



The Spiced Fruit Sourdough Recipe

Spiced Fruit Sourdough

(makes 2 loaves)

Ingredients

670g Organic Strong White Flour
100g Whole wheat Flour
400g sourdough starter
450ml water
2 tsp of ground Ceylon cinnamon
3 tsp of mixed spices
15g of Himalayan Salt
250g raisins

Method

1. In a large bowl, add all the ingredients except: salt, raisins & mixed spices.
2. Mix well & leave for 30 mins (autolyse)
3. Next add the salt & mix well – leave for another 15-30 mins
4. Next add the fruit, cinnamon & mixed spice & mix well
5. Transfer to a clean oiled bowl & leave for 2.5 hours to double in size
6. Do one - two stretch & folds during this time
7. Place a clean tea towel into your glass Pyrex bowl & dust with flour
8. Place your dough on the counter, cut in half & then shape into a round dough ball as per original recipe. This dough is much stiffer to work with as a result of the wholegrain & the raisins. You will find it a lot less pliable, so simply do as much final shaping as is possible.
9. When ready, place the dough ball into the proving basket & cover with plastic shower cap. Alternatively, place the dough ball into a towel lined Pyrex bowl & cover with the lid. Place in the fridge overnight. Repeat with the second dough ball
10. In the morning, remove from the fridge.
11. Preheat your fan oven to 280C.



12. If removing from a Pyrex, remove the Pyrex lid & dry off any condensation from the lid to avoid your dough sticking to it. Next, sprinkle a little flour on the inside of the lid & on top of the dough. Replace the lid & turn the bowl upside down so the dough is now sitting on the lid. Remove the tea towel.
13. If it was proving in a basket, simply invert the dough onto a piece of greaseproof paper.
14. Make 4 cuts in the top of the dough in a square shape or alternatively cut a half moon shape 'ear' as per the video demo. You can also do additional decorative incisions if you like...
15. Place the bowl part on top & place in the oven
16. Cook for 40-45 mins – then if you want, brown it with lid off for few extra mins.
17. Remove from the oven & allow to cool on a wire rack
18. Leave to cool completely before slicing.
19. This can be cut in half & stored in a cotton bag or in the freezer.
20. Delicious toasted with almond butter or sliced banana – a great snack! see my video lesson for serving suggestions...