2. Add the flours and mix well. The dough will be messy looking and quite sticky just now.
3. Sprinkle the salt on top, then cover the bowl with a tea towel, plastic bag, shower cap or lid and leave for 30 minutes.
4. Mix the salt through the dough. Cover the bowl again and leave for another 30 minutes.
5. Wet your hands and 'fold' the dough by pulling it up and over itself from each of the four sides of the bowl, then turn the whole ball of dough upside down. Cover and leave for another 30 minutes.
6. Fold the dough one more time, cover and leave for an hour, or until relaxed and increased in volume.
7. Heat your oven to its highest setting.

8. Dust your tabletop and the top of the dough with flour. Place the dough onto the table and divide in quarters. Make each into a ball, being gentle to avoid knocking out too much air.
9. Sprinkle some flour on two baking trays, or line them with non-stick baking parchment.
10. Roll each ball of dough out flat using a floured rolling pin or your hands. Place onto the baking trays and top with your favourite pizza toppings.
11. Place into the preheated oven and bake for about 10 minutes, or until the crust has browned and the toppings are cooked.
12. Remove from the oven, slice up and enjoy!

4. Brioche

(makes 1 loaf)

Refresh your starter

| | |
|---------------------|------|
| Sourdough starter | 30 g |
| Warm water | 30 g |
| STB wholemeal flour | 30 g |

Leave this for **3-4 hours** at warm room temperature. Use 50 g of this sourdough starter in the recipe below and keep the rest aside for making other recipes.

The dough

| | |
|------------------------------------|-------|
| Scotland The Bread wholemeal flour | 170 g |
| Caster sugar | 40 g |
| Salt (½ teaspoon) | 3 g |
| Sourdough starter | 50 g |
| Medium eggs (2), beaten | 100 g |
| Unsalted butter (very soft) | 80 g |
| 1 egg, beaten, for glazing. | |

Method

1. Put the eggs, starter, flour, sugar and salt in a large bowl.
2. Mix everything together well.

3. Add the butter and mix this through. It will be very sticky so if you prefer not to use your hands you can use a wooden spoon or a plastic scraper if you have one. Just make sure that you keep mixing until there are no streaks of butter left.
4. Place this mixture into an oiled tub, cover and leave at room temperature for an hour. Fold the dough every hour for 3 hours : wet your hands and pull the dough up and over itself from each of the four sides of the tub, then turn the whole mass of dough upside down. Cover and leave until the next fold.
5. After the final fold, leave the dough in its tub at room temperature for 7 more hours. Then move to the fridge for 8-12 hours or overnight.
6. Prepare a loaf tin by greasing it lightly with oil and lining with non-stick baking parchment.
7. Dust your tabletop and the top of the dough with flour and pull the dough onto the table. Gently flatten the dough out slightly, then starting at the top, gently roll the dough up towards you like a Swiss roll.
8. Place it seam-side down into the prepared baking tin, put the tin into a plastic bag or cover with a shower cap, then leave at warm room temperature for around 8-9 hours.
9. Preheat the oven to 195°C.
10. When the brioche loaf is ready to bake, brush it lightly with beaten egg and place in the oven.
11. Bake for 15 minutes, then turn the oven down to 175°C and bake for another 10 minutes. The brioche is ready when it is a dark golden colour on all sides.
12. Remove it from the oven, immediately take out of the tin and place on a wire cooling rack.
13. Leave to cool, then enjoy!

Example timings

Below we have created some possible timelines for making these recipes, to give a sense of how you might fit each stage into your day. These are simply suggestions and do not necessarily have to be followed to the letter. Once you become more familiar with baking using sourdough - recognising the impact of warmer/cooler temperatures and more/less active starters - you will notice which parts of the process are more flexible and all fear of missed deadlines or spoiled loaves will melt away. Whatever the recipe or the clock may say, only you can judge the right moment to take your dough to the next stage.

Tin loaf or Rolls – Option 1

| Day | Time | Task |
|-------|-------|------------------------------|
| Day 1 | 22.00 | refresh starter |
| Day 2 | 8.00 | mix ingredients, except salt |
| | 8.30 | mix salt through dough |
| | 9.00 | fold dough |
| | 9.30 | fold dough, leave to prove |
| | 10.30 | shape, leave to prove |
| | 12.00 | bake |

Tin loaf or Rolls – Option 2

| Day | Time | Task |
|-------|-------|------------------------------|
| Day 1 | 8.00 | refresh starter |
| Day 2 | 12.00 | mix ingredients, except salt |
| | 12.30 | mix salt through dough |
| | 13.00 | fold dough |
| | 13.30 | fold dough, leave to prove |
| | 14.30 | shape, leave to prove |
| | 16.00 | bake |

Pizza-1

| Day | Time | Task |
|-------|-------|------------------------------|
| Day 1 | 22.00 | refresh starter (stage 1) |
| Day 2 | 8.00 | refresh starter (stage 2) |
| | 10.00 | mix ingredients, except salt |
| | 10.30 | mix salt through dough |
| | 11.00 | fold dough |
| | 11.30 | fold dough |
| | 12.00 | fold dough |
| | 12.30 | shape, top and bake pizza |

Brioche-1

| Day | Time | Task |
|-------|-------|---|
| Day 1 | 8.00 | refresh starter |
| | 12.00 | mix ingredients |
| | 13.00 | fold dough |
| | 14.00 | fold dough |
| | 15.00 | fold dough; leave to prove |
| | 22.00 | place dough in fridge |
| Day 2 | 8.00 | remove dough from fridge; shape; leave to prove |
| | 17.00 | brush with beaten egg and bake |

For further information and recipes, please visit:

www.scotlandthebread.org

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