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## Sourdough Brioche with Date & Ginger Caramel

(makes 1)

This is a sweet pastry recipe similar to a brioche using sourdough starter. It's not a quick recipe but is worth the time investment as it tastes delicious! Lovely as a gift too!

You can use any variation of filling that you like. For this one, I chose seasonal Christmassy flavours with cinnamon, dates & ginger.. As with all of my recipes, I try and make it healthy or healthier than the usual sweet versions... By using my own date paste instead of jam I am reducing the amount of sugar as well as increasing the fibre content I have also used a healthier sweetener i.e. coconut sugar instead of refined white sugar – this benefits your blood sugar control. Make no mistake though – there are a lot of calories in this! BUT its intended as a treat – just with better for you, high quality ingredients! Enjoy!

### INGREDIENTS

#### **Pastry**

430g of strong white flour  
55g raw cane sugar or coconut sugar  
55ml of olive oil  
220ml of room temperature filtered water  
130g activated starter  
1 egg  
1 tsp of salt

#### **Filling: Date & Ginger Caramel + cinnamon & coconut sugar**

##### Date & Ginger Caramel Ingredients

200g pitted dates – Medjool are the best but you can also use the cheaper ones - just soak in advance in hot water for 1 hour  
Soaking water – just enough to cover the dates  
1 Tbsp (heaped) of fresh grated ginger

##### Method

1. Blitz all the ingredients together in a high-speed blender

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2. Adjust the flavour with more ginger if desired
3. Add some of the soaking liquid if needed – it should be very spreadable without being runny. You will use half of this mix in the recipe + a little extra at the end.

Store in an airtight jar in the fridge. You will use roughly half of this for 1 babka

1 heaped tsp of Ceylon cinnamon  
1 heaped tsp of coconut sugar

### **Glaze**

#### Ingredients

1 egg beaten  
1 Tbsp of coconut sugar

#### Method

1. Beat the egg & use a pastry brush to wash over the dough just before it goes into the oven

### **Equipment**

Stand mixer with dough hook  
Standard size bread tin  
Paper bread tin liner  
Food processor for the filling



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## INSTRUCTIONS

You can either mix this by hand or use a stand mixer with a dough hook.

### Make the dough

- If you are using a stand mixer, add all of the wet pastry ingredients together into the mixing bowl: starter, water, egg, oil & sugar. If mixing by hand place all the wet ingredients into a large mixing bowl.
- Next add the flour & salt to the wet mix & combine well. If using a stand mixer, put on medium to high setting with a dough hook inserted & allow to knead for about 6-8 minutes continuously. If mixing by hand, work the dough as much as you can until it is smooth & elastic & pulling away from the sides of the bowl.
- Take a fresh bowl & line with olive oil. Transfer your dough into it & swirl around to cover it in the oil. Cover the bowl with a plastic shower cap & allow to sit somewhere warm for 4 hours to bulk ferment.
- During the course of this bulk fermentation, every hour complete a stretch & fold, so that you have completed 4 sets in total. After the last stretch & fold, allow to rest for a further 45 mins & it becomes puffy

### Shaping & Filling

- Take a regular sized loaf tin & a siliconized loaf tin liner and leave to one side
- Flour your counter (brown rice flour) & place the dough on the counter to get ready to roll out.
- You want to flatten it out with your hands & sprinkle the top with a little more brown rice flour.
- Flour your rolling pin & start rolling out your dough, into a rectangular shape about 15 x 20cm in size & approx. 1cm thick.
- Keep rolling it out until you have reached the desired size, shape & thickness
- Now spread half the recipe amount of your date & ginger caramel all over the sweet pastry right to the edge



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- Dust the top with the cinnamon & coconut sugar
- Now starting at the top, roll up your dough like a swiss roll towards you. Try and keep the roll as tight as possible. You will end up with a long cigar like piece of dough
- Using a sharp knife, cut the dough in half, so you now have two short cigars. Now wrap one half over the other in a plaiting like motion as best as you can.
- Tuck the ends under on either end to tidy it up
- Get out your bread tin & paper liner (flatten the liner a little)
- Using your dough cutter like a spatula, lift the plaited dough onto the paper liner, then lift this into the bread tin.
- Cover with the plastic shower cap & leave for another 90 minutes to rise up & out of the tin
- When you are ready to bake it, pre-heat your oven to 180C & then brush your dough with the beaten egg & sprinkle a good amount of the coconut sugar on top. Bake for 45 -55 minutes until well browned with an internal temperature of 94C (using a digital thermometer)
- Remove from the oven & allow to cool – then remove from the tin & place on a wire cooling rack to cool completely before slicing
- To serve I recommend placing on a large plate or board & slicing a few pieces to reveal the pattern inside. This is lovely as an alternative treat option for friends & family at Christmas time. Enjoy!